

**The Antidote/Better Help
:60 Ad script 9/14
Theme: Problem Solving**

We'll be right back with more of The Antidote, but first, a word from our sponsor, BetterHelp Online Therapy.

Do the "what ifs" cloud your brain from thinking clearly when problems arise? It's tough staying present when you're constantly policing your thoughts. But there comes a time when we need to make the decision to stop the cycle of spiraling thoughts and focus on what we can do to be better to ourselves.

Therapy has provided an opportunity to receive an unbiased perspective that helps me organize the unhinged swirling thoughts and make sense of what's real and what's made up by anxiety and fear. Emotional healing is a slow burn, but really think you deserve the peace and clarity that therapy can bring.

If you think therapy is the next step for you, BetterHelp is a great option. It's convenient, accessible, affordable, and entirely online. A brief survey can have you matched with a therapist in no time.

When you want to be a better problem solver, therapy can get you there. Visit BetterHelp dot com slash ANTIDOTE today to get 10% off your first month. That's BETTER H - E - L - P dot com slash A-N-T-I-D-O-T-E

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We've got more of The Antidote on the way, but first, a word from our sponsor, Better Help Online Therapy.

Problem-solving is always easier when it doesn't involve your own. What's even easier is the way your brain spirals into oblivion at any moment if you struggle with anxiety or depression. It's real spit, and acknowledging that truth is the first step to healing.

I used to feed into unhealthy patterns because they felt familiar so it was normal. But once I got sick of repeating those cycles and started investing in therapy, learned how to challenge that old mindset, effectively communicate my wants and needs, and feel more confident in presenting my authentic self, no matter the atmosphere.

If you've ever thought therapy might be right for you, BetterHelp is a great option. It's convenient, accessible, affordable, and entirely online. A brief survey can have you matched with a therapist in no time!

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The tea spillage continues on The Antidote, but first, a word from our sponsor, BetterHelp Online Therapy.

We don't give enough credit to the small wins, especially when we've been trying to make somethin shake for a while. But acknowledging the progress you've made can motivate you to keep going. Plus, that high from being presented with a problem, quieting your mind, and finding a solution is *chefs kiss*

False narratives will rule your world when you don't have a solid sense of self. But the work you have to put in to get there is probably the most rewarding of all. Therapy helped me figure out who I was and be confident in my identity because I. am. THAT. GIRL.

If you needed a sign to look into therapy, here it is. BetterHelp online therapy is a great option that's convenient, accessible, affordable, and online. Take a brief survey to get you matched with a therapist right now.

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