

*If you're wondering whether or not you need to see a therapist-you probably do. & That's okay!* Below are just a few reasons why and questions or ideas to reflect on if you're thinking about whether therapy could be beneficial for you:

1. **You need support.** Life is tough to deal with alone. We all need some type of support. Not everyone has family or friends in their life. If you do-great. But sometimes you need support and need space to process experiences with a licensed professional. Someone outside of your personal circle who can give you an unbiased perspective.
2. **You need someone you can trust to talk to.** You can't trust everyone with the gritty details of your life. However, therapists are obligated to maintain confidentiality. Not only because of our code of ethics but because it is the right thing to do. We create safe spaces for you to process your experiences, be vulnerable and honest.
3. **You have frequent mood changes.** You may notice your mood going from happy to irritable quickly. Or maybe you're tearful more than usual. Are these mood changes persistent? Does your sadness last for a long time? Do you rarely get angry and when you do you go into a rage?
4. **To sort out life changes or transitions.** Are you suddenly having trouble sleeping? Having nightmares? Neglecting your needs? Getting a divorce? Engaged to be married? Moving in with someone? Children are moving out? Did you move to a completely new place and have to restart your life? Just have a baby? Experiencing burnout or high stress? Frustrated as a parent? Having a hard time adjusting to being a part of a blended family? Are these transitions difficult or hard to process?
5. **To maintain your happiness.** We are accountable for staying healthy mentally and physically. Therapy can assist with this.
6. **You have run out of ways to make changes.** Maybe what you've tried just isn't working anymore or never worked at all.
7. **Unhealthy addictions.** Do you smoke? Drink alcohol excessively? Are either of these habits negatively impacting your life or relationships? Do the people in your life confront you about your bad habits often? Do you continue to go from one toxic or abusive relationship to another?

8. **There is unresolved trauma or adverse childhood experiences in your history.** Did you survive any sexual, mental, emotional or physical abuse? Were you neglected as a child? Did you witness any type of abuse growing up? Has anyone close to you been incarcerated? Are you having a hard time coping after an accident? Having trouble accepting the death of a loved one?
9. **You are having thoughts of wanting to harm yourself or someone else.** Have you thought about suicide or homicide? Ever made threats to do either one? Ever cut yourself? Do you have a troublesome relationship with food? Binge eat when you're not hungry? Go long periods of time without food for fear of gaining weight? Pick your skin or pull your hair?
10. **Difficult Relationship Patterns.** Maybe you're having a tough time maintaining healthy relationships with family, friends or your significant other. Having trouble communicating your needs or getting what you need in your relationship? Have a hard time saying no? Do you and your spouse or significant other "fight fair?" Are you arguing more than usual? Having trouble with intimacy?  
OrSex?
11. **Feeling stuck.** It's possible that you just received a new job offer and you're confused about what steps to take. Or maybe you just don't know what to do next in life.
12. **You have started to withdraw.** Are you too isolating yourself from people or things that bring you joy? Did your motivation decrease? Are you actively engaging in self-care?
13. **You vent or complain about the same things.** Are your friends/family tired of hearing you talk about the same problems or issues? That may be a sign you need help from a professional who can assist you with problem solving, goal setting or working through obstacles.

***These are all great reasons to seek therapy but not all. We each have unique needs and experiences.***