



MH Matters, LLC

www.gowithhealing.com

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Certified EMDR Therapist

A Path to Healing

Are You Ready to Get Unstuck?

Phase 2:

Check off your goals for therapy

- Enjoy life more
- Be able to focus/concentrate better on what I'm doing
- Get along better with people
- Stop hurting myself
- Feel more confident/love myself
- Deal with my unhealed wounds
- Be able to relax
- Have more patience
- Stop feeling so anxious
- Trust that I'll be okay
- Experience emotions without feeling overwhelmed by them
- Express my thoughts and feelings better
- Stop getting into arguments
- Be more honest with myself/my loved ones
- Stop using substances, doomscrolling, food, spending, etc to escape



Are you ready to get unstuck? Scan the QR code to schedule a free 15-minute consultation with Elizabeth to get started!

