

WHAT

NOT

**TO SAY TO PATIENTS
WHEN YOU'RE A**

THERAPIST

1. IT'S ALL JUST HORMONAL. 2. YOU HAVE NOTHING TO BE SAD ABOUT. 3. YOUR PROBLEMS ARE "THIS" BIG. 4. THIS ISN'T SERIOUS. 5. ANXIETY IS NOT THAT DIFFICULT TO FIX. 6. ANXIETY AND EMOTIONS ARE A PART OF THE GROWING UP PROCESS. 7. YOU NEED TO RELAX. 8. YOU'RE ONLY RETRAUMATIZING YOURSELF. 9. THERE ARE PEOPLE WORSE OFF THAN YOU. 10. YOU'RE OVERTHINKING THINGS. 11. EVERYTHING IS IN YOUR HEAD. 12. MY NEXT PATIENT HAS REAL PROBLEMS. 13. YOU ARE SO LOST. 14. I DONT KNOW WHAT ELSE TO TELL YOU. 15. I'VE RUN OUT OF WAYS TO HELP YOU. 16. YOU'VE TRIED EVERYTHING. THERE'S NOTHING LEFT. 17. YOU'RE FINE. 18. I'M NOT HERE TO BE YOUR FRIEND. 19. I DON'T KNOW WHAT ELSE TO DO FOR YOU. 20. YOU'RE YOUR OWN WORST ENEMEY.