

Is Therapy Right for Me?

A self-reflection guide for anyone on the fence — and an honest answer to the question most people are really asking.

By Ziv Vosberg, LMFT · zivlmft.com

Let's start with the real question.

When people ask 'is therapy right for me?' they're usually asking something more specific: Am I struggling enough to deserve it? Is what I'm going through bad enough to justify the time, money, and vulnerability it requires?

The honest answer: you don't need to be in crisis to deserve support. You don't need a diagnosis, a dramatic history, or a reason that feels sufficiently serious. If something in your life isn't working the way you want it to — if you're tired, stuck, or simply aware that you could be living more fully — that is enough.

SELF-REFLECTION QUESTIONS

Read each question and simply notice your response — a yes, a no, or a 'kind of.' There's no scoring here. Just awareness.

About your daily experience:

Do you frequently feel anxious, overwhelmed, or on edge — even when nothing is obviously wrong?

Do you feel a persistent sadness, flatness, or emptiness that doesn't seem connected to any particular cause?

Do you have difficulty sleeping — either falling asleep, staying asleep, or waking up feeling rested?

Do you find it hard to be present — either because your mind is racing ahead or because you feel numb and disconnected?

Do you feel exhausted in a way that sleep doesn't fix?

About your relationships:

Do you notice the same patterns repeating across your relationships, despite wanting something different?

Do you struggle to ask for what you need, set limits, or feel like yourself in close relationships?

Do you find yourself people-pleasing, shrinking, or performing in ways that feel exhausting?

Do you feel genuinely known and loved by the people in your life — or do you feel alone even when surrounded by others?

About your past:

Are there experiences from your past that still feel raw, activated, or unresolved — that come back in ways you didn't choose?

Do you find yourself reacting to current situations with an intensity that feels like it belongs to something older?

Is there something you've never told anyone — that you carry alone?

About change:

Have you tried to change certain patterns — on your own, through books, through willpower — and found that something keeps pulling you back?

Is there a version of yourself you want to be that you can't seem to consistently access?

Do you feel like you understand your patterns intellectually but can't seem to change them at the level that actually matters?

WHAT YOUR ANSWERS MIGHT MEAN

If you said yes to several questions in one category:

That's a clear signal that there's something worth exploring. Not because something is wrong with you — but because you deserve more support than you're currently giving yourself.

If you said yes to questions across multiple categories:

The patterns in your daily life, relationships, and history are likely connected — which is exactly what therapy is designed to explore. Understanding those connections often produces relief that addressing each issue separately never quite achieves.

If you answered 'kind of' to most things:

That in-between place — where things aren't terrible but they're not quite right either — is one of the most common reasons people come to therapy. You don't have to wait until things are worse.

If you said no to most things but still felt drawn to read this:

Pay attention to that pull. Sometimes the most useful therapy happens not in crisis but in the spaces of relative calm — when you have the capacity to do deeper work.

COMMON REASONS PEOPLE WAIT — AND WHAT I'D SAY TO EACH

'I should be able to handle this on my own.'

Needing support is not a failure of strength. The most resilient people I know are the ones who know when to reach for help. Handling things alone is a skill — and so is knowing its limits.

'My problems aren't serious enough.'

There is no threshold you need to meet. Your suffering doesn't need to be compared to someone else's to be worth addressing. If it's affecting your life, it's worth support.

'I don't want to dig up the past.'

Good therapy isn't about endlessly excavating the past. It's about understanding how the past is showing up in the present — and changing the patterns that no longer serve you. You're always in control of the pace.

'I don't have time / it's too expensive.'

These are real concerns that deserve real answers. Many therapists offer sliding scale fees. And the time cost of therapy is often less than the time cost of continuing to struggle with the same patterns — at work, in relationships, in your own head.

'What if it doesn't work?'

That's a fair fear. Therapy isn't magic and it isn't guaranteed. But research consistently shows it works — for most people, most of the time. And a free consultation is exactly the right way to start: low stakes, no commitment, just a conversation.

The bottom line

If you've read this far, something brought you here. That matters. You don't need to have it all figured out before you reach out. In fact, not having it figured out is one of the best reasons to begin.

Book a free 15-minute consultation at zivvosberg.clientsecure.me

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