



Six Misconceptions About Starting Therapy



Six misconceptions about therapy might stop people from getting the required help they look for. This blog clears up these myths and helps you make better choices.

Starting therapy can feel intimidating, especially when there are so many myths and misconceptions we hear everywhere. If you're thinking about starting therapy or are willing to know about it better, you may not be missing out on something important.

In this blog, we'll learn about the six misconceptions about starting therapy. Our purpose is to give you an honest review of what therapy is all about, so you can confidently move ahead towards it with an informed decision.

Six Misconceptions about therapy

Myth No.1- "Therapy is meant for only people with serious problems."

Reality: Therapy is meant for mental health. If you are an individual who is looking to reduce mental health concerns, improve your existing mental health, and are just a curious individual about how you view yourself and others, you are invited.

Misconceptions about therapy can make [Online Mental Health Therapy](#) seem less effective, but clearing up these myths can help make it a more helpful and accessible option for everyone.

A common misconception is that therapy is only for those in severe distress. In reality, everyone experiences similar emotions and thoughts at different times, though our contexts and situations may vary.

Someone can be on one end of the scale, someone in the middle, or someone on the other end, sometimes we travel along the same scale.

The only criteria thus, are for you to be a human being with capacities to think, feel, and behave. After years of specialized training and experience as well as education, the therapist can accurately help identify thought patterns and complex emotional experiences.

The therapeutic relationship between counselor and client opens the door for honest expressions as it is based on confidentiality resulting in healing and improvement. If you are facing difficulties or even if you are just looking to embrace life to the fullest in such scenarios, therapy can be a great option.

Myth No.2- “Therapy is meant for only crazy or unbalanced people.”

Reality: Society loosely translates a person who experiences mental health difficulties as “crazy” or “abnormal.”

But if we closely reflect on ourselves, our surroundings, and society, there is not a defined answer to what exactly normality is. There are a lot of things that we often normalize which is harmful to us. There is also a perception that a person going to therapy is sitting in darkness, not leading a regular life, and is incapable of doing anything.

However, someone who has truly appreciated the time they have spent in therapy perhaps knows that the journey of therapy is to help you find the strengths in you, which were already there. They are in touch with their inner reality that helps them meet the world in a psychologically healthy and rich manner bit by bit. They are not outsiders.

Every individual needs support from time to time, sometimes it comes in the form of a personal relationship and sometimes the need is for a neutral unbiased professional at the other end of the table.

Even well-adjusted people experience emotional or psychological stress that can make day-to-day life difficult. Therapists allow them to recognize problematic behavior or thought patterns.

These Misconceptions about therapy can create unwanted worries and doubts, making it difficult for people to search for the support they need

Myth No.3- “Therapy is endless and requires a lot of money”

Reality: Therapy is a subjective experience; its meaning for clients also differs. Some view it as a ritual to be carried out every once in a few days, some view it as fulfilling certain goals they have formed in their mind, and some require a relatively longer period to process difficult experiences.

Either way, the end is determined as one navigates through the therapy process.

Moreover, if you feel that you have been in therapy for long however you feel something is not working out, the client needs to share their experiences with the therapist. It might require one to switch to another therapist, or changes need to be brought into the approach altogether.

When it comes to money, therapists spend years in training to provide you with the best support.

Often people downsize a therapist’s role to listening to concerns and not doing anything else.

Truth be told, even empathetic listening in itself is a skill, one among the many skills therapists utilize within the session.

The idea that therapy involves wasting money ignores the relevance of what mental health is and the impact it has on your body, your life, and the people around you.

Answer this question for yourself-

“Would you rather pay for health or illness?”

Myth No.4 – “I have to have a big reason to come to therapy”

Reality: We might tend to minimize our concerns or we might wait for things to get worse to seek help. Truth is, the moment you decide to work on yourself, therapy becomes an option. Most of the people who are going for therapy are ordinary people dealing with diverse life experiences. People seek therapy for various reasons, whether it's dealing with sorrow, improving relationships, or adjusting to life changes. Starting therapy takes courage, as it involves expanding awareness and working towards a better life.

Myth No.5 – “Therapy will blame my Parents”

Reality: Therapists indeed delve deep into past experiences, and important relationships, because they play a crucial role in shaping who we are as people, how we relate to ourselves, how we think, how we attach and connect to the world, and the kind of inner resources we build.

The intention is not to blame, but it is to acknowledge our own needs. We can learn not to blame someone as well as acknowledge that there were things we deserved but were unfulfilled. Our parents might have tried their best and yet they can be imperfect and flawed. There is nothing wrong in understanding our history to better inform our future.

The therapist does not make you blame the parents but helps you work through these complex emotional experiences so that you are no longer a prisoner to things you had no role in controlling. Therapy sessions are just like the way to learn to accept others and the way we are and live better-off, satisfying lives.

Having said that, if you feel like your therapist is imposing our verdict of character on you, and forcing you to feel a certain emotion; they might not be the right person for you.

Myth No.6- “Therapy is a Fast Solution”

Reality: Therapy is not a one-pill solution, nor is the therapist a magician. The therapist is merely a facilitator that helps you reach the solution you are looking for. It is still the client, who is in charge.

“Therapy is a marathon, not a sprint. Set realistic expectations and be patient with your progress.”

Therapy isn't about quick fixes; it's about steady growth.

Progress is self-determined, and results will follow.

Conclusion:

Clearing up these [Misconceptions About therapy](#) can be the greatest encouragement for understanding and an unbiased approach to seeking help.

Poles apart from being a sign of weakness or an endless expense, therapy is a journey of self-examination and individual growth.

In this blog, we have cleared up some of the misconceptions about treatment such as blaming relations or providing immediate solutions to change which in its true essence is deep-rooted in steady, meaningful improvement and self-empowerment.

Recognizing and understanding these misconceptions allow you to start therapy with a well-informed perception, identifying it as a positive approach and confident step towards a more composed and inspiring life.

This blog aims to encourage you to start therapy by taking a brave and life-changing step for those who are fighting and struggling to handle their emotions and traumas of life. With the right attitude, anyone can improve their mental health and personal development.

“Ready to rethink therapy? Self-Pivot helps you see that starting therapy isn’t just for those in crisis, but also for anyone seeking clarity and overcoming fears.”

If you want to start your journey online towards a more balanced and fulfilling life, please join us without hesitating.