

talkspace

# LET'S TALK!

CONVERSATION STARTERS WITH YOUR THERAPIST



Therapy is a safe place to be yourself and talk about whatever is on your mind. Not sure where to start?  
We've got some ideas.

## ANXIOUS ABOUT YOUR CAREER PATH OR THE FUTURE IN GENERAL?

Consider:

How do you feel when you think about the future?

How do you feel when family members ask about your goals?

How do you stay grounded when your to-do list feels infinite?



## WE ALL GET DISTRACTED BY OUR THOUGHTS

Think about how they make you feel.

What keeps you up at night?

What is one habit you want to change?

## THERAPY ISN'T JUST ABOUT BAD DREAMS OR PAINFUL MEMORIES

Talk about what's going well in your life.

What are you grateful for?

What do you appreciate about yourself?

## CONSIDER THE FOLLOWING PROMPTS TO BEGIN YOUR CONVERSATION:

I can't stop thinking about...

I am noticing that...

I surprised myself when...

# Start feeling better today.

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