

You Don't Have to Have Everything Figured Out Before Starting Therapy

By Allison Sramek, MSc, MFT, MBACP Registered

Many people delay reaching out for therapy because they believe they need to have a clear reason for starting therapy. They tell themselves:

"I don't know where to start."

"Nothing terrible has happened."

"Other people have it worse than me."

"I should be able to cope on my own."

The truth is, you don't need to arrive at therapy with all the answers. In fact, many people begin therapy feeling confused, emotionally exhausted or simply aware that something doesn't feel quite right.

You don't need to organise your thoughts before we meet. You don't need to have the "right" words. You don't even need to know exactly what you want to work on.

Therapy is a space where we begin wherever you are. Sometimes we start with a single event. Sometimes with a feeling. Sometimes with the sentence:

"I don't really know why I'm here."

And that's enough.

Together, we make sense of what's happening beneath the surface, gently exploring the patterns, experiences and emotions that may be contributing to how you're feeling today.

There is no perfect starting point. Only your starting point.

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