

There are many things that happen in Therapy. If it is the first time you've decided to go you may have some uncertainty or anxiety about what to expect.

Below is a short list of "normal" things that may occur before, during and/or after your Therapy session:

- You make some changes then go back to old habits, behaviors or patterns. That is called "relapsing" according to the stages of change.
- You realize you and your Therapist don't connect.
- You experience nightmares. Especially when you're in the process of working through trauma.
- You try a new coping skill and it doesn't work.
- You feel triggered.
- You have initial feelings of anxiety or uncertainty.
- You answer a lot of questions.
- Your point of view or standpoint changes.
- You don't feel immediate change.
- There are periods of silence that may feel awkward during sessions. This allows you to process.
- You feel safe.
- You are unsure of your goals.
- You feel nervous about opening up to a stranger.
- You are tired after your session or emotionally drained.
- You feel like weight was lifted off of your shoulders.
- You have trouble expressing your feelings in the beginning and sometimes throughout.
- You feel like you want to stop attending when things get tough.
- You share things with your Therapist that you've never shared with anyone before.
- You come to a harsh realization about something or someone in your life.
- You find clarity.
- You are confronted in a non-confrontational way about negative patterns, beliefs or behaviors.
- You lead the discussion.
- Things get worse before they get better.

All normal. Progress takes time and consistency.  
Even when you feel like giving up.