

Signs that indicate that counselling will help

Perhaps you feel stressed and afraid, you find hear yourself saying “I’m stressed, I can’t cope, or I’m scared” a lot.

Corona is feeling overwhelming. A loved one is sick or maybe you are afraid they will get sick.

You might simply want to change the way you are looking at your life and explore different ways of looking at things.

You want some changes.

A friend has accused you of being selfish, or a narcissist, it’s made you think.

You might be struggling to wake up, you may wake up unhappy, frustrated, or grumpy.

You might wonder what life is all about.

You may find yourself feeling people don’t understand you, or that people aren’t very nice to you, you might be feeling you don’t like people or that they disappoint you.

Maybe you argue a lot with your partner or maybe you don’t talk to each other very much or when you do talk it feels like you don’t get each other. Or maybe you cannot find a good match in anybody?

You don’t really trust anyone.

You might have aches in your shoulders, head or back. You might notice you clench your jaw, without meaning to, that your hands are quite often held tight.

Maybe you don’t often feel anything, and when asked with the question what are you feeling you don’t really know?

You struggle to connect with your parents.

You feel different. Sometimes you feel like an outsider.

You don’t want to trouble anybody.

Maybe you feel a lot much of the time, you find yourself sad or tearful and you sometimes surprise yourself with how your emotions come flooding out.

Perhaps you find you can only enjoy yourself if you have an alcoholic drink or drugs, without them life seems a bit dull?

You feel guilty a lot of the time.