

Things to ask yourself when preparing for an appointment:

How is my...

Mood? _____

Anxiety? _____

Thoughts? _____

Sleep? _____

Appetite? _____

Exercise? _____

Relationships? _____

Work, school, or recreation? _____

Tobacco, alcohol, or drug use? _____

Medication side-effects? _____

Physical health? _____

Other areas of my life? _____

Things to ask yourself when preparing for an appointment:

What am I doing to help myself?

What are my goals?

For the next two weeks? _____

For the next two months? _____

For the next year? _____

What is the main topic I want to discuss today?
