

Do I Need Therapy?

A GENTLE SELF CHECK

INTRO

Many people wonder if they “really need” therapy – often longer than they need to. Therapy isn’t only for crisis moments. It’s a space to gain clarity, support, and relief before things feel unbearable. This guide is not a diagnosis. It’s an invitation to gently reflect.

YOU MIGHT BENEFIT FROM THERAPY IF: (CHECK ALL THAT APPLY)

You don’t need to check all of these. One is enough.

- ☐ You feel emotionally overwhelmed more often than you’d like
- ☐ You replay conversations or decisions in your mind
- ☐ You feel disconnected from yourself or others
- ☐ You notice the same patterns repeating in relationships
- ☐ You feel anxious, irritable, numb, or exhausted
- ☐ You’re navigating a life transition, loss, or identity shift
- ☐ You feel like you’re “holding it together” on the outside but struggling inside

Therapy Is **NOT** Only For:
“People who can’t cope”
“Those in crisis”
“Someone else who has it worse”

Therapy is for people who want:
Understanding instead of
judgment
Support instead of isolation
Tools instead of survival mode