

Therapy: *Fears & Truths*



Fears

Only "crazy" people go to therapy. I should be able to get better on my own.

I'll always be in therapy.

The therapist will judge me.

I fear opening up to a stranger. I'm afraid of re-visiting painful memories.

My therapist will expect me to make changes I'm not ready to make.

Truths

People choose to go to therapy for different reasons. Nobody deserves to figure it out alone.

The length of therapy varies, and is based on your goals, your choice.

Therapists are committed to providing a safe, non judgmental space. You most likely won't share something with your therapist that they haven't heard before.

You share as you're comfortable, as you build a trusting relationship with your therapist. The therapist will "meet you where you are"