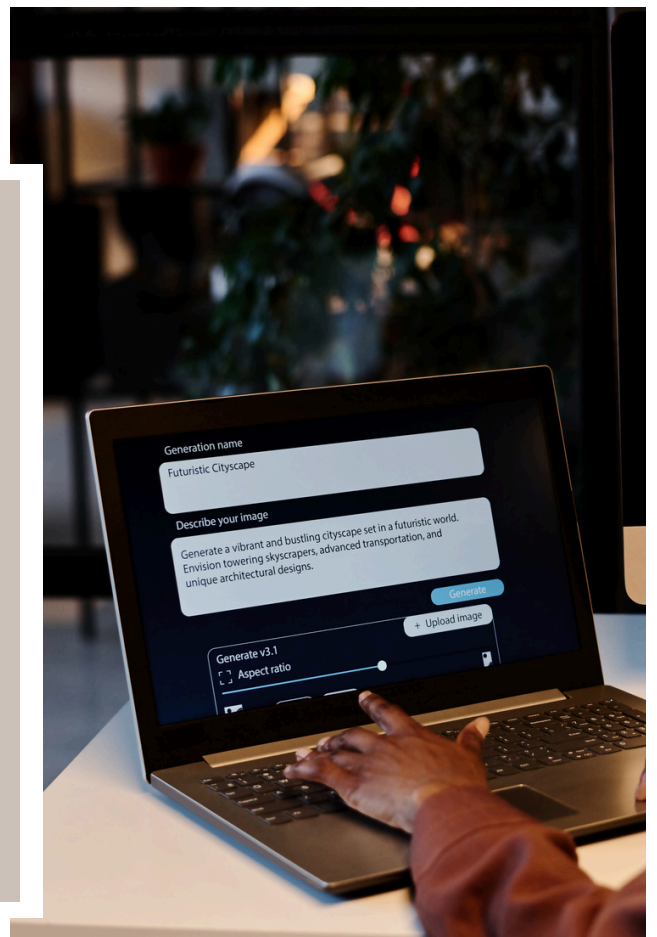


THERAPY QUIZ



What Type of
Therapy Is
Right for You?

AI Therapy,
Traditional
Therapy,
or a
Hybrid
Approach?



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IMPORTANT

Read each question carefully and select the answer that best applies to you. At the end, tally your score to determine your potential fit with AI therapy, traditional therapy, or a mix of both.

Disclaimer:

*This quiz is for informational and entertainment purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. **Always** seek the advice of a licensed mental health professional or physician with any questions regarding your mental health. Never disregard professional advice or delay in seeking it because of something you've read here.*

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QUIZ QUESTIONS

01

1. When you think about opening up emotionally, what best describes you?

- A. I prefer privacy and might be more comfortable typing than speaking.
- B. I value face-to-face connection and body language.
- C. I'm open to both, depending on my mood.

02

2. How important is 24/7 access to support for you?

- A. Very important – I like being able to access help any time.
- B. Not essential – I prefer scheduled sessions.
- C. A mix would be ideal – guidance when I need it, but regular in-person check-ins too.

03

3. How do you feel about sharing sensitive information with a computer system or app?

- A. Comfortable – it feels less intimidating than a human.
- B. Uncomfortable – I need human empathy and intuition.
- C. Depends – I can manage both.

04

4. Have you ever tried therapy before?

- A. No – and I'd rather ease into it digitally.
- B. Yes – I prefer the human connection.
- C. Yes – and I think both human and digital tools have their place.

QUIZ QUESTIONS CONTINUED

05

5. What's your biggest concern when seeking therapy?

- A. Cost and convenience.
- B. Finding someone who really understands me.
- C. Getting a balance between cost, convenience, and connection.

06

6. How would you describe your comfort with technology?

- A. Very comfortable – I use apps for most parts of my life.
- B. Not very – I prefer simpler, more personal experiences.
- C. I'm tech-friendly, but I also appreciate human interaction.

07

7. How structured do you want your therapy to be?

- A. I like structured, goal-oriented sessions and feedback from AI.
- B. I prefer organic, emotionally-driven conversations.
- C. A flexible structure that includes both approaches sounds best.



THE SCORE

SCORING

- **Mostly A's → AI Therapy Might Be a Good Fit for You**
 - You seem comfortable with technology, appreciate flexibility, and prefer privacy. AI therapy tools or chatbot-based support may work well—especially if affordability and convenience are top priorities.
- **Mostly B's → Traditional Talk Therapy May Suit You Best**
 - You value human connection, empathy, and depth in conversation. One-on-one sessions with a trained mental health professional may offer the most benefit for you.
- **Mostly C's or a Mix of A/B/C → A Hybrid Approach Might Work Best**
 - You're open to combining the best of both worlds. You might benefit from regular in-person or telehealth sessions supported by AI tools for tracking mood, journaling, or CBT-based exercises in between.



NEXT STEPS...

Discuss your quiz results with a licensed therapist or counselor to explore the best path for your mental health.

*Don't forget...
Take time to take care of yourself!*



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