

## **What are the valid reasons why people seek the help of a counsellor?**

**Counselling can help with all sorts of different issues**

**Not all reasons though are so cut and dried..**

Counselling can help with positive events such as choosing a direction in life when you may have felt 'a bit stuck' for a while.

You may be going through many changes and need to talk to someone objective so you can make sense of what is going on in your life.

**You may be going through significant events in your life such as:-**

- Getting married
- Getting divorced
- Starting a family
- Leaving home for the first time
- Death of a loved one

## **How would you know the right time to see counselling?**

**You may be experiencing some of the following:-**

- Feeling sad all the time
- Feeling angry all the time
- A disinterest in life and the activities you once enjoyed
- Relationship breakdown/Death of a loved one
- Abusing drugs/alcohol/food/sex/gambling/compulsive shopping or any other sort of addiction
- Loss of a job
- Experience of abuse either physical,mental,or emotional
- Experienced an accident,personal attack or natural disaster

**There can be other reasons:-**

- State of overwhelm
- You may have run out of ways of coping with life
- Counselling is helpful for stress and anxiety
- Are you making choices that are self-defeating?
- Emotions out of control
- You are leading a life which is not right for you
- You just really need to feel listened to
- You crave a new perspective
- You want to understand yourself more
- You need to work on your self-esteem

- Your relationships could be a lot better
- Prone to low moods
- ***You are ready to take 100% responsibility for your life***

### **To conclude.**

There are many reasons for seeking therapy.

If you are not feeling at peace with your life in some way this could be a good indicator that counselling would benefit your life.

If any of the points are ones you can relate to then now is the right time to work with a counsellor.

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