



Readiness for Therapy Quiz

Purpose: Evaluate emotional, practical, and relational readiness for starting therapy so you can choose a paced, trauma-informed next step that feels safe and useful.

How to use: Answer each question honestly with Yes / Sometimes / No. Tally scores (Yes = 2, Sometimes = 1, No = 0). Total possible score = 20. This quiz is a self-reflection tool, not a clinical diagnosis; use results to plan pacing, supports, and steps toward beginning therapy.

Questions

1. I can name one clear reason I want to start therapy right now.
 2. I feel able to commit to regular sessions for at least a few weeks.
 3. I have at least one person who can offer emotional or logistical support while I begin therapy.
 4. I understand basic therapy options (individual, group, modalities) or am willing to learn.
 5. I can afford therapy in some form or have access to low-cost or sliding-scale options.
 6. I can tolerate talking about uncomfortable feelings for short periods without shutting down completely.
 7. I have one simple nervous-system regulation skill that helps me return to baseline when I feel triggered.
 8. I am willing to try small, homework-style practices between sessions if recommended.
 9. I can name at least one boundary I need to honor during the therapy process (time, topics, or supports).
 10. I understand that progress may be gradual and am willing to pace the work as needed.
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Scoring Guide

- Add your points (Yes = 2, Sometimes = 1, No = 0).
 - 0–7 = Low Readiness
 - 8–13 = Moderate Readiness
 - 14–20 = High Readiness
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Result Summaries and Next Steps

Low Readiness 0–7: You may benefit from preparatory support before starting formal therapy. Emotional activation, practical barriers, or unclear goals could make beginning therapy overwhelming right now. Strengthen one practical resource (funding, scheduling, or support person); practice two short regulation tools daily (box breathing, grounding); consider a single preparatory session with a coach or peer-support group to clarify goals and reduce activation.

Moderate Readiness 8–13: You have the motivation and some supports but would benefit from clearer logistics and a brief plan for pacing and safety. You can likely begin therapy with a few practical adjustments. Research therapists who specialize in trauma-informed care and offer sliding scale or brief consults; schedule a 20–30 minute intake conversation to assess fit; create a simple boundary plan for session days and a one-week regulation routine to maintain emotional safety between sessions.

High Readiness 14–20: You have clear reasons, basic supports, and practical capacity to begin therapy in a paced, intentional way. You are positioned to find a good therapeutic match and engage in meaningful work. Book an intake or consult with a therapist who aligns with your needs; prepare a brief goals list for the first session; identify 1–2 micro-practices to use before and after sessions to support nervous-system regulation.

Safety and Pacing Notes: If answering any question triggered intense distress, flashbacks, or dissociation, pause and use a grounding practice before proceeding. Therapy can activate strong emotions; prioritize nervous-system safety, bring a support person for logistics if helpful, and discuss pacing and safety planning with any prospective clinician. If you have thoughts of harming yourself or others, seek immediate, urgent professional help rather than relying solely on this quiz.

Quick Practices to Support Starting Therapy

- Intake Prep Sheet (5 minutes): Write one sentence on why you're seeking therapy, two goals, and one concern to share at intake.
- Two-Minute Grounding Before Sessions: Box breathe for 2 minutes or do the 3-2-1 senses grounding exercise to arrive regulated.
- Post-Session Self-Check (5 minutes): Note one insight, one emotion, and one small self-care step to do within 24 hours.
- Boundary Script (30 seconds): Practice a simple boundary phrase such as "I need 24 hours to think about that" to protect your process.

This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.