

Notice Your Emotional Starting Point

Worksheet 1 of 3

Put your current feelings into words. If attention to body sensations feels uncomfortable, skip that question.

Use any prompts that feel useful. A few words are enough; you may skip a question and choose what to share.

1. What am I feeling as I think about the session?

2. What sensations do I notice, if I feel comfortable paying attention to them?

3. What usually helps me feel more comfortable in an unfamiliar setting?

4. What would I like the therapist to know about how I am arriving today?

Additional notes I may want to discuss:

Identify Your Hopes and Preferences

Worksheet 2 of 3

Choose a small goal to discuss with the therapist and note preferences you want the team to understand.

Use any prompts that feel useful. A few words are enough; you may skip a question and choose what to share.

1. What would I like to explore with the therapist?

2. How do I feel about being around horses, and what past experience would I like to mention?

3. What preferences or limits would I like the team to know about?

4. What would make it easier for me to ask a question or request a pause?

Additional notes I may want to discuss:

Prepare Questions for Your Care Team

Worksheet 3 of 3

Record the care team's answers before your session. Add practical questions about access, clothing, or scheduling.

Use any prompts that feel useful. A few words are enough; you may skip a question and choose what to share.

1. What happens during a session, and does this program include riding?

2. Who guides the therapy, and who manages the horses and physical safety?

3. Can I observe first, pause, or decline an activity? What alternatives are available?

4. What should I tell you about allergies, mobility needs, fears, or other health concerns?

5. How will we connect this work with my treatment goals and review it afterward?
