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## TOP 10 THERAPY QUESTIONS

*Welcome to Journey's End Counseling and the office of Tammy Austin, Licensed Mental Health Counselor and Relationship Coach. The following questions are designed to aid you in having an open dialogue about your goals for therapy.*

- 1. Why are you interested in therapy?*
- 2. If life/everything was perfect how would your life be different?*
- 3. What was the defining moment when you recognized you are not where you would like to be?*
- 4. What areas of your life have been impacted by your issue?*
- 5. Do you prefer a therapist who listens as you talk and process your thoughts?*
- 6. Do you prefer a therapist who asks questions, challenges your thinking and comfort zone?*
- 7. Have other people in your circle suggested that you seek counseling?*
- 8. Has your life been impacted by traumatic events?*
- 9. Are you open and willing to address your trauma in a safe and accepting environment?*
- 10. How would you like others to view you?*

For more information or to schedule a 10-minute consultation call: 321-972-1875 or email

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