

# Do I Need Counselling?

The truth is, only you can decide if therapy is right for you. If you're struggling to make that decision, then it may be helpful to discover some of the most common reasons that people seek therapy.

You may wish to consider counselling and psychotherapy if any of the following sound familiar:

- I feel sad, hopeless, guilty, or worthless most of the time.
- I have experienced some form of abuse (whether physical, mental, or emotional).
- I have lost interest in things I once enjoyed.
- I worry excessively or have other symptoms of anxiety.
- Someone close to me has died recently.
- My relationship has broken down.
- I have had a major trauma (such as a traffic collision, attack, or natural disaster).
- I abuse alcohol, food, or other addictive substances.
- I feel like I cannot cope with the demands of life.
- I am experiencing difficulty at work, school, or college.
- Issues from my past are affecting my present life.

If you would like to try therapy, then you can always attend for an initial session to see how it feels. There is no obligation to attend further sessions if you do not wish to.

*Vive Counselling & Psychotherapy*

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