

# Cultural Daily

Independent Voices, New Perspectives

## Reasons to Talk to a Therapist

Our Friends · Monday, January 18th, 2021

Have you ever experienced those days when you just want to lie in bed and do nothing? When you do not feel like talking to or meeting any of your friends or family members? Your emotions seem to be all over the place, and you cannot understand if you want to scream or cry? If you have been through any of this, you should know that you are not alone. The first thing you need to realize is that there is no need to feel ashamed or embarrassed!

Dips in mood are completely normal, and if you take a look around you, many people in your circle might be going through the same thing. Most people believe that they should only go to a therapist if they suffer from a severe mental illness. That is not true! You do not need to be diagnosed with a disorder or illness to seek help. Here are a few reasons why you should consider visiting a therapist:

- **Therapists never judge**

Although sometimes the simple solution to our problems is to just vent, you may find yourself bottling up your feelings out of fear of being judged. One of the greatest benefits of talking to a certified therapist is that you will be able to talk about any kind of emotions and problems in a judgment-free zone.

- **Therapists help you explore yourself**

We have all found ourselves in situations where we doubt our abilities and end up feeling as if we are not good enough. Therapists assist you in realizing your true worth by helping you gain better insight into your strengths and abilities. This not only helps you learn to admire yourself, but gives you newfound confidence that will allow you to make better decisions and choices that benefit you.

- **Therapists help you fight your traumas**

Despite common belief, nobody has a blissful, problem-free life. Unfortunately, many of us have faced traumatic experiences such as losing a loved one, getting bullied, or even surviving abuse. Trauma can put you in a dark, empty place and prevent you from living a ‘normal’ life. While it may seem impossible to recover from such events, therapists provide a safe space and help you work through traumatic experiences. They also enable you to manage your feelings, and make positive changes in your life which help you overcome your suffering.

- **Therapists guide you to make lifestyle changes**

Many individuals who struggle with their mental health develop unhealthy habits like drinking, smoking or indulging in drugs. Therapists won't force you to leave such habits; instead, they will help you determine that why are you making such choices. By understanding the root cause of your behavior and becoming acquainted with appropriate management strategies, you will be able to create lifestyle changes that lead to a healthier and happier future.

Nonetheless, while most therapists have received the appropriate training and certifications, not every therapist is suitable for you. However, there is no need to worry! [BetterHelp](#) can help you find a therapist that is fit for you.

*Photo by Volodymyr Hryshchenko on Unsplash*

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