

Readiness for Support Check

Understanding Your Starting Point

CLIENT RESOURCE

Purpose: This check helps you understand what kind of support might work for you right now, and sets realistic expectations.

Important: There are no wrong answers. "Not yet" responses aren't failures — they're information.

Readiness Statements

"I'm looking for guidance and education, not someone to fix me or give me all the answers."

Yes

Unsure

Not Yet

"I'm open to taking small steps, even if I don't see results immediately."

Yes

Unsure

Not Yet

"I understand that educational support is not medical care, therapy, or treatment."

Yes

Unsure

Not Yet

"I'm willing to reflect and notice things between sessions or conversations."

Yes

Unsure

Not Yet

"I have (or am working on getting) other professional support for serious concerns."

Yes

Unsure

Not Yet

What Your Responses Mean

Mostly "Yes"

You're in a good place to benefit from educational support. You have realistic expectations.

Mixed Responses

That's completely normal. Some clarification might help. Discuss your "unsure" areas.

Mostly "Not Yet"

This isn't a failure — it's clarity. You might need a different type of support first.

Why This Matters

This check protects you from receiving the wrong kind of support. When expectations are clear, everyone wins.

 **For Practitioners:** This tool increases client quality and reduces friction. Clients who complete this understand the relationship better.