

First Therapy Session Worksheet

Patient Information

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Date of Birth: 05/15/1985

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Reasons for Seeking Therapy

1. **Primary Concerns**

Anxiety related to work and relationships

Difficulty coping with a recent divorce

2. **Motivation for Therapy**

Seeking support to navigate life changes and improve mental well-being

Emotional Exploration

1. **Current Emotions**

Anxiety (7/10)

Sadness (5/10)

Life History and Significant Events

1. **Personal History**

Grew up in a close-knit family

Previous therapy experience in college for academic stress

2. **Significant Life Events**

Recent divorce after a 5-year marriage

Job promotion and increased responsibilities

Goal Setting

1. **Short-Term Goals**

Develop coping strategies for anxiety

Understand and process emotions related to divorce

First Session In Brief Therapy

CL Gary



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