

# What You Might Want to Bring With You

*A Reflection Guide Before Your First Session*

There is no expectation that you arrive to therapy with everything figured out.

You don't need the right words. You don't need a complete story. You don't need to know exactly what this is.

But sometimes it helps to pause before that first conversation and notice what has been quietly present.

Not to organize it perfectly, but to begin recognizing it.

This guide is not something to complete correctly. There are no right answers here. It is simply an invitation to reflect on your experience in a way that might make it easier to bring into the room.

If something resonates, you can write it down. If it doesn't, you can leave it.

You can bring this with you, or simply carry what you notice.

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## What Have You Been Noticing?

Think about your day-to-day life, not in terms of what should be happening, but what actually is.

Are there patterns that seem to repeat, even when you try to change them?

Are there moments that feel harder than they seem like they "should" be?

Are there situations where something feels just slightly out of step, even if you can't fully explain why?

You don't need to define the pattern yet. Just notice that it exists.

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## What Feels Like Effort?

There are parts of life that require more energy than they appear to on the surface.

Are there situations where you feel like you are “on,” even if others would assume you are comfortable?

Are there interactions, environments, or expectations that leave you feeling depleted afterward?  
Do you find yourself translating, adjusting, or monitoring in ways that others might not notice?

This is not about whether you can do something.

It is about what it costs to do it.

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## What Helps, Even a Little?

There are always moments, even small ones, where things feel different.

When do you feel more like yourself?

Are there environments, people, or rhythms that feel easier to move within?

Have there been times when something worked, even briefly?

These moments matter. They often reveal more than the difficulties do.

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## What Are You Wondering?

You may already have questions forming.

Have you been thinking about ADHD, autism, or something related?

What about those possibilities feels like it fits?

What feels uncertain, incomplete, or hard to fully claim?

You don't need to decide anything here.

You are allowed to be in the question.

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# What Do You Need Right Now?

Before anything else, there is the present moment.

Are you looking for understanding, support, clarity, or something else entirely?

What would make this process feel safe enough to begin?

What would help you feel like you don't have to perform or prove anything here?

This is where we start.

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## Closing

You don't need to have answers to any of these.

If something here helps you name even one piece of your experience, that is enough.

You can bring this with you to your first session, or simply bring what you noticed while reading it.

Either way, we will meet you there.

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This resource is not a substitute for formal assessment or diagnosis and is intended to support a deeper understanding of lived experience.

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