

# Worksheet Basic Help Session



I received your answers to the intake questions. Many thanks! Please fill in this worksheet during our basic help session. We already asked the first two questions on the intake form. At the start of our session, we will check together whether this is still what you want to work on. Fill in this worksheet during the session. That means you don't need to have all your answers ready yet.

*This is what I want to say*

Specific desired statement:

*Copy from intake form  
or revise*

Discussion participant(s):

*This is what it looks like*

Draw the specific setting here:

Online      Physical      Hybrid

→ At exactly what time will your discussion take place?

at                      AM/PM

What underlying need is holding me back from saying what I want to?

- I want freedom, to decide myself
- I don't know whether what I want to say will have the right effect
- I want to keep the relationship on a good footing, to belong
- I feel inadequate about expressing myself skilfully

→ I have a tendency to (for example avoid, understate, tone down, laugh off, wait and see):

I could also use a little push when it comes to:

To really say what I want to say when the time comes

Yes                  No

How I can best formulate this:

→ What I can do about the surroundings/setting:

## Space for notes



**Telephone appointment** Sparring partner will ring me at

AM/PM