20 CHECK-IN IDEAS FOR THERAPY SESSIONS

1) I’m glad you’re here! What brings you in? (For initial session)

2) Good to see you! How was the drive?

3) What are you hoping to get out of our session today?

4) What are your goals for today?

5) What would you like to focus on today?

6) Where would you like to start?

7) Would you like to start by reviewing the homework session?

8) Let’s begin with a short meditation. [Guide client through meditation or imagery exercise]

9) Last week we left off on [topic or themes from previous session]. Where do you want to pick up today?

10) How is your mind?

11) Where are you at today?

12) Rate your mood on a scale from 1-10.

13) What are some things you’re feeling good about?

14) What’s been going well this week?

15) What’s something positive that’s happened since we last met?

16) Anything new or exciting since we last met?

17) What’s new in your world?

18) What are some highs and lows you’ve experienced?

19) What’s been working for you and what have you found challenging?

20) Catch me up on things.