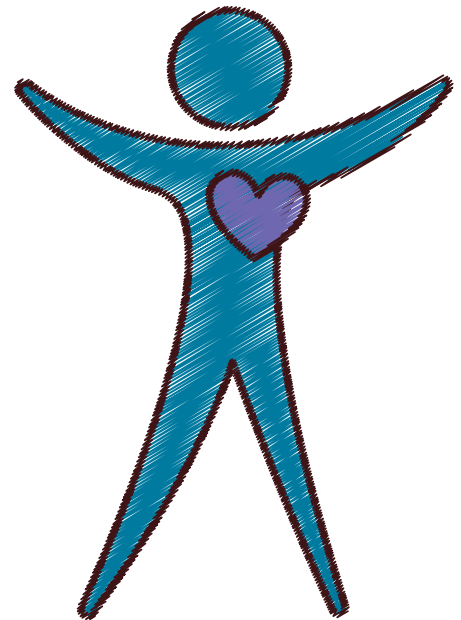


LET'S  
TALK  
ABOUT  
IT

# How do you know when to seek therapy?

**Here are some things to think about that may help you decide if therapy might be a good option to pursue:**

- Do you have problems getting to sleep or staying asleep?
- Do you feel restless, agitated, or worried much of the time?
- Have your existing relationships (with partners, family, or friends been
- negatively influenced by the after effects of your abuse/assault?
  
- Are you feeling depressed more time than you are not feeling depressed?
- Are you frequently “jumpy” or feeling like you are always “on guard?”
- Do you find it difficult to concentrate?
- Does it feel like everything is an effort?
  
- Do you feel uncomfortable about your body?
- Are you experiencing physical symptoms like shortness of breath, chronic headaches, genital pain, tightness in your chest, or stomach upset?
  
- Are you frequently feeling angry?
- Do you have intrusive thoughts?
- Are you gaining or losing weight—not intentionally?



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If you answered yes to any of these questions, you may want to consider exploring therapy as an option to look at the answers to these or other questions. To read more, visit: [forge.tips/therapist-guide](https://forge.tips/therapist-guide)

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