



A Gentle First Step

A calm supportive guide to starting therapy -
for yourself, or for your relationship.



Welcome

If you've found your way here, you might be carrying a lot. Perhaps you're considering therapy for yourself, or perhaps you and your partner are looking for a way back to one another.

That is completely okay.

You don't need to have a map for where we're going. You don't even need to know exactly why you're here.

This guide is simply a place to rest for a moment ... a way to ease in at your own pace, in your own way.

No script required

You don't need the "right" words ...

A common worry is: "What will I/we actually say?"

Please know that therapy isn't an interview: it's a shared discovery. You don't need a polished story or a list of symptoms.

You might arrive with:

- **Individually:** "I'm not sure where to begin..." "I just don't feel like myself lately."
- **As a couple:** "We love each other, but we've forgotten how to talk without hurting."

That is more than enough.

It's okay to begin in the middle of the muddle.

Permission to be heard

You're allowed to take up space

You don't need to wait for a crisis to ask for a hand.

Sometimes, the most important reason to start is a quiet sense that life - or our relationship - is harder than it should be. You don't have to justify your struggle, and you don't have to wait until things are "breaking" to deserve support.

You are allowed to want things to feel better now.

Honouring your strength

Why it might feel heavy right now

Often, we reach out not because we are "weak," but because we have been **strong for too long**.

- **For the individual:** You've been the 'anchor' for everyone else, leaving no room for your own waves.
- **For the couples:** You've been trying to solve the same problems alone, even when you're sitting right next to each other.

It's okay to put the bags down and let someone else hold the map for a while.

The experience

What our time together feels like

Think of our sessions as a "reset" for your nervous system.

- **A calm, unhurried conversation.**
- **A space where you - and your partner - aren't interrupted.**
- **Permission to think, feel, and just *be*.**

- **A neutral ground where no-one is “the problem” and everyone is heard.**

We simply begin exactly where you are today.

Validating the nerves

It's natural to feel hesitant

Before that first call, most people feel a flutter of nerves.

- **Individuals** often worry: “Am I making a big deal out of nothing?”
- **Couples** often worry: “Will the therapist take sides or tell us it's too late?”

These feelings are part of the process.

... My role is to provide a steady non-judgmental pair of hands to hold whatever you bring into the room.

Your comfort comes first

Ways we can work together

Healing doesn't have to happen in a clinical box. We can find the environment that feels safest:

- **In-person:** A dedicated, quiet space to sit and be heard.
- **Online:** The privacy and ease of your own home.
- **Walk and Talk:** For individuals only - for those who find it easier to talk while moving..
- **Home Visits:** For couples only - where extra support is needed to bridge the gap.

A quiet check in

A moment for your inner self

Take a slow breath. Notice what resonates:

- **Individually:** “The thing I’ve been keeping to myself is...”
- **Couples:** “The thing we’ve stopped talking about is...”
- **What I/we need more of right now is ...**

Thinking about support

Softening the path

- What is the smallest thing that would make reaching out feel easier?
- What if therapy isn’t about “fixing” me/us, but about understanding me/us?
- If I/we felt “connected” a month from now, what would that look like?

The reassurance

You can’t get this wrong

There is no "perfect" way to do this.

You don’t need a clear story. You don’t need a brave face.

You don’t even need certainty.

You can begin unsure.

You can begin quietly.

You can begin exactly as you are.

The invitation

When you’re ready...

You don't have to rush. The door is open whenever you feel the time is right.

Whether you are looking for a path back to yourself, or a path back to each other, please remember : **You don't have to hold all of this on your own anymore.**

If you'd like to see if I'm the right "safe pair of hands" for you, I'd be honoured to chat.

Why not book that free 20 minute consultation now, press the 'book a free call' button on my website and check out the free dates in my diary ... and I look forward to talking with you soon.

*Take care,
Del*

Delyth Cole

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Thank you!