**First of all, finding the right therapist is really about trusting your gut.**

While that might sound vague, choosing a therapist really isn’t about finding someone who’s “technically good.” It’s not about the degrees, or the institutions that supplied them. It’s not about a friend’s recommendation, or anything of the sort.

Finding the right therapist for YOU has to do with what we call “rightness of fit.” Whether you want to work with a woman or a man, a therapist’s therapeutic style and orientation — all of these things are relevant factors.

In that sense, therapy is a lot like dating. It’s not enough for the connection to just feel OK. You should have a strong sense of having found the right place — a resounding feeling of confidence.

Numerous studies have shown that the most important ingredient in therapy is the relationship (it accounts for the greatest amount of change that occurs in therapy, regardless of any other variables). So what I always tell people when they’re looking for a therapist is that they should spend at least the first session (if not the first few sessions) thinking really critically about whether the person sitting across from them is the right fit.

• Do you like this person?  
• Do you feel comfortable with this person?

Ask yourself those questions honestly and listen to your gut for the answer.

**How can you know if a therapist is NOT right for you? If he or she:**

1. Has nothing to say to you that is helpful or comforting.  
2. Doesn’t make you feel heard or understood.  
3. Makes you feel judged.  
4. Says something offensive.  
5. Simply doesn’t click with you.

By Leslie Carr, [August 13, 2015](http://lesliecarr.com/7-signs-that-a-therapist-is-not-the-right-fit-for-you/) | EXCERPT ORIGINALLY POSTED ON: MindBodyGreen