

# THE BENEFITS OF THERAPY:



## Debunking Common Myths

MYTH	FACT
Therapy is only for people with severe mental health issues.	Therapy can benefit anyone who is struggling with emotional, behavioral, or relationship issues, regardless of the severity.
Talking about your problems won't change anything.	Research has shown that therapy can lead to positive changes in behavior, thoughts, and emotions, leading to improved mental and emotional well-being.
You need to have a specific problem to go to therapy.	Many people go to therapy to work on self-improvement, personal growth, and increasing overall life satisfaction, even if they do not have a specific issue they are seeking to address.
Therapists just give advice.	Therapists help individuals understand their thoughts and feelings, develop coping strategies, and make positive changes in their lives. They don't just give advice, but facilitate self-exploration and self-discovery.
Therapy takes a long time.	The length of therapy varies depending on the individual's needs and goals. Some people see improvement in just a few sessions, while others may continue therapy for an extended period.

*Mindful Therapy Cairns*