

# Printable Version

## A Reflection Tool for Clients in Mandated Therapy to Reclaim Autonomy, Set Personal Goals, and Find Meaning in the Process

### Reframing the Mandate: A New Lens on Required Therapy

#### SECTION 1: WHAT BROUGHT YOU HERE

- "WHAT WAS THE SITUATION THAT LED TO YOUR REFERRAL?"
- "HOW DO YOU FEEL ABOUT BEING REQUIRED TO ATTEND?"
- "WHAT CONCERNS OR QUESTIONS DO YOU HAVE ABOUT THE PROCESS?"

#### SECTION 2: MY VOICE STILL MATTERS

- "WHAT WOULD YOU WORK ON IN THERAPY IF IT WERE COMPLETELY YOUR CHOICE?"
- "ARE THERE GOALS OR CHANGES THAT WOULD HELP YOU, NOT JUST THE COURT/PROGRAM?"
- "WHAT DO YOU WANT PEOPLE TO UNDERSTAND ABOUT YOUR SIDE OF THE STORY?"

#### SECTION 3: MANDATED, BUT MEANINGFUL

- **BRIEF REFLECTION EXERCISE:** "THINK OF A TIME SOMETHING YOU DIDN'T WANT AT FIRST ENDED UP HELPING YOU GROW. WHAT WAS IT?"
- "WHAT WOULD MAKE THIS EXPERIENCE FEEL MORE USEFUL, EVEN IF YOU DIDN'T CHOOSE IT?"
- "HOW COULD THERAPY SUPPORT YOUR VERSION OF SUCCESS?"

#### SECTION 4: REFRAME PROMPTS

- "THIS IS A BREAK FROM THE CHAOS TO FOCUS ON ME."
- "SOMEONE CARED ENOUGH TO WANT ME TO GET SUPPORT."
- "I CAN USE THIS TIME TO GET TOOLS FOR THE FUTURE—EVEN IF I DIDN'T ASK FOR THEM."
- "DOING WELL HERE CAN OPEN DOORS AND GET PEOPLE OFF MY BACK."

It highlights empowerment, personalization, and purpose—without downplaying the reality of being mandated. Let me know if you'd like a version written specifically for teens, court-involved clients, or another audience.