

When Is It Time To Get Therapy

In our culture we often think asking for help is a sign of weakness, especially if it's about a problem that feels very personal and private. However these are often the most important times to seek outside, objective input. It's important to try to solve our problems ourselves; sometimes we need additional skills or insight to do so. We might need to make some changes that are difficult and we deserve the support and guidance from a professional.

Some cues that seeing a psychotherapist could be helpful are

- ~ finding yourself talking about the same problems over and over with friends
- ~ a recent major change or loss, the pain of which isn't going away
- ~ reading about your 'problem' on the internet or in self-help books and not finding relief
- ~ feeling more troubled or stressed recently and not finding ways to alleviate these feelings
- ~ trying to make personal changes but not being successful
- ~ an over-riding concern about a behavior, thought or feeling that is getting worse or intrusive
- ~ others are expressing concern for you
- ~ you feel like life has lost its zest and happiness

If one or more of these ring true for you, you may want to discuss this with a therapist. Therapy is private and confidential. Most of all, it's non-judgmental. Your goal is to have as healthy and content of a life as possible and sometimes it takes additional resources to get there. We hire other professionals to help with things we cannot do for ourselves; don't hesitate to seek therapy when it can assist you in moving more quickly to achieving your goals.