

What Psychotherapy Means To Me



Thoughts

- Being Authentic
- Heightened Self Esteem
- Taking Responsibility for Myself
- Loving My Life
- Empowering Myself
- Integrating Parts of Myself
- Being Understood
- Defining my Character
- Finding Out What I Need to Thrive
- Seeing the Bigger Picture
- Integrating the Past
- Testing Ideas and Opinions



Feelings

- Managing Anger
- Living with Grief
- Expressing My Emotions
- Healing Past Traumas
- Gaining Peace of Mind
- Learning to Love Myself
- Reducing Stress
- Living in the Present 'Now'
- Understanding Others
- Better Communications
- Finding Fulfilment
- Finding New Perspectives



Actions

- Living with Integrity
- Speaking my Truth
- Liberating Sexuality
- Saying No Confidently
- Improving Relationships
- Releasing Creativity
- Working Meaningfully
- Shaping the Future
- Re-Ordering and Prioritising
- Setting Boundaries
- Changing Behaviour
- Acting Effectively