Questions for My Therapist

Build a child-led question list to bring to a qualified professional.

WHY THIS ACTIVITY EXISTS

This two-page kit helps with everyday communication or practical preparation. It is not an assessment or a clinical exercise. If your child is not interested, skip it.

HOW TO USE IT TOGETHER

Invite questions but do not coach answers or tell the child what the therapist expects.

THREE SMALL STEPS

1. Circle a question you would like answered. 2. Add your own question in pictures or words.
3. Choose how you want to share it with the therapist.

WORDS TO TRY

Say something like: “I would like to ask...” Let your child change the words, point, draw, or decline.

WHEN TO STOP

Do not use the form to guide trauma recall or prepare an EMDR processing protocol.

MAKE IT ACCESSIBLE

Read aloud, write for your child, use pointing, or do just one part. This is a conversation invitation, not homework.

Questions for My Therapist

This page is yours. You can change it, skip it, or make it your own.

1 Circle a question you would like answered.

2 Add your own question in pictures or words.

3 Choose how you want to share it with the therapist.

MY DRAWING OR NOTES

You may want to choose:

[ ] Can I take a break?

[ ] What will we do today?

[ ] Can my grown-up help?

[ ] Can I ask again later?