AAYINA THERAPY · LOOK WITHIN. SEE BEYOND.

A SHORT, HONEST SELF-CHECK

Is Therapy Right for Me?

There's no test that tells you definitively, no score, no threshold, no official list of symptoms you have to check off first. The honest answer is that you don't need a diagnosis or a crisis to qualify, you just need to be curious enough to look closer. This isn't a quiz with a right answer, it's a few honest questions worth sitting with.

Signs Worth Paying Attention To

None of these require a diagnosis. If more than one sounds familiar, that's already a reasonable signal.

- [ ] You keep returning to the same worry or conflict without making progress on it alone
- [ ] Your sleep, appetite, or energy has shifted and stayed shifted for weeks
- [ ] You feel less like yourself and more like you're managing yourself
- [ ] Relationships that used to feel easy now take more effort than they should
- [ ] You've had the thought "maybe I should talk to someone" more than once

"But I'm Functioning Fine"

Functioning and struggling aren't opposites. Plenty of people hold down a job, show up for people they love, and still feel like something is quietly off underneath it. Therapy isn't only for people whose lives have visibly stopped working, it's just as useful for people who look fine from the outside and don't feel that way on the inside.

You Don't Have to Be Certain to Start

You don't need to arrive at a first session already knowing what's wrong or what you want to work on. Naming that uncertainty out loud is often the actual starting point of the work, not a prerequisite for it.

> A lot of people delay therapy because they're waiting to feel bad enough to justify it. You don't have to be in crisis to start, therapy isn't rationed by severity. Wanting to understand a pattern, feeling stuck without knowing why, or simply wanting support are all legitimate reasons on their own.

What This Looks Like at Aayina

Individual therapy at Aayina doesn't ask you to justify why you're there before you're taken seriously. Many clients start with a single, free discovery call just to see if it helps, no clear diagnosis, no crisis, no specific goal required going in.

If you've been asking yourself whether you need therapy, that question is usually reason enough to explore it.

Book a Free Discovery Call