

Therapy Prep Sheet for Attachment Issues

You have three directory tabs open, you have read the same four profiles twice, and you have not sent anything. The hard part of starting therapy is rarely the therapy. It is the fortnight of admin in front of it: working out what you are asking for, what it costs, who to email, and what to say when somebody finally asks why you got in touch. This sheet is that fortnight, written down as a checklist you can tick off.

Who this is for: You have decided to try therapy for attachment patterns, you have a shortlist of names open in another tab, and you have been about to email one of them for three weeks.

The checklist, in order

1. Before you contact anyone

One sentence you can send in an enquiry email.

The thing I want to be different in a year, in one sentence:

A recent example of it, in two lines:

What I have already tried, and what happened:

What I am hoping therapy is not going to be:

2. The practical constraints, sorted before you look

Budget, frequency, format, and how long you can sustain it.

What I can pay per session, and for how many months:

Weekly or fortnightly, and which days are genuinely free:

Online, in person, or either:

Lower-cost routes I have checked: charity, training clinic, employer, GP:

3. Five questions for the consultation call

What to ask, and what a workable answer sounds like.

Q1 "Have you worked with this before?" Their answer:

Q2 "What would the first few sessions look like?" Their answer:

Q3 "How do you work, in plain language?" Their answer:

Q4 "Fees, cancellations, holidays?" Their answer:

Q5 "How will we know whether it is working?" Their answer:

4. What to take to session one

A short list, so you are not doing admin in the room.

Three incidents I want to mention, with rough dates:

Medication, GP, previous therapy: anything they should know:

Practicalities: time, place, how I pay, how I get home:

What I am doing for the hour afterwards:

5. When they ask what brings you here and you go blank

Two sentences prepared in advance, for a predictable moment.

My first sentence, word for word:

If I freeze, the line I will read off this sheet:

One thing I would rather not talk about yet:

How I will say that I am not ready to talk about it:

6. If you do not like them

What to do, and how to tell dislike from difficulty.

What specifically did not sit right, in one line:

Is this hard work or a poor fit? Evidence for each:

Am I managing their opinion of me, or avoiding the next appointment?

If I want to stop, the sentence I will send:

7. The session-four review

Four questions to answer at about the fourth session.

One thing I have said here that I have not said elsewhere:

Do they remember what I told them last time?

What is different, if anything, outside the room:

What I want to raise with them directly before session eight:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.