

Talk therapy works best when the client enters the therapeutic relationship with openness. Use the acronym **O.P.E.N** to prepare for your first counseling session.



O

"O" stands for **observe**. Before your session, pay close attention to your bothersome thoughts and uncomfortable feelings, take note of these.

P

"P" stands for **prioritize**. It helps to understand the urgency of your concerns. Be ready to share what's most important to you with your therapist.

E

"E" stands for **expand**. It helps to understand your concerns well enough to talk about them, in detail, if necessary. How are these concerns effecting your life?

N

"N" stands for **narrative**. We all have a narrative, a version of our own story. Get familiar with yours. Arrange the sequence of events in your life.
