

# *When to seek therapy*

Therapy can be helpful for anyone, whether you're facing significant challenges or simply looking for support and personal growth. If you're unsure whether therapy is right for you, this checklist can help you decide.

## EMOTIONAL AND MENTAL WELL-BEING

- ☐ I feel overwhelmed by stress, anxiety, or sadness more often than not.

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- ☐ I struggle with mood swings or frequent emotional ups and downs.

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- ☐ I feel persistently hopeless, unmotivated, or disconnected from life.

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- ☐ I find it hard to manage intrusive or racing thoughts.

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- ☐ I often feel guilty, worthless, or excessively self-critical.

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- ☐ I experience emotional numbness or difficulty connecting with my feelings.

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- ☐ I feel like I have to hide my true emotions from others.

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## BEHAVIORAL & LIFESTYLE CHANGES

- ☐ My sleep patterns have changed (trouble sleeping, sleeping too much, nightmares, etc.).

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- ☐ I've noticed significant changes in my appetite or eating habits.

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- ☐ I feel persistently hopeless, unmotivated, or disconnected from life.

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- ☐ I turn to unhealthy coping mechanisms (e.g., excessive alcohol, substance use, avoidance).

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- ☐ I feel exhausted or burnt out, even after resting.

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- ☐ I struggle to complete daily tasks or stay focused at work, school, or home.

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- ☐ I experience physical symptoms (headaches, stomach issues, muscle tension) related to stress or emotions.

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## RELATIONSHIPS & SOCIAL LIFE

- ☐ I feel lonely or disconnected, even around friends, family, or community.  
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- ☐ I have difficulty expressing my needs, setting boundaries, or advocating for myself.  
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- ☐ I often experience conflict or misunderstandings in my relationships.  
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- ☐ I feel emotionally drained by my interactions with others.  
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- ☐ I avoid social situations due to anxiety, fear, or lack of energy.  
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- ☐ I struggle with rejection, abandonment fears, or trust issues.  
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## TRAUMA & PAST EXPERIENCES

- ☐ I have experienced a traumatic event that still affects me.  
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- ☐ I have flashbacks, nightmares, or intrusive thoughts related to past trauma.  
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- ☐ I feel persistently hopeless, unmotivated, or disconnected from life.  
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- ☐ I struggle with feelings of shame, guilt, or self-blame tied to past experiences.  
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- ☐ I avoid certain places, people, or situations due to painful memories.  
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- ☐ I find it hard to trust others or feel safe in relationships.  
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- ☐ I feel like my past experiences make it difficult to move forward in life.  
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## GENERAL LIFE CHALLENGES

- ☐ I'm struggling with a major life transition
- ☐ I feel stuck and unsure of how to move forward in life.
- ☐ I lack motivation or direction and feel unfulfilled.
- ☐ I'm questioning my sense of identity, values, or life purpose.
- ☐ I often feel like I'm just "going through the motions" without real enjoyment.
- ☐ I want to improve my relationship with myself and build self-acceptance.

# PERSONAL GROWTH & SELF-DISCOVERY

- ☐ I want to explore my thoughts, emotions, and behaviors in a deeper way.  
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- ☐ I am interested in improving my self-awareness and personal growth.  
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- ☐ I want to understand my relationship patterns and how they affect my life.  
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- ☐ I'm curious about how past experiences shape my present mindset and choices.  
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- ☐ I want a space where I can talk openly and reflect without judgment.  
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- ☐ I want to learn more about my neurodivergence, mental health, or identity in a supportive space.  
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- ☐ I want to develop healthier habits, routines, or coping mechanisms.  
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If you checked multiple boxes, therapy might be beneficial for you. Seeking support is a sign of strength, and talking to a professional can help you gain clarity, develop coping strategies, and feel more in control of your life.

Want to explore therapy? I offer a free 15-minute consultation to help you determine if therapy is the right next step for you.

Get in touch [here](#)