

When Is Reality Therapy Used?

Reality therapy is sometimes part of a more comprehensive therapeutic plan, and isn't necessarily used alone. It's sometimes used to help people struggling with:

- Mental health issues like mood disorders or anxiety disorders
- Behavioral problems in children, teens, or adults
- Substance use disorders or behavioral addictions
- Relationship conflicts with friends, family, or partners
- Existential anxiety or people looking for meaning or fulfillment
- Problem solving for specific issues at work, in life, or in relationships

Using Reality Therapy

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