



WHAT YOU DIDN'T KNOW ABOUT THERAPY (BUT SHOULD!)

What therapists often wish clients knew about therapy, mixing playful and serious

You're the expert on your life. I just help you uncover the pieces you might not see yet

It's okay if you don't know where to start! Therapy isn't a quiz; we'll figure it out together.

Crying is not only allowed—it's celebrated. Seriously, we have tissues ready for this exact reason.

Therapy isn't one-size-fits-all. Just like jeans, we find what fits YOU best.

Yes, silences can be awkward for you, but I'm actually fine with them!

You don't have to be 'interesting' to come to therapy. You're already the main character here.

We don't secretly judge your messy hair, tears, or mismatched socks. Promise.

I don't expect you to remember everything we talked about. That's why I take notes!

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Therapists don't have all the answers. But we love helping you figure them out.

You won't shock me. Seriously. I've probably heard wilder things this week.

Therapy doesn't magically fix life. Think of it as your mental health gym—progress takes work!

You're not 'broken,' and I'm not here to 'fix' you. Therapy is about growth, not repair.

It's okay to outgrow your therapist. If we're not a good match, let's find you someone who is.

Healing isn't linear. Two steps forward, one step back is still progress.

Boundaries are important here too. I'm here for you, but our relationship stays professional.

Your feelings are valid—even if they don't make sense to you right now.

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Therapy isn't just about solving problems; it's also about discovering your strengths.

It's okay if you don't feel better right away. The process takes time.

You're not alone, even if it feels like it. Therapy is a reminder of that.

You don't need a huge reason to start therapy. Feeling 'off' is reason enough.

Therapy works best when you're honest—even about things you think I don't want to hear.

We're not here to judge your Google search history. But maybe we can unpack why it worries you!

You can't 'fail' at therapy. The only way to fail is not showing up for yourself.

Sometimes therapy gets worse before it gets better. Think of it like cleaning out a messy closet.

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I won't give you advice like your friends do. I'll help you figure out what you want to do.

You don't have to do this alone. Therapy is your safe space, and I'm here to walk alongside you.

Therapy isn't all 'deep talks.' Sometimes breakthroughs happen when we're laughing about your cat's antics.

Your brain is like a computer, and therapy is the software update. Sometimes it takes a reboot to see changes.

It's okay if you forget what I said 10 minutes ago. We'll revisit it as many times as you need.

I'm not reading your mind—I wish I could sometimes—but I need you to tell me what's in there!

You don't need to have 'homework' finished perfectly. This isn't school, and life gets messy.

When you say, 'I don't know,' I hear, 'I need help finding the words.' And that's my job!

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It's okay to laugh during therapy. Healing doesn't always have to be heavy.

Your progress might feel small, but it's like planting seeds. Growth is happening under the surface.

Sometimes you'll leave therapy with more questions than answers. That's how we get to the good stuff!

Therapy is like cleaning your emotional junk drawer. Overwhelming at first, but so satisfying later.

You're allowed to tell me if I say something that doesn't land. Therapy is a collaboration, not a monologue.

We'll celebrate your wins—big or small. Yes, even remembering to drink water counts!

You're not my only client, but you ARE my priority during our time together.

Sometimes I'll challenge you, and it might feel uncomfortable. That's where the magic happens.

WRITE IN YOUR OWN