How to make best use of therapy

1. Let go of unsaid social rules of conversing and open up-your session is about you. Rest assured; your sessions are confidential.
2. Do your homework diligently and apply your psychoeducation to your life. Keep a journal and Introspect.
3. Keep in mind your therapist will not give you a list of solutions, rather embrace the safe space therapy provides.
4. Set goals with your therapist to help you track your progress.
5. Enjoy the process, therapy is a course where you are the topic.
6. Therapy is a 2-way process, building a bond of trust with your therapist is crucial