

first impressions

worksheet

For the first few appointments (1-3ish) with your new therapist, record your first impressions immediately after the session by filling out a First Impressions box. This will help you see your thoughts over time. Tweak the questions or add to them to reflect values you are looking for in a therapist. "Yeses" are green flags.

DISCLAIMER: This is a tool to help guide your thinking and reflection. It is NOT based in science or meant to be a deciding factor in any of your treatment decisions.

APPOINTMENT DATE:

Y N

- I feel seen.
- They seem knowledgeable.
- They provided thoughts, exercises or tools that could be useful to me.
- Their treatment philosophy is up my alley.
- Their general vibe is up my alley.
- They seem to have good experience.
- Their office space is up to par.
- The commute is okay with me, even if I have to go weekly.

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Watch the corresponding video on the @youseemnormal YouTube channel at <https://youtu.be/GEiGPJZlIGE>