

HOW TO GET THE MOST OUT OF THERAPY

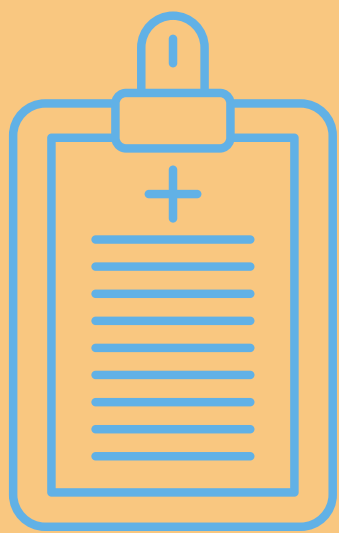
Find the right therapist

Connecting with your therapist is vital —if you don't feel seen, heard, and respected in a way that allows you to be open, it may not be a good fit. Similarly, don't be afraid to tell your therapist what is and isn't working for you in sessions.



Come as you are, and don't hold back

Therapy is most productive when you are open and honest. Sharing difficult emotions, thoughts, and feelings will likely be uncomfortable, but is important for developing self-awareness and fostering growth.



Trust the process and be consistent

Change doesn't happen overnight, but committing to weekly sessions and working on your goals outside of therapy can help you progress.

