

“Understanding Self and Others” Group Therapy Pre-Group Questionnaire

Name _____

1. What are the challenges or issues you would like to explore in group?

2. What are your goals for group therapy?

- a. _____

- b. _____

- c. _____

3. What might prevent you from reaching your goals?

4. How would you know that you've met your goals? What would be different?

5. What are you most excited about?

6. What are you most concerned about regarding group therapy?

7. Are there any aspects of your identity that you would like to share with the group, or that might be challenging to discuss/explore? Aspects of identity that might be discussed include race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, ability, neurodivergence, and socioeconomic status.

8. What might it be like for you to be in a group with people who hold identities and/or beliefs that are different from yours?

9. Is there anything you have not told us that you believe might be helpful?
