



BEFORE WE MEET

Preparing for Your First Couples Session

A first session is mostly a conversation — getting to know you both and beginning to map the pattern you get stuck in. You don't need to prepare anything. But if you'd like to arrive ready, a few notes can help. There are no wrong answers.

What brought us here now?

What I'm hoping might feel different

The pattern I think we get stuck in

What I'm nervous about in coming to therapy

One thing I genuinely appreciate about us

What to expect:

No one gets put on trial, and no one gets ganged up on. I don't take sides — I take the relationship seriously. Most couples leave the first session feeling a little more understood, and a little less alone in it.