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Counselling & Psychotherapy

Gentle Reflections Before Counselling

An invitation to pause, notice, and listen
inwardly

BEFORE YOU DECIDE

Deciding whether to begin counselling can bring up uncertainty, questions, or hesitation.

You don't need to be in crisis. You don't need to have the right words. And you don't need to be sure.

These reflections are not here to persuade or advise. They are simply an invitation to pause and notice what is already present for you, at your own pace.

Take what feels relevant. Leave the rest.

GENTLE REFLECTIONS BEFORE COUNSELLING

01

Noticing what brings you here

02

Noticing how things feel right now

03

Noticing your relationship with yourself

04

Noticing what feels hard to say

05

Noticing hopes and hesitations



01. NOTICING WHAT BRINGS YOU HERE

Sometimes people come to counselling with a clear reason.

Sometimes it's just a sense that something isn't quite right.

You might gently notice what has led you to read this — without needing to explain it, justify it, or make it make sense.

02. NOTICING HOW THINGS FEEL RIGHT NOW

You may be feeling overwhelmed, stuck, disconnected, low, or simply tired of holding things together.

There is no need to label these feelings or decide what they mean.

Simply noticing them can be enough for now.

03. NOTICING YOUR RELATIONSHIP WITH YOURSELF

When things feel difficult, many people notice a critical or demanding inner voice.

You might reflect on how you tend to speak to yourself when you're struggling — and what it's like to carry that alone.

04. NOTICING WHAT FEELS HARD TO SAY

Often, the things that feel hardest to talk about are the ones that matter most.

You don't need to know how to put them into words yet.

Counselling can be a place where things emerge slowly, and where silence is welcome too.

05. NOTICING HOPES AND HESITATIONS

You may feel drawn towards counselling while also feeling unsure, anxious, or resistant.

Both can exist at the same time.

You might notice what you hope counselling could offer — and what gives you pause — without needing to resolve either.



A FINAL THOUGHT

If any of these reflections resonate, you don't need to act on them straight away.

Counselling is simply an offer of space — a place to explore what is present, with support.

If you'd like to find out more or ask questions, you're welcome to get in touch.