



5 | Signs It's Time To See A Counselor Now

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It's always difficult to know when is the right time to make the call and set up an appointment to meet with a counselor. Life is busy and there are so many other distractions going on that it is difficult to remember to take care of our emotional needs. We have compiled a list of the top 5 reasons people have decided to make the call and get help with a professional counselor.

1 | Feeling stuck with your spouse.

Feeling stuck can mean many different things, but primarily it entails falling into a rut with your life partner where the joy and excitement of being together has vanished. Life becomes routine and monotonous and we wake up one day to realize there is little to no spark left in our relationship. We don't know how we got here and we definitely don't know how to move forward. We want to believe that where we are is "fine," but if we have the courage to acknowledge it, we know that our marriage is designed for so much more.

2 | Feeling angry throughout the day.

When we stop blaming everyone else for our frustration, we realize that we spend a large portion of each day in a grumpy mood, or angry, or "about to blow." It's hard to admit that anger is dominating our life. Everyone I have encountered who struggles with anger hates the feeling of anger that constantly brews within them. Finding relief is possible and counseling can help.

3 | Being worried all the time.

When we worry, our minds just race all the time. There is so much to worry about in any given day. It gets to the point where it feels like there is nothing we can do to stop or slow down the worry. Worry is one component of anxiety, and there are many people who suffer from anxiety that is masked by worry. When we spend more time worrying about bad things that can happen versus dealing with current issues, we may have reached the place where counseling can be very effective.

4| Finding it difficult to be motivated or get things done.

Feeling unmotivated comes in seasons, but sometimes those seasons don't go away. If you have felt a lack of motivation, or notice that things aren't getting done for more than 6 weeks, then you may be experiencing something more than a low season. Counseling can help people get a clearer picture of why they feel low energy and learn helpful ways of countering those down seasons.

5| Constant conflict with your partner.

Tension, stress, or the fear that every conversation will turn into a fight are some of the ways people describe this feeling. It usually takes an ugly, nasty fight before enter my office, but it doesn't have to be this way. If you feel that conflict is more common than connection with your partner, then counseling can be a helpful place to turn the tide and get more satisfaction out of your relationship.

The decision to call a counselor is never an easy one and usually entails some sense of awkwardness or uncomfortability. Most people who enter my office have waited until there has been a big explosion or life has become completely unmanageable. It doesn't have to be this way. If you notice any of the 5 signs listed above affecting your life in a negative way, then *reaching out to a counselor for help may provide the relief you are longing for, but didn't know you needed.* We are always in a better place to receive help when we aren't in crisis mode.

**If you would like to schedule an appointment, please call us at
615-800-9260.**