

You see a shrink?



It is often the assumption that if you go to therapy that you have serious problems you cannot manage on your own and there is something fundamentally wrong with you. In reality, if someone is attending therapy, they tend to be on the healthier side of self-love and self-awareness.

Because seeing a therapist is stigmatized, many people who want to seek help, either often don't, or they keep their therapy private so they do not invoke judgment.

Clinical psychologist Dr. Sherrie Campbell, author of *Loving Yourself: The Mastery of Being Your Own Person*, offers this advice:

- ***Everyone can benefit from therapy.***
We are not here to do life on our own nor are we equipped to be 100% objective in our own lives. Therapy is the perfect way to get that objective view, get to know yourself more deeply, analyze your habits of behavior and find solutions and resolutions to life's everyday issues. Even healthy people seek therapy.
- ***Deniers don't attend therapy.***
The unhealthiest people, the people who need treatment the most, are the ones who never consider therapy. In their mind they are never wrong, it is always someone else's problem, and they should not have to change. The people who end up in therapy are those trying to deal with the relationships they have with these people who deny there is a problem.
- ***Own your personal journey.***
If you have chosen to attend therapy, be proud of it. Most people who are seeing the benefits of therapy tend to brag about how much the therapy is changing their lives. We all want to be happy, and when you communicate about your therapy as a major benefit to your life, you will be surprised how many people either ask for your therapist's information or confess back to you they have also sought therapy. When you own and take pride in your growth, much to your surprise many others will take your lead.