



# REFLECTING ON YOUR WELLBEING PROVIDER

ZØHALOLOGY





# CHECK LIST

- Where am I in terms of wellbeing? Do I feel like I am in the red, yellow, or green zone? How urgent is my current discomfort?
- How did I feel before my session? How do I feel now in comparison?
- How often do I have to explain my discomfort to myself after seeing this provider?
- What did I come to this provider for and how much of that has been accomplished? What are the reasons for this?
- What happens when I show doubts about my progress? Does the provider find more and more reasons why I seem to be stuck or even go backwards?
- What is the experience of other people who went to this provider (not online reviews but word of mouth)?
- Was I being rushed to make a decision in terms of how to start or continue my journey with this provider?
- What reaction did the provider show when I mentioned other services or activities I was part of outside this provider's offer?
- Did I ever feel guilty towards them? When did this occur and what were the reasons?
- Does something just feel off about this provider or their space?
- How easy is it to express feedback to the provider?
- How do they offer customer care?
- How often do I have to follow up to receive what I was promised to get?
- Were my needs assessed accurately and in a way that shows my individuality? Or is everybody assessed in a similar way?
- How much of the therapy lingo used can actually be confirmed by valid forms of measurement? Do they randomly reuse these words with all clients?
- How many compliments did I receive in comparison to actual advice or other forms of help?
- How is this provider backed or funded or connected to other institutions?



# WANTING TO START YOUR JOURNEY?



Check out our classes and upcoming events. The below QR code will lead you to [zohalogy.com](https://zohalogy.com)'s service overview.

[Wellbeing@Zohalogy.com](mailto:Wellbeing@Zohalogy.com)  
[www.zohalogy.com](https://www.zohalogy.com)  
Hazlitt Road, London W14 0JY

