

## Do I Need Therapy?

*Check the items that feel relevant to you right now*

Items checked

\_\_ / 8

- ☐ I often feel anxious, sad, or irritable without a clear reason
- ☐ My emotional state interferes with work, relationships, or daily tasks
- ☐ I keep thinking about the same problems in circles without finding solutions
- ☐ It's hard to feel joy or pleasure from things I used to enjoy
- ☐ I avoid certain situations, people, or places due to fear or discomfort
- ☐ My sleep, appetite, or physical well-being have changed without a medical cause
- ☐ It's difficult to talk about my feelings, even with close ones
- ☐ I feel like I'm no longer coping as well as I used to

0–2 items: Your emotional state is stable. Keep taking care of yourself — preventive consultations are also beneficial.

3–5 items: There are signals worth paying attention to. We recommend reaching out to a specialist — sooner is better than later.

6–8 items: Your state needs support. Please reach out to a psychologist — this is important and you deserve that care.