



Take our little test to see if you can benefit
from our services:

1. Are you or a loved one struggling with:
 - a. Grief?
 - b. Anxiety or worry?
 - c. Depression?
 - d. Excessive anger?
 - e. Stress?
2. Or other emotion that has led you to search for help?
3. You've put your heart and soul into raising your kids, They are leaving now.
What will you do now?
4. Your adult children should have launched already. They are still at home.
What do you do now?
5. You are retiring. How do you create a wonderful new stage of life?
6. Perhaps your struggle is internal. Or, perhaps you are having problems
interacting with others. Or, maybe you are grappling with both.

Still unsure if therapy is the right option for you? Not convinced you even need help? Not sure that what you are feeling is worth talking to someone about?

Go through the checklist below and make a note of all the items that correspond with your own experience:

Internal Problems

1. Do you hurt inside (perhaps sadness is a life-long pattern, or maybe there has been a trigger such as a medical condition, infertility, etc.)?
2. Have you experienced a significant loss in your life, such as the loss of a loved one or a job?
3. Do you find yourself consumed by worry and anxiety?
4. Do you have angry outbursts, which you later feel guilty about? Then, do you experience feelings of shame, or feel as if you have failed at life in some way?
5. You experience feelings of shame, or feel as if you have failed at life in some way?
6. Do you often criticize yourself?
7. Were you were traumatized, and can't move forwards effectively?
8. Do you have difficulty managing stress?
9. Do you create stress because you are always procrastinating and wait until the last minute?
10. Are you are impulsive, and often place yourself at risk (e.g., shoplifting, speeding, one night stands, unprotected sex, infidelity, over-spending, using alcohol or drugs unsafely, etc.)?

External Problems

Do you continuously clash with your spouse, children, and/or parents? Do you often experience conflict with your friends?

1. Are you are having problems at work?
2. Do you have legal problems?
3. Are you are struggling with financial problems?

Do any of these sound familiar? You may not even feel as if any of this is a problem, but your loved ones might. This is where we come in.

At Relationship Solutions NJ, we offer psychotherapy for individuals, and treat a wide variety of age groups, from adolescents to the elderly.

Call us today to schedule a consultation.

West Orange Office

395 PLEASANT VALLEY WAY

WEST ORANGE, NJ 07052

PHONE 973-669-3333

Lawrenceville Office

2737 PRINCETON PIKE

LAWRENCEVILLE, NJ 08648

PHONE 609-883-2577

Visit us online at www.RelationshipSolutionsNJ.com