



Dr. Natassia Johnson, Ph.D., LPC-S

## 10 Signs I Might Be The Therapist For You!

1. You aspire to live a life where you don't constantly worry about the judgment of others.
2. Close loved ones tend to refer to you as "overly sensitive".
3. You long for days where you don't feel empty, alone, isolated, or disconnected.
4. You work hard to become unstuck from the past and make sense of painful past experiences.
5. Around close loved ones, you often feel unsafe emotionally, psychologically, and/or physically.
6. You dream of the day when you don't have to pretend to be "okay" around others.
7. Close loved ones often shame you for having needs.
8. Despite how stressful it is, you can't stop pressuring yourself to be perfect at all costs.
9. You wish to rid yourself of your harsh, inner critic.
10. You constantly seek out ways to feel worthy.

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