**How exactly do I plan to help?**

**Understanding**

Sometimes just being straight-up diagnosed with a problem not only hurts us but it also unsettles us at a very deep level. Because a diagnosis just gives us the “problem” which needs fixing without any deeper understanding of it and what’s worse is that they have a multibillion dollar industry out there built upon problems which can be cured with the correct understanding and communication but they’re being treated with external chemicals. Most of our “problems” aren’t even something which needs to be fixed in the first place, they’re just unhealed and unattended parts of ourselves serving themselves in their own way for which they can’t be faulted. We’ll strive to understand these things in more detail in this journey.