

# Reasons to Seek out Therapy

Romantic relationship problems  
Family relationship problems  
Addictions—substances and process addictions  
Depression  
Anxiety  
Stress  
Grief/Death/Loss  
Health problems  
Pain  
Making big decisions  
Learning more about your personality  
Learning to be assertive  
Setting healthy boundaries  
Trauma  
Insecurity & self-doubt  
Anger/Rage problems  
Mood instability  
Improving physical health  
Post-partum depression  
Support while making big changes  
Guidance on how to handle emotionally sensitive situations  
Understanding your motivations  
Gaining insight into “what makes you tick”  
Stopping generational patterns  
Sexual dysfunction  
Dealing with major role change (eg. Empty nest)  
Support during major health, legal or family challenges  
Raising children  
For your own support prior to sending child that is struggling  
Transitional age youth, prior to college  
Guilt  
Negative thinking  
Worry  
Improve communication  
Nothing else has helped  
For a biopsychosocial evaluation  
Because people you love are telling you to  
You’ve never been

