

# You and Therapy Quiz

## “What do you want from therapy?”

Here’s a self-discovery quiz designed to help you **clarify what you want from therapy** — whether it’s emotional healing, behaviour change, support with relationships, or self-discovery. Many people start therapy unsure of their goals and this can lead to frustration and ineffective treatment outcomes. This quiz helps bring focus to what matters most to you. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

**Instructions:** For each statement in each category, choose the answer that best describes how often you experience it:

- **A = Not at all true**
  - **B = A little true**
  - **C = Somewhat true**
  - **D = Mostly true**
  - **E = Completely true**
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### Section 1: Emotional Relief & Coping Support

1. I want help managing overwhelming emotions like anxiety, sadness, or anger.
  2. I struggle with emotional ups and downs and want more stability.
  3. I want a safe space to talk about things I can’t share with others.
  4. I feel like I’ve been holding things in for too long.
  5. I need help developing healthier coping strategies.
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### Section 2: Self-Understanding & Personal Growth

6. I want to better understand who I am and why I feel the way I do.
  7. I often feel stuck or lost and want more direction in life.
  8. I want to explore patterns that keep repeating in my life.
  9. I’m curious about my inner world and how I relate to others.
  10. I want to become more self-compassionate and confident.
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### Section 3: Healing from the Past

11. I've been through painful experiences I haven't fully processed.
  12. I want to understand how my past has shaped me.
  13. I often feel triggered by memories, even if I don't talk about them.
  14. I think some of my current struggles may be rooted in earlier trauma or loss.
  15. I want to stop carrying emotional baggage that still weighs me down.
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## Section 4: Relationships & Boundaries

16. I want to improve how I communicate and relate to others.
  17. I have difficulty setting or respecting boundaries.
  18. I often feel lonely, disconnected, or misunderstood.
  19. My relationships feel draining or confusing.
  20. I want to build healthier, more secure connections.
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## Section 5: Behaviour & Life Challenges

21. I want support changing specific behaviours (e.g., procrastination, addiction, self-sabotage).
  22. I'm struggling with work, school, parenting, or other responsibilities.
  23. I feel stuck in a rut and want help getting unstuck.
  24. I have goals but struggle to follow through.
  25. I want more tools to handle everyday stress and challenges.
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## Scoring & Interpretation

Count how many statements you rated **D** or **E** in each section:

Section	Primary Therapy Focus May Be...
1. Emotional Relief	Managing emotions, finding calm, and building coping skills
2. Self-Discovery	Understanding yourself more deeply and growing internally
3. Past Healing	Processing trauma, grief, or emotional wounds
4. Relationships	Improving how you connect, communicate, and set boundaries
5. Behaviour Support	Making practical changes in your habits, work, or daily life

**Use these questions to narrow your goals:**

- Which section(s) had the most “D” or “E” answers?
  - Which 2–3 statements felt *most true* or urgent right now?
  - What do I hope will feel different in 3–6 months of therapy?
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## Sample Therapy Goals:

- "I want to feel less anxious and learn how to calm my nervous system."
- "I want to understand my childhood and how it affects my relationships."
- "I want to stop people-pleasing and set healthy boundaries."
- "I want support with breaking a pattern that keeps holding me back."
- "I want to find purpose and direction again."