



MH Matters, LLC

www.gowithhealing.com

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A Path to Healing

Are You Ready to Get Unstuck?

Step 1: Self-Assessment

Check off what's true for you



- I find it difficult to enjoy life much of the time
- I'm not able to concentrate on tasks at home/school/work
- I get into arguments with loved ones often
- I harm myself to numb the pain
- I have negative self-talk often and/or have low self-worth
- I think I might have PTSD
- I notice getting nervous or agitated more often lately
- I'm short-tempered and/or lash out at others
- I feel anxious/panicky much of the time
- I can't stop worrying about future problems
- I feel overwhelmed by my emotions
- I have difficulty telling loved ones how I feel
- I have conflicts at home/school/work
- I have difficulty being honest with myself and/or others
- I overuse things like social media, scrolling, AI, substances, spending money, food, etc to escape my emotions
- I feel stress/tension much of the time



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