



TALKING TO A LOVED ONE ABOUT SEEKING THERAPY

Here is a guide for communicating to a loved one that you believe they may benefit from therapy.

Take a few moments to reflect on how YOU are feeling about watching a loved one struggle.

(This is only for you, to help you identify and unpack your experience.)

Use "I statements" and share your concern while providing specific evidence that is causing you concern.

(Example: "I am concerned because you have been cancelling our plans.")

Normalize therapy - offer your own experience, provide some local therapy services you've heard good things about, etc.

Keep in mind there may be resistance and reflect on how to plan to handle that.
