**Game Plan Session**

**Name:**                  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date of Session:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

During our Game Plan Session, we will hop on a short call where I can inner-stand your unique situation. I will give you a custom game plan and how to move forward.

At the end of the call, you can decide if you want my help with implementing it and how it could look if you do.

Anything you share is confidential.

To help us get the most out of the call, it would be helpful if you could share some information.

**A Bit About You:**

* Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Phone number (in case we get disconnected): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Your Story:**

* In your own words, could you share a bit about your situation?
* What's the main issue you have?
* Are you currently in a safe place with no immediate danger?
* Do you have any safety plans in case you need them?

**How Are You Feeling?**

* On a scale from 1 (not great) to 10 (fantastic), how is your emotional well-being?
* Are there specific emotions you'd like to talk about or that you're struggling with?

**Your Support System:**

* Do you have friends, family, or anyone else you can lean on for support?
* Is there anything making it hard to reach out to them?

**Your Goals and Hopes:**

* What do you hope to get out of the session?
* Is there something specific you think would help you right now?

**Previous Support:**

* Have you ever talked to someone about what you're going through before?
* If so, how did that go?

**Anything Else:**

* Is there anything else you want to share, ask, or discuss today?
* Is there anything you think would be important that I should know?

**Consent:**

* I understand this is just a chat to get to know each other, and Elizabeth might recommend more sessions based on your needs.
* I'm okay with Elizabeth using what I've shared to provide support and guidance during this chat.
*

**Your "Virtual" Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_