

Preparing for a Counselling Session

A gentle notes page to help you collect your thoughts before a counselling appointment.

Things I may want to talk about

What has been happening recently?

What feels hardest to manage at the moment?

What have I already tried?

What would I like to feel clearer about after the session?

Questions I may want to ask

- How do phone or video sessions work?
- What is private and confidential, and what are the safety exceptions?
- What can I do between sessions?
- How do I know if counselling is the right fit for me?

After the session

One thing I want to remember:

One practical next step:

Something kind I can do for myself today:

Important: These worksheets are for general education and self-reflection only. They do not replace advice from a qualified health professional. If you are in immediate danger call 000. For crisis support in Australia, contact Lifeline on 13 11 14.