



Why am I freaking out? I'm not sure if I want to do this. How will talking about things even help?



How long am I going to be here? What am I supposed to say? What if I don't have enough stuff to say? What if I say something wrong?



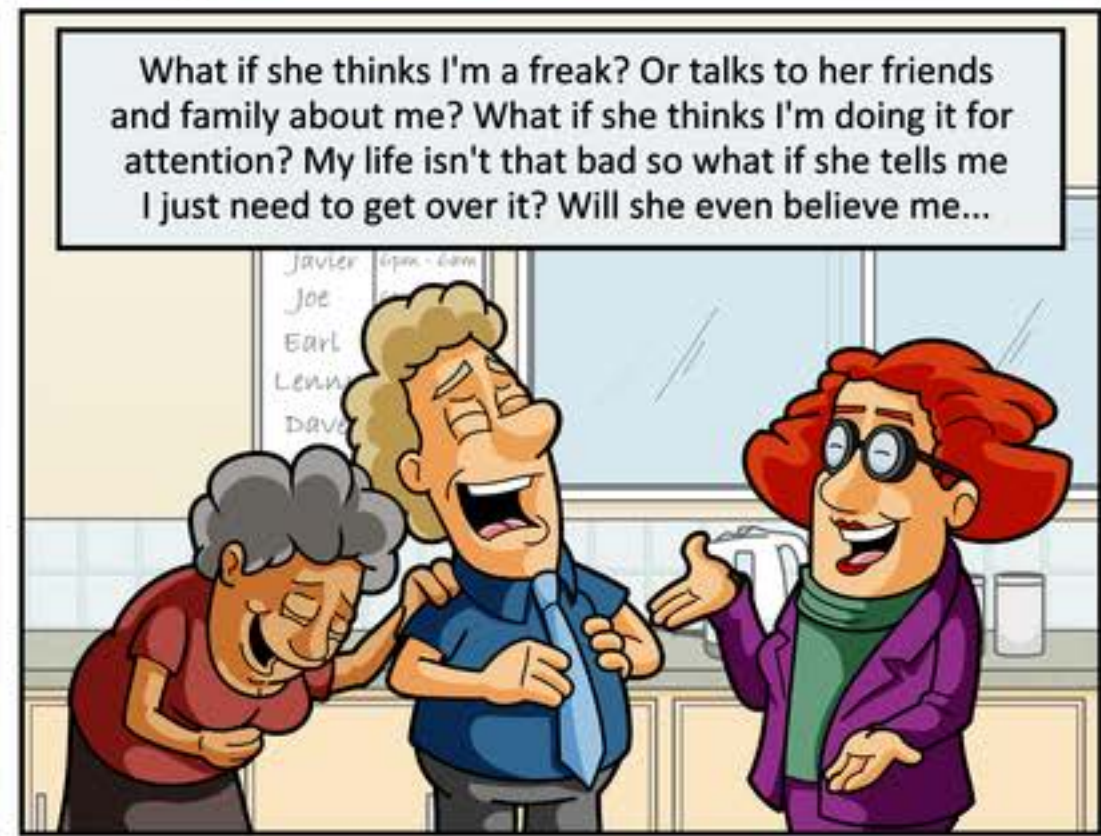
I wonder what this doctor is going to look like? Will she understand where I'm coming from? What if I don't like talking to her?



I really hope I don't see anyone I know here. What's going to happen when I'm in her office? I wonder if I'll have to lie down on a big couch. That would be SO awkward. Is she just going to keep asking "how do you feel" over and over? I'm not sure if I feel like talking. It might just make things worse.



It's going to be so weird to open up to a total stranger. If I tell her I've had bad thoughts, will I get locked up in a mental hospital? Can I get in trouble if I did something I shouldn't have done?



What if she thinks I'm a freak? Or talks to her friends and family about me? What if she thinks I'm doing it for attention? My life isn't that bad so what if she tells me I just need to get over it? Will she even believe me...



Will my mom be in the whole session with me? I can't say anything around her. The doctor might just tell my mom everything after the appointment anyway.



Ugh and will I have to take medicine? I don't want to feel like a zombie. Or worse... what if I get addicted?



Is this doctor just seeing me because my mom is paying her to talk to me? Will she actually care?



Hey, are you okay?

I'm freaking out. This is my first time here.

It's okay, I was nervous at my first visit too. What are you worried about?



Is the doctor nice? What if I don't like her? What am I supposed to even talk about? DO I HAVE TO LIE ON A COUCH?!!



Haha, No you don't have to lie on a couch. I'm not sure which doctor you're seeing but all of the doctors here are nice and cool. They get it. You just talk.

Talk about what?

You can talk about whatever. She'll ask you questions too so that will help if you don't know what to say.



How will talking change the fact that my life sucks?

I can't explain it, but letting it out helps. It helped me to see things differently.

Uhh... I don't know.

At first I thought my doctor was going to freak out when I told her stuff. But I was able to to be honest and she really helped me.



Is she just going to tell my parents everything I say?

No, not really. You guys will talk more about what she can and can't share when you get in there.

I don't know. I'm not even sure I need to be here.



Getting help is one of the bravest things you can do. It takes a lot of courage. If nobody knows what's going on, nobody can help you.



I guess that makes sense.



Just remember, it's okay. Lots of us go through hard times. I finally decided I wasn't going to lie anymore or act like everything's fine when it isn't. With my doctor's help, I finally feel like myself again. I hope you'll feel the same way too.



Hey, thanks.

No problem! Just don't overthink it. You've got this!

Okay.



