

Is Therapy Right for Me?

Take a few moments to check in with yourself. This quiz is designed to help you explore whether therapy might be a supportive next step on your journey.

Self-Discovery Quiz

1. Do you often feel overwhelmed, anxious, or emotionally exhausted?

☐ Yes ☐ Sometimes ☐ No

2. Are you struggling to manage stress, relationships, or major life changes?

☐ Yes ☐ Sometimes ☐ No

3. Have you noticed patterns or habits you'd like to break but feel stuck?

☐ Yes ☐ Sometimes ☐ No

4. Do you find it hard to talk to friends or family about how you really feel?

☐ Yes ☐ Sometimes ☐ No

5. Are you curious about how your past experiences may still be impacting you today?

☐ Yes ☐ Sometimes ☐ No

6. Do you feel disconnected from yourself, your goals, or your sense of purpose?

☐ Yes ☐ Sometimes ☐ No

7. Are you ready to prioritize your emotional well-being and invest in your growth?

☐ Yes ☐ Sometimes ☐ No

8. Would you benefit from a safe, nonjudgmental space to process your thoughts and feelings?

☐ Yes ☐ Sometimes ☐ No



What Your Responses Might Mean

If you answered 'Yes' or 'Sometimes' to several of these questions, therapy might be a meaningful next step for you.

Therapy isn't just for moments of crisis, it's a proactive way to explore your emotions, improve your mindset, and build a more empowered version of yourself.

At MindsetMe, we're here to support your journey whether you're beginning, restarting, or simply exploring what comes next.

