



Therapist Style Matching Guide

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Finding the Kind of Support That Fits You

You can move through this guide slowly, or come back to it later. There's no rush.

This guide isn't about labeling you or boxing therapists into categories.

It's an invitation to notice how you feel supported when things are hard—and what kind of therapeutic presence helps your nervous system settle, open, and stay engaged.

There are no right or wrong answers. Read each question and notice what feels most true *for you right now*.

Step One: How Do You Feel When You're Struggling?

When you're overwhelmed or emotionally activated, which statement feels closest?

- A. I want clear guidance and something practical to help me cope.
- B. I want space to talk and feel without being rushed or redirected.
- C. It depends on the day—I want flexibility.

👉 *Notice which letter shows up most often. Don't overthink it.*

Step Two: What Feels Supportive in a Session?

During therapy sessions, what tends to help you feel safer and more grounded?

- A. Structure, tools, and knowing what we're working on
 - B. Deep listening, reflection, and emotional space
 - C. A mix of both, depending on what's coming up
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Step Three: Your Relationship to Tools & Strategies

How do you usually feel about coping skills, exercises, or homework?

- A.** I like having things to try—it helps me feel empowered
 - B.** I prefer to focus on understanding myself first
 - C.** I appreciate tools sometimes, but not always
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Step Four: Pace & Direction

When therapy slows down or becomes more reflective, how do you feel?

- A.** A little anxious—I like momentum
 - B.** Relieved—I need space to process
 - C.** Comfortable either way
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Step Five: What You're Hoping Therapy Feels Like

Right now, you're hoping therapy will feel more like:

- A.** Supportive guidance through something difficult
 - B.** A safe place to be fully yourself
 - C.** A collaborative space that adapts as you do
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Interpreting Your Responses

(Gently—not as a verdict)

If You Chose Mostly A's

You may feel most supported by a **Tools & Strategies–Oriented Therapist**.

This style often includes:

- practical skills
- clear direction
- structured sessions

Many people find this grounding during high stress, anxiety, or life transitions.

If You Chose Mostly B's

You may feel most supported by a **Containment & Space-Holding Therapist**.

This style often includes:

- deep listening
- slower pacing
- emotional safety without pressure to “fix”

This can feel especially supportive if you've felt rushed, misunderstood, or overwhelmed in the past.

If You Chose Mostly C's

You may feel most supported by an **Integrative or Flexible Therapist**.

This style often includes:

- a balance of tools and reflection
- collaboration

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- responsiveness to what you need week to week

Many people find this approach helpful when their needs shift over time.

An Important Reminder

Most therapists don't fit neatly into one category—and neither do clients.

Styles can shift. Needs can change. What matters most is:

- feeling heard
- feeling respected
- feeling safe enough to be honest

Your experience in the room matters.

How to Use This Guide

You can:

- bring these reflections into a consultation
- share what you noticed with your therapist
- use this as a starting point—not a rulebook

At Storm Haven, we believe therapy works best when the match feels supportive, not forced. This guide is simply a tool to help you listen to yourself as you begin—or continue—your therapy journey.

That's where alignment begins.

That's where the work deepens.

That's where the magick happens.

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