



Is Therapy Right for Me?

TAKE THE QUIZ!

Is therapy right for you?

Well, let's find out! Use the following quiz below to evaluate how you're doing right now. Each question is worth a certain amount of points. When you're done with the quiz, total up your points, and discover what your score means. Ready, set, go!

1. When it comes to feeling passionate and inspired in life I feel:

- I am excited about a lot of things and have the energy I need to do them. (1 point)
- There are some things I feel excited about, but I can't seem to find the energy or time. (2 points)
- Little to no excitement about anything in my life. (3 points)

2. If you had to pick just one, what describes your social life?

- I am super social, and love to be with people as often as possible. (1 point)
- I like to be with people, and I enjoy being alone. I recharge both ways. (2 points)
- Socializing exhausts me, I prefer to be alone much of the time. (3 points)

3. Therapy in the past has been:

- I have loved and gotten a lot out of therapy, I just need a refresh. (1 point)
- I haven't ever been to therapy. (2 points)
- I have had terrible experiences with therapy in the past. It makes me feel hopeless. (3 points)

4. I feel safe in this world.

- Absolutely. (1 point)
- Some of the time. (2 points)
- Rarely. (3 points)

5. When it comes to others:

- I love to give of my time. (1 point)
- Sometimes giving is easy. (2 points)
- I have a difficult time giving of myself to others. (3 points)

6. When I get home, I instantly feel safe and relaxed.

- Absolutely true. (1 point)
- Sometimes true. (2 points)
- Not at all true. (3 points)

7. I sleep soundly through the night in my bedroom.

- Generally true. (1 point)
- Sometimes true. (2 points)
- Not as true as I'd like. (3 points)

8. My intuition is:

- Very strong, I always trust it. (1 point)
- Hit or miss, I have a hard time hearing it and/or listening to it. (2 points)
- Non-existent, I don't trust myself very much. (3 points)

9. Please check all that apply.

- I feel stuck in a place I don't want to be (bad relationships, career dissatisfaction). (1 point)
- I am unable to concentrate. (1 point)
- I am always tired and sleepy. (1 point)
- I feel on the edge, easily getting frustrated or angry. (1 point)
- I am unable to relax and rest. (1 point)
- I am constantly overthinking. (1 point)
- I think I am too sensitive. (1 point)
- I am overly negative. (1 point)
- I feel depressed. (1 point)
- I am unable to control my anger. (1 point)
- I experience frequent, uncontrollable crying spells. (1 point)
- I feel irritable. (1 point)
- I have substance abuse concerns. (1 point)
- I have difficulty concentrating at work or school. (1 point)
- I feel sick or under the weather frequently. (1 point)
- I get anxious around other people. (1 point)
- I always feel something bad is about to happen. (1 point)
- I experience irrational fears. (1 point)
- I feel miserable. (1 point)
- Lately, I have been harming myself. (1 point)
- I have abnormal eating patterns. (1 point)
- I experience extreme mood swings. (1 point)
- I feel hopeless. (1 point)
- I suffer from panic attacks. (1 point)
- My relationships/marriage are going downhill. (1 point)
- I feel anxious in general. (1 point)

Your Results:

8-15 POINTS: Congratulations! You're doing pretty okay! However, if you took this quiz and are on my website, chances are, there might be something else going on in your life, or maybe you need some extra love and support. I am so here for that. I would love to be a cheerleader and guide to help you in any way I can.

16-23 POINTS: Hmm... Sounds like you're struggling a bit, babe. I am one with the struggle. I've so been where you are sitting, and I would love to be the one to help you dig out of the mud. Send me a message or give me a call!

24+ POINTS: Hoooo boy... It's time to call in a pro. I know things are super dark and scary right now. You're not alone, and I'm here to sit with you through this for as long as it takes. We've got this together!



As a therapist over the last 15 years, I've worked with people experiencing eating disorders, addiction, shame, depression, anxiety, and self-harm.

Maybe you've tried therapy before and it didn't "work" or you didn't quite connect with your therapist. Maybe this is your first time reaching out for help. Or maybe you're frustrated you're here at all and wonder if you're able to be helped or not.

**EITHER WAY, CONGRATULATIONS.
YOU'RE IN THE RIGHT PLACE, AND THIS IS AN
IMPORTANT FIRST STEP ON YOUR JOURNEY.**

CONTACT ME FOR A FREE 30-MINUTE CONSULTATION