

Sadek Themes on psychotherapy (STOP) ©:

Psychotherapy can be helpful to people. Mark “x” on the areas that you want to work on:

Ways to control my anxiety and worries
Ways to control my fears (open spaces, elevators, heights, needles, animals)
How to control my panic attacks and prevent them from happening in the future
Ways to control my obsessions or rituals (COMPULSIONS)
How to improve my low mood
How to deal with my feelings of guilt
How to enjoy life and things in life that I used to enjoy (such as sports or walks)
How to stop suicidal thoughts or prevent killing myself
Ways to start and keep relationships or friendship (or keep jobs)
Ways to control my anger
Ways to regulate my emotions and stop my mood swings
Ways to control my feelings of abandonment (that sometimes have no basis)
Ways to tolerate stress
Ways to stop self-harm or cutting
Ways to stop my impulsive behaviour and regulate my sexual urges or sexual addiction
Ways to stop my impulsive binge eating
How to accept myself the way I am and form solid identity (including my sexual identity)
Ways to trust others and ways to stop my paranoid thoughts
Ways to become a good citizen and stop the behaviours that got me in trouble with the law
How to cut down and stop using illegal substances and or abusing drugs
How to cut down and stop drinking alcohol
How to stop my pornography or gambling addiction
How to regulate my eating behaviour or stop binging / purging or restricting food
How to improve my self-image
How to improve my relationship with my partner or my marriage
How to have a meaningful relationship with my children or with my blended family
How to be a parent and positive role model and how to deal with defiant aggressive child
How to cope with elderly parents

How to adjust to changes (divorce, separation, death, illness, transition, new job, new place)
How to change my behaviour that I am very used to and I do not like
How to find a meaning or purpose to my life
Ways to learn social skills
How to improve my sleep
How to reach my potential since I feel I am not where I should be
How to enjoy my life (at work, at home, learn fun activities)
Ways to stop myself from trying to be the centre of attention
How to have empathy and respect for others
Ways to change my feelings that I am better than most people and that others are stupid
Ways to stop trying to take advantage of others or manipulate them
How to stop my unrealistic expectations of power, brilliance and having a perfect lover
How to be flexible and stopping myself from trying to control everything
Ways to change my miserable spending habits / refusal to spend money on family or myself
How to stop relying on others for reassurance or decision making
Ways to stop my avoidance behaviour (avoid people unless they like me, avoid social stuff)
How to deal with my past trauma (physical, sexual abuse or neglect during early years of life)
Ways to feel better about my parents and forgive them for lots of things
Ways to forgive myself for my past or current issues/ mistakes/ problems
How to stop my regrets about things in the past and stop trying to punish myself
Ways to cope with my feelings of inferiority and not being good enough child or adult
Ways to accept past failures and move on
Way to accept unfairness and maltreatment that I faced
How to deal with my feelings of hate towards others (sibling, family, friends)
Ways to incorporate spirituality in my life
How to understand the areas of strength and weakness in my cognitive profile
Understanding my learning problems and how to deal with them
How to organize myself , my schedule or my life and motivate myself to do things
How to stop procrastination and finish my tasks on time
How to stop myself from being easily distracted or day dreaming
How to improve my attention to details
Ways to decrease my hyperactivity or interrupting others
How to improve my ability to sit down for long time and focus on tasks
How to remember things or stop losing things