

Can therapy help me feel better about myself?

Yes, it can! Self-esteem is one of the most basic elements of a happy life, yet so many of us struggle in this area. Often, painful experiences in our past convinced us that there was something wrong with us, or that we were not worthy of love and respect, or that we needed to push others away in order to feel safe. In therapy, we learn that this is not true. We explore where our fear comes from (or our anger, depression, anxiety, addiction, relationship issues, etc.), and discover how our thoughts and beliefs might be sabotaging our happiness. We uncover ways that we are treating ourselves, and things we are telling ourselves, that keep us stuck in old behaviors and self-loathing. Therapy is about building a new relationship with our adult self, re-discovering who we are, and choosing to take loving care of ourselves and others.

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