

6 signs your therapist is **THE RIGHT FIT**

Finding the right therapist can feel a lot like dating. How do you know when you've found the right fit? Here are six signs you're on the right track.

1. **You like them.**
2. You feel like **they genuinely like you.**
3. You feel **safe to give them feedback** – and even disagree with them.
4. You can tell they aren't just listening – **they are actually *hearing* you.**
5. You **leave session with something meaningful** – a practical tool, deeper understanding, or simply a little more hope than when you arrived.
6. **Your work together continues to evolve** with where you are in your life.