



# Is Therapy Right for Me?

## A Gentle Self-Reflection Checklist

From Natalie Ellis, DSW, LCSW-QS | Sage and Sol Therapy LLC

Deciding to begin therapy is a personal and often deeply meaningful step. This checklist is not a diagnosis — it is simply a gentle invitation to reflect on your inner experience. If several of these resonate with you, therapy may be a supportive and transformative next step.

### EMOTIONAL WELL-BEING

- I often feel overwhelmed, anxious, or on edge — even when nothing specific is wrong.
- I experience sadness, emptiness, or low mood that lingers for days or weeks.
- I struggle to manage my emotions and sometimes feel like they control me.
- I feel numb, disconnected, or emotionally flat more often than I'd like.
- I carry a lot of worry about the future or replay past events in my mind.

### RELATIONSHIPS & CONNECTION

- My relationships feel strained, disconnected, or filled with recurring conflict.
- I find it difficult to communicate my needs or set healthy boundaries.
- I feel lonely even when I'm surrounded by people.
- I'm navigating a significant relationship change — a breakup, divorce, or loss.
- I struggle to trust others or feel truly seen and understood.



DAILY LIFE & FUNCTIONING

- I'm experiencing changes in sleep — sleeping too much, too little, or restlessly.
- My appetite or relationship with food has shifted in ways that concern me.
- I've lost interest in activities or people I used to enjoy.
- I'm managing a chronic health condition that affects my emotional well-being.
- I use substances, screens, or other behaviors to cope with difficult feelings.

LIFE TRANSITIONS & PERSONAL GROWTH

- I'm going through a major life change — a move, career shift, loss, or new role.
- I feel stuck, uncertain about my direction, or disconnected from my sense of purpose.
- I've experienced trauma — recent or in the past — that still affects me today.
- I want to understand myself more deeply and grow in meaningful ways.
- I've been thinking about therapy for a while and feel ready to take the step.

A Moment to Reflect

After reading through these items, take a quiet moment with yourself. You don't need to check every box — even one or two that resonate deeply may be enough. Therapy is not reserved for crisis. It is a space for anyone who wants to feel better, understand themselves more fully, or simply have a consistent, safe place to be heard.

**Q1** What am I carrying right now that feels too heavy to hold alone?

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**Q2** What would it feel like to have a safe, consistent space just for me?

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**Q3** What is one thing I wish someone truly understood about my experience?

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**Ready to take the next step?**

Natalie Ellis, DSW, LCSW-QS offers individual therapy, couples counseling, women's support groups, and clinical supervision. She currently accepts clients in **Florida** and **Pennsylvania**, with telehealth available throughout Florida.

Schedule a free consultation at [sagesoltherapy.com](https://sagesoltherapy.com) or email [Natalie@sagesoltherapy.com](mailto:Natalie@sagesoltherapy.com)

