

Could Therapy Be Right For You

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Circle yes or no in response to each question. Please note that yes and no are not always in the same position.

Column 1 Column 2

Yes	No	Is there anyone who knows and cares about all or almost all the significant events in your life?
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No	Yes	Do you feel as though you're living life behind an invisible screen, unable to truly connect with anyone or anything?
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Yes	No	Is there at least one person you talk to at least once a week who really understands or almost understands all your feelings?
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No	Yes	Is there anything you feel you can't or mustn't tell anyone?
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Yes	No	Do you feel comfortable crying in front of the person or people you love the most?
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No	Yes	Have you recently suffered any kind of serious emotional wound, such as the loss of a job or a loved one?
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No	Yes	Have you benefited from therapy in the past and recently felt wistful about it, missing that kind of reliable support?
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No	Yes	Do you have unexpected negative emotional reactions or others' behavior toward you, such as feeling shame when you are praised or anxiety when you are loved?
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No	Yes	Does your fear of others' disapproval dominate your choices?
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Yes	No	Are you able to freely express love to your family and friends?
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No	Yes	Are you lonely even if-or especially when – you're with a group of people?
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No	Yes	Do you have to be under the influence of alcohol or drugs in order to be open about your thoughts and emotions?
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If your answers are all in column 1 you can probably live a long happy life without ever seeing a professional counselor. If one or more of your answers falls in column 2 – that's right, even one – you could benefit by visiting a good therapist.
