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Get it in gear with Psychotherapy

H.O.P.E. Psychotherapy of Houston, PLLC

www.HopePsychotherapyOfHouston.com

Psychotherapy is a luxury I can't afford: Seriously?

This is going to be short and hopefully sweet!

Consider how much you spend for what can be considered luxury items. Do you get gourmet coffee drinks at least 5 days per week, eat out at least once per day, go to the movies at least twice per month, smoke cigarettes, play the lottery, have a big screen TV, buy designer products or can't even account for where your money has gone? You get the picture. Most of the items for which you spend money bring you pleasure but don't last if you get them to make yourself happy. And some can be detrimental.

Your mental well-being is paramount to enjoying those luxury items you buy, but you may not give psychotherapy a second thought because of the cost. To that I respond, "Seriously?"

Add up the cost of your luxury items and see what the average cost is per week. Then ask yourself why you buy or have them. If your answer is because they make me happy, the following question can go something like, "What issues or feelings am I trying to resolve with these items?" Many people self-soothe with smoking, coffee or buying items they don't need or can't afford. Do a little research and see how much you might spend on psychotherapy/counseling and compare that to what you spend on your luxury items. Psychotherapy costs can be manageable. Consider that you might spend a little more for psychotherapy than your luxury items, but when you do you are making a life long investment and not buying a short-term fix for your issues. Many psychotherapists use very practical approaches and some provide short-term psychotherapy so you won't have to invest for years to receive the lasting and healthy benefits of psychotherapy.

Sweet enough? Take the steps needed to be happy and healthy by seeing psychotherapist. You'll be glad you did!

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