

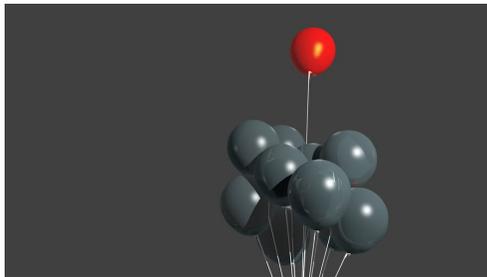


A W A K E N
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healing

through

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Why Don't People Get Me?

By Amanda Pulford
Director, Registered Psychologist
BPsych (Hons) MPsych (Clin)

Have you ever tried to talk to your family, friends or loved ones about how you're feeling and what you're struggling with on a day-to-day basis? If you have, you'll know that sometimes it's difficult because they don't quite **'get'** where you're coming from. So what could you do? Many people have found that speaking with a professional - someone who understands and someone who is independent - feels very validating and helpful.

If you want to be understood (and want some strategies to help you work with your daily challenges), talking with a professional can be an important part of thriving. However, make sure you look for the following things in the person you book an appointment with.

1. They have experience in working with what you'd like to discuss (this can be especially important when dealing with things like trauma, grief and loss)
2. They use the most up-to-date research to inform how they work with you (so that you know you're getting the best possible advice/strategies)
3. They are flexible in their approach (because not one solution suits everyone).

So, next time when you get a response like "Just get on with it" from a well meaning friend or family member, consider booking an appointment with a professional, such as a Psychologist.

If you would like help in managing your thoughts, feelings or behaviours, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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AWAKEN PSYCHOLOGY

Healing Through Growth
335 Brighton Road
North Brighton SA 5048

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8377 1877