**When should I seek professional help?**

 This is a tricky question. One must understand that each human person is unique. What is traumatic to one person, may be perceived as normal by another. However, one key aspect that needs to be kept in mind is that everyone has his or her own breaking point. It is crucial that one does not end up competing with oneself. The following is a shortlist of guiding questions on when to seek professional help.

* Do you feel overwhelmed with life’s stressors, with constant sense of sadness?
* Is the way you feel affecting your sleeping, eating or outside functional habits?
* Are you becoming over-sensitive and exaggerating responses to those around you, (e.g. hostile or violent)?
* Is your life overshadowed by worry and doubts?
* Are you seeking comfort in substance use, to manage your problems?
* Do you want or plan to harm yourself?
* Do you feel distressed by repetitive thoughts that you feel unable to control?
* Do you have chronic problems in keeping good relations with others?
* Is your past haunting you (troubling memories of past painful events)?
* Do you have chronic or severe anxiety?
* Do you experience bizarre thoughts, hallucinations or extreme suspiciousness?
* Are you constantly indecisive about life planning decisions?
* Do you have marked personality changes?