



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.
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