

**BEFORE YOUR FIT CONSULT**

# Use the Consult to Assess Fit, Not to Prove You Are Ready

A short worksheet to help you name what you need, what you are hoping for, and what would make supervision feel useful.

**A fit consult is a conversation, not a test.**

Use this to arrive with language for what matters to you.

**Bring questions, not perfection.**

You do not need to know exactly what you need before you reach out. This page helps you find enough words to begin the conversation.

**LOWER THE PRESSURE**

Name what you hope supervision will help with.

**ASK USEFUL QUESTIONS**

Clarify style, structure, feedback, and fit.

**NOTICE YOUR RESPONSE**

Reflect after the consult before deciding next steps.

**HOW TO USE IT**

Fill in anything that feels useful. Leave the rest blank. Bring it to the consult or use it privately to decide what questions you want to ask.



# Start with what you most want help naming.

You can be specific or broad. The goal is to make the consult easier to use.

**My main question about supervision is:**

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**What I most want supervision to help me with:**

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**What I feel nervous, unsure, or embarrassed to name:**

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**What I hope supervision feels like:**

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It is normal to want both structure and safety. The consult can help you notice whether the supervisor offers both.

# Questions to ask before you commit.

Use the questions that fit. Add your own if there is something specific you need to know.

## SUPERVISION STYLE

- |                                                                                           |                                                                                   |
|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <input type="checkbox"/> How do you structure supervision when I am unsure what to bring? | <input type="checkbox"/> How direct is your feedback?                             |
| <input type="checkbox"/> How do you balance support with challenge?                       | <input type="checkbox"/> How do you handle mistakes, uncertainty, or stuck cases? |
| <input type="checkbox"/> How do you approach shame or anxiety in supervision?             | <input type="checkbox"/> What makes supervision a poor fit?                       |

## PRACTICAL FIT

- |                                                                          |                                                                                  |
|--------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <input type="checkbox"/> How often would we meet?                        | <input type="checkbox"/> Do you offer remote supervision?                        |
| <input type="checkbox"/> How do you track goals or focus areas?          | <input type="checkbox"/> What do you expect between sessions?                    |
| <input type="checkbox"/> Can we discuss documentation, risk, and ethics? | <input type="checkbox"/> How do we decide whether to continue after the consult? |

### Questions I want to make sure I ask:

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### What would help me feel comfortable moving forward?

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## After the consult, notice what you learned.

A good fit is not only about credentials. It is also about structure, tone, clarity, and whether you can imagine bringing real clinical uncertainty.

### What felt clear or grounding?

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### What still feels unclear?

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### What would I want to ask before starting?

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### My next step:

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### WHAT I WOULD WANT SUPERVISION TO FOCUS ON FIRST:

1. 

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2. 

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3. 

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## Want supervision with more structure and less shame?

Request a supervision fit consult with Chelsea and bring this worksheet to the conversation.

[Request a Fit Consult](#)

This worksheet is educational and does not replace emergency support, agency policy, legal advice, urgent consultation, or required supervision. If there is immediate risk or legal/ethical urgency, follow your agency procedures and seek appropriate immediate consultation.