

Appointment Worksheet

Answer these questions, and bring this worksheet to your next appointment:

How have things been going in general?

What has been most challenging since your last appointment?

Where are you getting the most help or support?

What are your top two concerns?

1.

2.

Do you have any life circumstances right now that may be affecting your health and well-being?

What are you doing to manage stress?

Is there anything you feel I should know that could help me better support you?