



## Good Psychotherapy Should.....

1. [Help](#) people to identify the sources of their problems with anxiety and depression.
2. [Encourage](#) people to communicate more openly and honestly in relationships that have been most meaningful to their lives.
3. [Provide](#) a safe place for people to more openly express the hidden difficult feelings which lead to tension/pain.
4. [Be](#) a process in which people find healthier ways to defend themselves and protect their boundaries.
5. [Teach](#) people the differences between toxic relationships and balanced relationships.
6. [Create](#) more self awareness so that people do not blindly keep functioning in vicious damaging cycles.
7. [Explain](#) to people how to balance their unbalanced assumptions that were taught in their childhoods.
8. [Develop](#) new basic beliefs so that a person's self image includes: *I am loveable and capable.*