

5 Things to Know Before You Start Counselling

A calm, honest guide for anyone thinking about reaching out.



01

You don't need to be in crisis to reach out.

Many people put off counselling because they feel their problems aren't 'bad enough.' But counselling isn't reserved for rock bottom. If something is affecting your sleep, your relationships, or your ability to enjoy life — that's reason enough. You don't need a label. You just need to want things to feel different.

02

Talking to a counsellor is different to talking to a friend.

With friends we soften the truth and manage their reaction. A counsellor's only role is to support you — with no agenda, no judgement, and no need for you to look after them. You can say the things you've never said out loud. You can be contradictory, messy, or unsure. That's not just okay — it's exactly the point.

03

CBT gives you tools you'll use for life.

Cognitive Behavioural Therapy works on a powerful idea: the way we think about a situation directly affects how we feel, and how we feel affects what we do. By gently examining those patterns, we can start to shift them. It's practical, grounded, and the skills stay with you long after our sessions end.

04

Progress isn't always linear — and that's okay.

Sometimes it feels like you've gone backwards. An old anxiety resurfaces, a hard week undoes what felt like progress. This is completely normal and it doesn't mean counselling isn't working. Healing isn't a straight line. What matters is the overall direction of travel — and having someone alongside you for the difficult patches.

05

Choosing the right counsellor matters — trust your gut.

One of the biggest factors in successful counselling is the relationship between client and counsellor. It's not just about qualifications — it's about fit. The free 15-minute call I offer exists for exactly this reason. No pressure, no obligation — just a chance to see how things feel.

Ready when you are.

[Book Your Free 15-Minute Call](#)

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