

**“Would therapy help me?” “I am new at this and have never been in therapy before, and don’t know how it is supposed to work?” “Does being in therapy mean that I am ‘crazy’ or can’t take care of things myself?”**

These are questions we hear often. Therapy is not the only therapeutic outlet for folks. However, to the contrary, I often say that it is the individuals who aren’t in therapy and who may need it that I worry about the most.

Answer the following 10 questions honestly and then add up the numbers you used to rate yourself with, and then divide by 10 to get your overall average. Then, use the very basic guide at the end of the questionnaire based on your average to consider whether or not therapy may benefit you.

**1)** I have been through an important adjustment within the last year, regardless of whether or not it was a happy or sad event.

0 1 2 3 4 5 6 7

**2)** I have experienced a loss of an important person over the past year, whether it was a positive or a conflictual relationship.

0 1 2 3 4 5 6 7

**3)** I often worry about the future, whether it is about my well-being or the health and well-being of others.

0 1 2 3 4 5 6 7

**4)** I feel sad or down for at least part of the day or part of the week, and it is hard to get motivated even with the help of family or friends.

0 1 2 3 4 5 6 7

**5)** I get easily hassled, frustrated or upset by minor things.

0 1 2 3 4 5 6 7

**6)** I often feel as though my best efforts as a parent are not enough to get my kid(s) to listen to me.

0 1 2 3 4 5 6 7

**7)** It feels really hard for me to let go of the past.

0 1 2 3 4 5 6 7

**8)** I have a hard time focusing, concentrating and remembering things I am supposed to do.

0 1 2 3 4 5 6 7

**9)** I have a short fuse and a low boiling point.

0 1 2 3 4 5 6 7

**10)** I am often confused and feel stuck with my life the way it is and want something better, I just don’t know what that is.

0 1 2 3 4 5 6 7

Your average score: \_\_\_\_\_

Less than 3.0 – You probably would not find therapy helpful at this time in your life and the ways that you do cope with life’s challenges seem to be working just fine for you.

3.0 or more – It is likely that some sort of therapeutic activity or outlet would be helpful to you at this time in your life and if you would like a free initial consultation to determine whether or not therapy would be helpful, contact me at your convenience and mention this brief rating scale.

My contact information is on our website or you may simply email me at journeymaker@verizon.net or contact me at (413) 536-1918 or (413) 388-1552.

**Keep up the good work!**