1st Session Brain Dump

A brain dump is where you get all of the information in your head down on paper without worrying about censoring ideas, grammar or spelling - the goal is to get all of your thoughts on paper so that we can use this to inform our work together.

This process puts words to our emotions, our experiences, and our struggles, making them easier to grasp and make sense of in a way that merely thinking about them doesn't often provide. When we write about things that are troubling us, it also enables us to step back and look at them more objectively. The better we understand something and look at it from a more objective perspective, the more likely we are to handle it effectively, make better decisions pertaining to it, and learn valuable lessons from it.

Before our first session, please write out a brain dump that we will review together. I've written a list of possible topics below to get you started:

- What are you concerned about? What made you pick up the phone to schedule this appointment?
- What goals would you like to accomplish through this process?
- What are your hopes—for yourself, your family, you future?
- What questions do you have about this process?
- What are your fears?