



## WANT TO KNOW IF ANXIETY THERAPY IS RIGHT FOR YOU?

- Are you worrying about things excessively such that you cannot quiet your mind?
- Do you have a sense of doom, impending danger and constant worry?
- Do you sometimes feel panic that is intolerable?
- Are you feeling nervous, restless or tense?
- Do you have an increased heart rate, rapid breathing, sweating, and/or trembling?
- Do you have trouble concentrating or thinking about anything other than the present worry?
- Do you experience excessive social anxiety, or fear of public speaking?
- Do you have specific phobias, such as fears of heights, germs, blood, needles, etc.?
- Do you suffer from episodes of panic?
- Do you suffer from obsessive compulsive disorder (OCD), excessive checking, repetition of patterns (did I shut the oven) etc?
- This list is by no way exhaustive and does not include Post-traumatic stress disorder (PTSD), Hoarding disorder and more.

If you have answered yes to any of these questions, anxiety counseling may be helpful for you.

Dr. Tamara Sofair-Fisch and Dr. Mark Sofair-Fisch are NJ licensed Psychologist with practices in West Orange (973-669-3333) and Lawrenceville, NJ (609-883-2577). In addition to helping numerous individuals and couples, they teach and train licensed therapists.

To learn more, visit [www.RelationshipSolutionsNJ.com](http://www.RelationshipSolutionsNJ.com)

Call us today to schedule a consultation.

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