

# Conversation Starters Worksheet

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Therapist: \_\_\_\_\_

**Instructions:** This worksheet is designed to help guide our conversation today. Please take your time to reflect on each question or prompt before responding. Your responses will help us explore important topics related to your well-being and therapeutic goals.

## Conversation prompts

### Current feelings and emotions:

How have you been feeling emotionally lately?

Are there any specific emotions or thoughts that have been on your mind?

### Recent experiences:

Can you share a recent experience that has had an impact on you?

How did this experience make you feel?

### Challenges and coping:

What challenges have you been facing recently?

How have you been coping with these challenges?

**Goals and aspirations:**

What are some goals or aspirations you have for yourself?

How do you envision achieving these goals?

**Support system:**

Who are the important people in your life that provide support?

How does their support impact your well-being?

**Reflection and summary**

Take a moment to summarize what we've discussed today and any insights or reflections you've gained. Is there anything else you would like to share before we conclude our session?

**Confidentiality note**

Your responses and discussions during our sessions are confidential. They will be used solely for therapeutic purposes and will not be shared without your consent, except as required by law.

Therapist's signature:

Date: