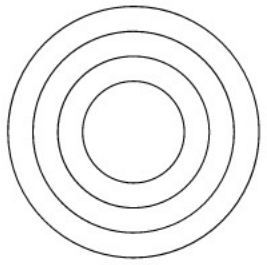


COMMON ISSUES AND PROBLEMS BROUGHT TO THERAPY:

CHEERFULMINDS.CO.UK



COMMON ISSUES & PROBLEMS

I do not consider problems to be indicative of 'mental illness'. I would rather view problems as consequences of difficulties that we face

XIMENA HERNANDEZ-HUDSON

COMMON DIFFICULTIES

Fears, Love, Relationships, Bereavement, Sexuality, Personal development, Confidence, building, Low, mood, Anxiety, Panic, attack, Psychosomatic symptoms, Stress, Confusion about life meaning, Spiritual Emergency, Spiritual Emergence, Spiritual Crisis, Burn out, Depression, Dilemmas related to personal, freedom and free choice, Conscious or subconscious influences of fears, passions and desires, Self-reflection: active planning for our future or subconscious submission?, Feelings of isolation, loneliness and fear of death, Being socially introverted.

COMMON DIFFICULTIES

Unanswered questions, unresolved decisions, anticipated situations, unsettled trauma and daily stress can cause mental turmoil. Not having anyone you can ask for help or with whom to share your anxiety when you are confronted with difficult decisions causes more stress. Stress impedes your ability to be happy and can set the foundation for depression to develop.