

# WHY?

# THERAPIST > FRIEND



EVOLVE WITH RASI

# DO YOU WANT 100% FOCUS ON YOUR PROBLEMS AND EXPERIENCES?

## Therapist

Therapy is all about you! You will feel heard and important. A therapist listens to you with full interest and attention. You are given space to explore and understand your feelings.

## Friend

Talks with friends are about both of you! A friend may very well interrupt you and might start sharing their own issues or bring up other topics. This can make you feel unheard of or unimportant.

EVOLVE WITH RASI

# DO YOU WANT YOUR PERSONAL MATTER TO BE KNOWN TO EVERYONE?

## Therapist

Your conversation with a therapist is confidential. Whatever you share stays safe and solely with the therapist. Privacy is guaranteed.

## Friend

A friend might share your problem with their family or other friends. Spreading of details has a probability of turning into gossip. Privacy and safety are uncertain here.

# DO YOU WANT TO BE JUDGED?

## Therapist

Therapists accept your experiences and emotions. They leave their personal beliefs and ideologies outside the therapy room. Your problem is heard with neutrality, calmness and patience even if you feel that you are nagging or repeating the same thing.

## Friend

Friends can judge, mock, and laugh at your situation. They can also get angry, upset if what you are sharing doesn't match their beliefs and principles. Even though they genuinely care, sometimes they get irritated on hearing the same thing again and again.

EVOLVE WITH RASI

# DO YOU WANT TO KNOW THE 'WHYS' OF YOUR PROBLEMS?

## Therapist

Therapist has the skill to clarify the meaning and reflect on the experience of life and how it shaped the current situation. They help you explore and fathom thoughts and emotions. You discover the causes and solutions and learn the connection between your self-talk and feelings.

## Friend

Due to the lack of knowledge, friends may not know what exactly you are going through and why you are doing certain things. Thus, you may not receive an appropriate response to your distress, unknowingly leaving you feeling alone or even uncared for.

# DO YOU WANT EFFECTIVE SOLUTIONS TO YOUR PROBLEMS?

## Therapist

A therapist supports you in becoming self-aware by identifying the root cause of your issue and accordingly guide you to discover the best, personalized strategies that will actually help and heal you.

## Friend

A friend may offer you a shortcut based on what they would do in your situation. Ideas coming out of their personal beliefs may not always work as you are not them! We all know the inefficacy of "Just stop thinking much", "Time will heal", and "Forget it and move on!"

EVOLVE WITH RASI

# DO YOU WORRY THAT YOUR SITUATION WILL AFFECT OTHERS?

## Therapist

Therapists are trained professionals and know how to maintain neutrality. They do not get overwhelmed by anything you share. I know you care but do not worry, your experiences will not appal or distress them :)

## Friend

Our friends and family are deeply attached to us. They feel pain on seeing us hurt. As caregivers and supporters, they can get emotionally affected by our crises, and sometimes drained by trying their best to provide the right cure to our wounds.

EVOLVE WITH RASI

Our nearest and dearest are not our therapists and they shouldn't be. They have an important part to play in our lives but when you need to focus on yourself, it's highly recommended you speak to a qualified, skilled, and experienced counsellor or a therapist. It is an experience like no other.

I am not saying that don't share your problems with friends. Yes, please do. Friends and family can be our biggest emotional support. However, they lack the professional skills to uncover our problems and help us heal from the roots!

A good friend will be caring and supportive during difficult moments. A good therapist will be empowering, compassionate and insightful. Having both of these people in your life is a win-win.

EVOLVE WITH RASI