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Navigating life looks different for everyone, and through the highs and the lows of relationships, career changes, and other big milestones. So, it's natural to struggle through challenging times when often we are unsure if our decision-making is sound. But it's helpful to have a space where you can healthily voice these concerns, like therapy.

Aside from an unbiased ear to listen, therapy has helped me make sense of my emotions, and manage them in a non-destructive improving how I communicate my needs every day. Most of all, it's helped me feel more confident in how I live and direct my life, in a positive way.

As the world's largest therapy service, BetterHelp has matched 3 million people with professionally licensed and vetted therapists available 100% online. Plus, it's affordable. Just fill out a brief questionnaire to match with a therapist. If things aren't clicking, you can easily switch to a new therapist anytime. It couldn't be simpler. No waiting rooms. No traffic. No endless searching for the right therapist. Learn more and save 10% off your first month at Better Help dot com slash ANTIDOTE. That's better HELP—H - E - L - P—dot com slash A-N-T-I-D-O-T-E

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Too often to do I wish there was a "how-to" guide to life, it would make decision-making so much easier! But while there's no right or wrong way to live a fulfilling life, there are resources available to help you navigate the ups and downs in a healthy and productive way. Therapists are trained to help you figure out the cause of challenging emotions and learn productive coping skills so you can live your best life authentically and unapologetically.

While sometimes therapy can feel like a rollercoaster of emotions, ultimately it has benefited me in so many ways, most of all equipped me with the ability to effectively communicate my needs on an everyday basis, without any underlining feelings of guilt or shame for doing so. If you needed a sign to look into therapy, baby this is it!

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