

# QUICK THERAPY FIT CHECKLIST

Question	Yes	Somewhat	No
I felt comfortable and not judged.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt understood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The therapist explained how they can help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel okay coming back.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nothing felt like a red flag.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

After a session, promptly complete your notes to capture the provider's most valuable insights. Remember, even a "somewhat" response is meaningful—especially during initial sessions, which can be a bit awkward.

