

# Creative & Caring Counseling

Gentle Guidance through Life's Transitions

## Assessing if Counseling is Right for You Right Now

Are you:

- Preoccupied with or reliving events from the past?
- Regretting behaviors but continue them anyway?
- Struggling to make it through the day?
- Stressed that someone will discover your secret?

Do you have feelings like these?

- Depressed or feel like a “fog” is all around you.
- Overly stressed or anxious or worried.
- Sad or shameful.
- Insecure or angry.

Do you have thoughts like these?

- “I’m not good enough.”
- “I want to be happy, but I don’t know how.”
- “How come I always seem to be in a bad relationship?”
- “If anyone knew the real me, they’d never like me.”

Do you have behaviors like these?

- Making promises to yourself to change, and then don’t.
- Yelling when you didn’t mean to.
- Isolating or pushing people away.
- Using pornography, food, shopping, etc., to “escape” an unwanted feeling or to gain a “high” feeling.

If you've answered "yes" to some of these statements, then please read on.

*Feelings, thoughts, and behaviors all influence each other.*

By exploring how your life is working for you and how it is not, together we can explore how to change any of these areas and improve your overall mental health.

Barbara Sheehan-Zeidler, professional counselor, offers effective counseling to resolve your pain and problems to help realize personal benefits and solutions.

Call 720-839-4720 for a free consultation to determine if counseling is right for you now.

Creative & Caring Counseling | [BarbaraCounsels.com](http://BarbaraCounsels.com)

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