



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 often say to you, "You're too sensitive!"
3. You long for days when you don't feel empty, alone, isolated, and/or disconnected.
4. You feel stuck in the past and/or struggle to make sense of painful past experiences.
5. Around close loved ones, you often feel unsafe and/or as if you can't be your full, authentic self.
6. You dream of the day when you don't feel the need to pretend to be "okay" around others.
7. You shame yourself for having needs and/or close loved ones 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 (sometimes unhealthy) to feel wanted by others and/or worthy of the space you take up.

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Click [HERE](#) to learn more about the **issues** I love to work on!

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