



Is Therapy Right for Me?

If you answer yes to any of the questions below, therapy could be a valuable step toward feeling better, gaining clarity, and improving your well-being. It's for anyone who wants support, tools, or guidance in navigating life's challenges.

1. Do you feel overwhelmed or stressed on a regular basis?
2. Have you noticed a decline in your mood or sense of happiness over the past few weeks or months?
3. Do you have trouble concentrating, focusing, or making decisions, even on everyday tasks?
4. Have you experienced significant changes in your sleep patterns (e.g., trouble falling asleep, staying asleep, or sleeping too much)?
5. Do you feel anxious, nervous, or on edge most of the time, even without clear reasons?
6. Have you withdrawn from activities, socializing, or relationships that you once enjoyed?
7. Do you often feel irritable, angry, or frustrated without clear cause?
8. Have you experienced any significant life changes or challenges (e.g., loss, relationship issues, work stress) that you are struggling to cope with?
9. Do you have negative thoughts about yourself, your future, or your worth, and find it hard to shake them?
10. Do you feel like you need professional support to help you navigate your emotions or life circumstances?

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