

HOW TO BRING UP THINGS IN THERAPY

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Whether it is your 1st session or your 100th it can be hard to bring up topics to your therapist and I am here to help make it a little easier...I hope!

First I want to remind you to **TAKE BABY STEPS!** Alllll week you can hype yourself up & be so ready to finally tell your therapist that one thing you haven't been able to yet. Then you get into that chair and BOOM! You just cant get it out! Well let me tell you as a therapist, and a client, you are **NOT** alone! These tips have helped me personally and many of my cleints :)

Take the pressure off yourself! **Start small!** Think about what you want to share and what is one small step you can take toward sharing. That can look like...



Make notes in your phone with what you want to share & refer to it in session!



Email/Text your therapist that you want to talk about ____ during the next session.



Set a boundary..."I want to talk about ____ but I am not ready to yet"

If the difficulty in bringing up a topic is because you are **worried what your therapist's views are on the topic** (religion, gender, sexuality, political issues, etc.) you can start by asking your therapist what their views are...example: "What do you think about questioning religion?" "Do you work with clients within the LGBTQIA+ community?" Then you can gauge if you want to share more & if they are even a good fit for you!

If you are **worried your therapist will tell your caregivers** what you say...ask your therapist what they do and do not tell parents! You can also share a little and slowly gain trust in your therapist!