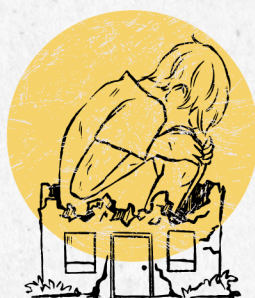


# Starting Therapy

## A Guide

Starting is often the hardest part.  
Congratulate yourself for getting this far.



Start with the  
Easiest Possible Step

INSTEAD OF “**FIND A THERAPIST,**” TRY:

1. Bookmarking **one profile** that resonates – see our [team bios here](#)
2. Sending **one inquiry email** to [info@greatheightscalmminds.com](mailto:info@greatheightscalmminds.com)
3. Scheduling a **free consult** – no pressure, just an introduction
4. Writing **a list of what you hope to work on** – this is the perfect first step, even starting with 1 big thing, or 3 small things, can get you motivated

**We look forward to supporting you and your family.**

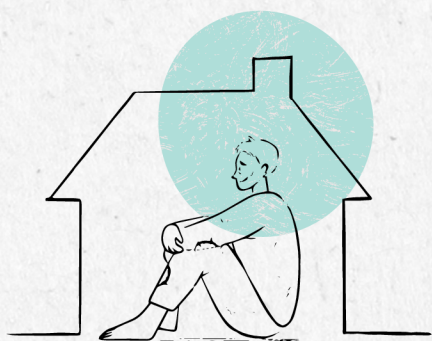
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# Starting Therapy

## A Guide

Remember: Momentum counts more than speed.



Let it be  
imperfect

- You **don't need** the **perfect words**, or the **perfect timing**.
- You **don't need** to be **in crisis**.
- You **don't need** to **know exactly what you want to talk about**  
– that's what we're here to help you with.

You may know you're in need of support, but not sure why, and that's perfectly ok. Therapy welcomes you even when you're unsure.

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# Starting Therapy

## A Guide



Notice what's  
underneath the  
hesitation

**Ask yourself gently:**

Am I afraid of being **judged**?

Am I worried I'll **disappoint** the therapist?

Am I **scared** nothing will change?

Am I **concerned** about the **emotional work** ahead?

Am I **worried** about being able to afford it?

Naming the emotion separates you from it,  
so you can observe and work with it.

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GREAT HEIGHTS  
CALM MINDS

# Starting Therapy

## A Guide



Remember:  
Therapy is a  
collaboration.

You're not signing up **to perform**, or to **be judged**.

You're signing up to **be supported**.

A good therapist will **pace with you, meet you where you are**, and help you **build skills** slowly, without pressure.

**We look forward to supporting you and your family.**

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