

RACHEL SPRUNT

counselling & wellbeing



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Counselling isn't weak – it's brave

There's a quiet myth that still lingers in the background of many people's minds that going to therapy means you've failed, that you're "too sensitive," or that you should be able to "just get on with it." But the truth is, there is nothing weak about asking for help. In fact, it takes real courage to look inward, face difficult feelings and take steps towards healing.

Facing yourself is strength, not weakness

Therapy isn't about being broken. It's about being human. Life brings grief, trauma, anxiety, confusion, stress, and uncertainty, and navigating those things alone can be overwhelming. It takes bravery to say, "I can't carry this all by myself anymore." Sitting down with a counsellor, week after week, and being honest, even when it's messy, emotional or unclear, is one of the most courageous things a person can do.

The courage to be seen

In therapy, you're not performing, pleasing others, or hiding parts of yourself to fit in. You're simply showing up, sometimes exhausted, sometimes guarded, sometimes unsure, and still, you're choosing to be seen. That's bravery.

It's not easy to share your truth, especially if you've spent years protecting yourself from being hurt or rejected. But being seen with empathy and without judgment, that's where the shift begins. That's where healing takes root.

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You don't have to hit rock bottom to start

You don't need to wait until things fall apart. Reaching out when you're struggling, confused, or just not feeling like yourself is a sign of emotional intelligence, not failure. Therapy isn't reserved for crisis. It's for processing change, understanding yourself better, making sense of the past and feeling more connected in the present.

Sometimes the bravest thing is simply to begin, even if you're not sure what to say.

A brave act of self-respect

Choosing therapy is an act of self-respect. It says: *my wellbeing matters, my story matters, I matter*. And whether you've been in therapy for years or are only just thinking about reaching out, that step is one of power and not weakness.

If you're ready to talk, even if you don't know where to begin, I'm here to walk alongside you. Therapy isn't about having all the answers. It's about having the space to explore the questions, and someone to walk with you as you do.

Rachel .