



# Nervous about going for your first therapy session?

Here are a few things you can make a note of to manage the nervousness

By Vaibhavi Bharadwaj



**Validate your feelings of  
nervousness because it is  
nerve-wracking for sure.**

Take a moment to reflect on your feelings  
and what is coming up for you.

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## Write down your **WHY**.

What was the reason that you contacted the therapist? Write it down to remember your **WHY**.

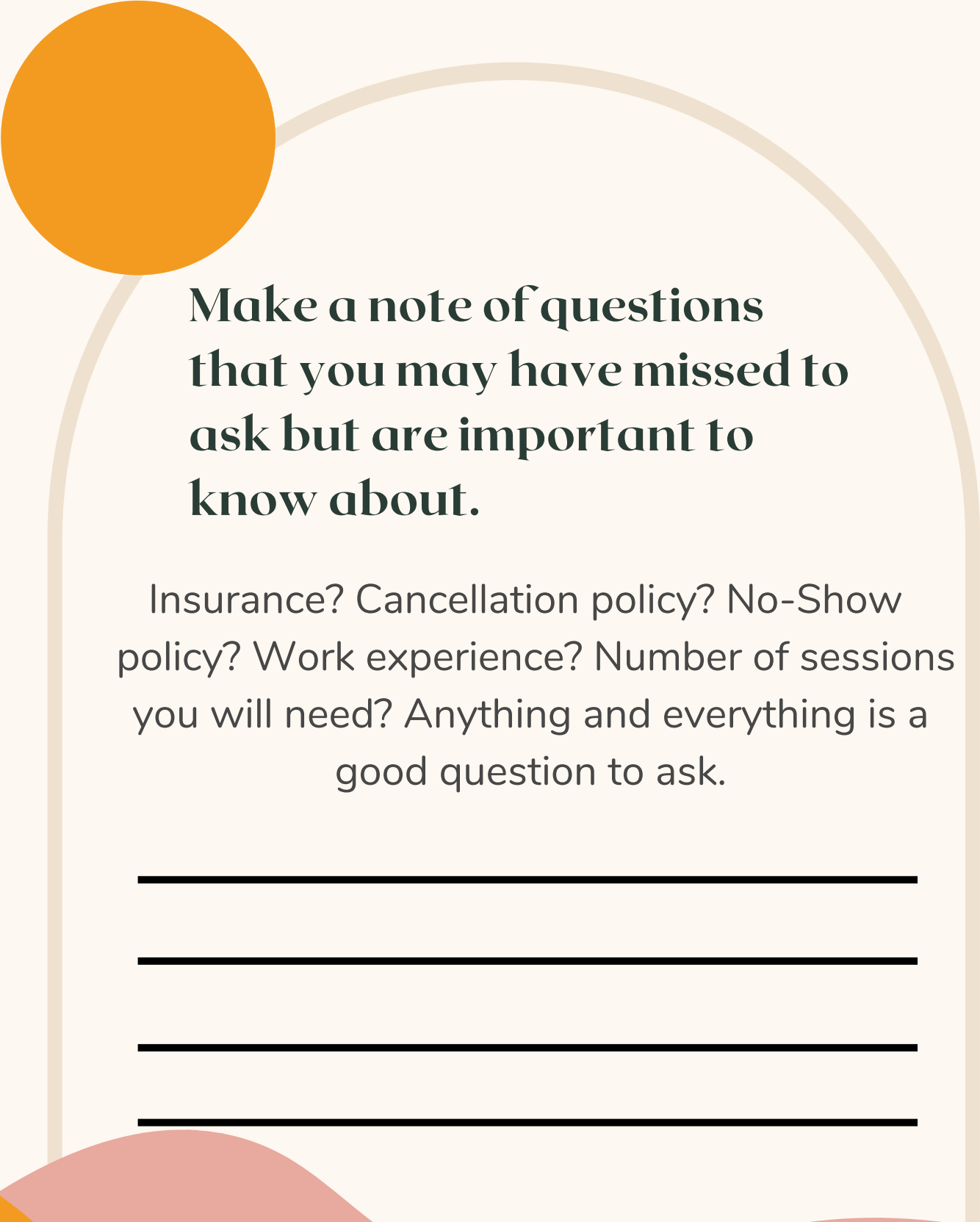
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**Make a note of questions  
that you may have missed to  
ask but are important to  
know about.**

Insurance? Cancellation policy? No-Show  
policy? Work experience? Number of sessions  
you will need? Anything and everything is a  
good question to ask.

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## 4. Shed your own wisdom from the past

Make a note of a situation which was new to you and you were nervous to try it at first. But did doing it or engaging in it make it easy for you to come back to it again?

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## **A quick read about WHAT TO EXPECT FROM YOUR FIRST SESSION.**

- The therapist will want to know you better so they'll ask you questions.
  - The questions will be about what you do, your family, your relationship with them, your close and intimate relationships, your career, other important events (your comfort is their priority so you don't have to necessarily share everything in the first go. Go at your pace).
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## **A quick read about WHAT TO EXPECT FROM YOUR FIRST SESSION.**

- The therapist values the therapeutic relationship and will want to build a good working rapport.
  - They will ask you about the concern that you want to manage better in brief/detail depending on how long the rapport building phase was, and talk about some of the goals that you both can work on together.
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## **A quick read about WHAT TO EXPECT FROM YOUR FIRST SESSION.**

- They will also take a moment to talk about the contract, confidentiality agreement, cancellation policies, booking links, social media policy and much more preferably at the start of the session.
  - You can also bring up your feelings about the first session to them in the first session. (only if you want to, no rush).
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