**Mind~Body Counseling & Fitness**

*Is it time to go to therapy?*

Are you having behavioral, relational, physical, or emotional problems that have left you stuck in a rut or unhappy? Here’s a short 10 question quiz you can take that will help you clarify if now is the right time for counseling. If you answered yes to even one of the questions below, it may be a strong indicator that you could benefit from talking with a therapist.

1) Do you struggle with feelings of depression, anxiety, worry, or loneliness?

2) Are unresolved traumas or past conflicts currently causing you stress?

3) Do you obsess about your weight or have an internal struggle food?

4) Are you often angry or disappointed with family members and/or friends?

5) Have you recently experienced a divorce, break-up, or death of a loved one?

6) Do you or those who know you think you have a substance abuse problem?

7) Do you struggle with questions about your sexuality, gender, or religion?

8) Do you have thoughts of physically harming yourself or another?

9) Do you feel like you’re in a rut?

10) Feel trapped in an unsatisfying or dysfunctional job or relationship?