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

**Understanding**

Receiving a straightforward diagnosis can cause not only pain but also profound discomfort. A diagnosis often merely identifies a problem without providing a comprehensive understanding. What exacerbates this situation is the existence of a lucrative industry that relies on treating these issues with external substances, rather than addressing them through understanding and communication. Many of our perceived "problems" may not require fixing; instead, they are unresolved aspects of ourselves. These aspects serve their purpose in their own unique way and cannot be blamed. Throughout our journey, we aim to delve deeper into these concepts for a better understanding.

**A Journey of Exploration**

In our effort to help, we promise to understand these complicated issues with care and kindness. By diving deeper into these ideas, we aim to grasp them better, going beyond basic explanations and quick fixes. Our goal is to learn more and make real connections.