



# Preparing for Your Appointments



This tool is intended to help you get the most out of each appointment with your therapist. By thinking about these questions in advance of your appointment, you'll be better prepared to use the time wisely and address the issues of greatest importance to you.

**What did we discuss during our last appointment? Was there anything we left unresolved, or anything that bothered me about that session?**

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**How have I been feeling since my last appointment?**

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**What's been happening since my last appointment (both good and bad)?**

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**Is there anything I've been reluctant to talk about?**

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**Do I have any "homework" to share?**

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**For more information:**

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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