questionText,answerText
I have so
I have so
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I have so
counseling. Each concern can be worked thru at a pace that is comfortable for
you with a patient counselor, therapist. Â You are valid, and your concerns are valid. You
are worthy and deserve to get the support you desire."
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the most concerning issues first. Once you begin to do this you may find an alleviation of symptoms a
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I have been diagnosed with general anxiety and depression by my family doctor. They wrote a prescri
I have been diagnosed with general anxiety and depression by my family doctor. They wrote a prescri
I have been diagnosed with general anxiety and depression by my family doctor. They wrote a prescri
I have been diagnosed with general anxiety and depression by my family doctor. They wrote a prescri
I have been diagnosed with general anxiety and depression by my family doctor. They wrote a prescri
My mother is combative with me when I say I don't want to talk with her about my depression. She
My mother is combative with me when I say I don't want to talk with her about my depression. She
There are many people willing to lovingly provide me with a home. I have food, clothes, and a univers
There are many people willing to lovingly provide me with a home. I have food, clothes, and a univers
There are many people willing to lovingly provide me with a home. I have food, clothes, and a univers
My girlfriend just quit drinking and she became really depressed. She told me that she wants to move
My girlfriend just quit drinking and she became really depressed. She told me that she wants to move
helps in recovery. Could you move with her?Â
Moving could help her depression
also. Is she also open to therapy?Â Â
Being supportive is one way to help her, and allowing her the space and
ways to heal that suits her best."
My girlfriend just quit drinking and she became really depressed. She told me that she wants to move
My girlfriend just quit drinking and she became really depressed. She told me that she wants to move
My girlfriend just quit drinking and she became really depressed. She told me that she wants to move
My girlfriend just quit drinking and she became really depressed. She told me that she wants to move
I'm dealing with an illness that will never go away and I feel like my life will never change for the bette
outlook as we as finding things,
activities, places you enjoy and that uplift your spirit. Doing what feels good
and finding joy in all things. You may enjoy this very short videoÂ Break To Rebuild"
I'm dealing with an illness that will never go away and I feel like my life will never change for the bette
I'm dealing with an illness that will never go away and I feel like my life will never change for the bette
I feel angry, anxious, and depressed. The PTSD I suffer is from a past relationship. How can I deal with
I feel angry, anxious, and depressed. The PTSD I suffer is from a past relationship. How can I deal with
I had a
I had a
In the past year, two of my best and only close friends moved to different states. Now I have nobody t
In the past year, two of my best and only close friends moved to different states. Now I have nobody t
I feel lazy and numb. I have no interest in things. How can I stop feeling empty?,"The feeling empty co
I feel lazy and numb. I have no interest in things. How can I stop feeling empty?,"Maybe right now it is
I don't know how else to explain it. All I can say is that I feel empty, I feel nothing. How do I stop feelir
I don't know how else to explain it. All I can say is that I feel empty, I feel nothing. How do I stop feelir
I don't know how else to explain it. All I can say is that I feel empty, I feel nothing. How do I stop feelir
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I don't know how else to explain it. All I can say is that I feel empty, I feel nothing. How do I stop feelir

A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
any variables. The pressure of being satisfying, or if you have experienced any
tension. Do you have any uncomfortable thoughts or is anything from your past
coming up? Â Had you been socialized to believe
certain things or did new beliefs come up?Â
What were your models of healthy relationships? Â Was anything of substance coming up around the
time this began? Some have found acupuncture to be helpful or even the Emotional Freedom
Technique (EFT)."
A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
A few years ago I was making love to my wife when for no known reason I lost my erection, Now I'm
I tried
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Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
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ice. The elements along with wind, windchill and severely cold temperatures may
lead to feelings of sadness, anxiety, and low energy. For some people these
symptoms occur each year from late fall to early spring and may be suffering
from a condition known as Seasonal Affective Disorder (SAD). Whether you have
been diagnosed with SAD or are finding yourself struggling with the â€œwinter
bluesâ€ for the first time here are some suggestions for feeling better and
staying healthy.1. NutritionÂ Most likely you have

heard the term â€œcomfort food.â€ These foods and snacks are high in
carbohydrates, sugar and fat. Avoid overeating cookies, cakes and candy. Chose
vegetables, fruit and protein for snacks and plan balanced meals. If you find
yourself wanting to eat or snack throughout the day, ask yourself why you are
eating. Are you hungry? Or Are you eating because you are bored?2. AlcoholKeep in mind that alcoho
beer or liquor when already feeling sad, anxious or depressed will only add to
your symptoms. Do not consume alcohol while engaging in outdoor activities such
as snow removal, skiing, or ice fishing. If you find yourself reaching for an
additional glass of wine or beer be mindful and ask whether you are doing it
due to boredom. Instead of mindlessly taking another glass of alcohol, drink a
glass of water. 3. SunlightGet
out in the sunlight or brightly lit spaces, especially early in the day.4. Be activeIf you are unable to go t
or go for a run, find a way to stay active in your home. There are a lot of
short, instructional programs available on YouTube that you can follow to do
some gently yoga, dance, or do strengthening exercises using only your body
weight.5.Â Reach out for help
Confide in someone you trust about how you are feeling. Do
not hesitate to contact a counselor if you feel that you are becoming more
depressed and anxious. If you experience thoughts of suicide call the National
Suicide Prevention Lifeline at 1-800-273-8255."
Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
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Every winter I find myself getting sad because of the weather. How can I fight this? How can I best figl
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several things going on here. The sleep should be addressed with a primary care

physician to rule out any physical issues. Sleep is the big reset and allows us

to function in the day. What happens during a depression is that our thoughts

race and it is as though our â€œbrain wonâ€™t shut off.â€ Medication can help with

this.Â I also use a Pranayama yoga breathing technique called the four

fold breath which has great usefulness for relaxing us Â and often does work quite well with allowing

us to sleep.. You can read about it here: Â Â Â https://billleavitttherapy.com/breathing-techniques-th

thoughts on feeling worthless to everyone fall under a heading of thinking

error in Cognitive Behavioral Therapy (CBT) known as overgeneralization. In CBT

thoughts lead to emotions, so we are going to pick the statement apart and then

reframe it. First list

the evidence that contradicts the thought. Has anyone in the past made positive

comments toward you? This might be hard to recall if we are in a rut, but at

some point in life we frequently have had some positives expressed towards us

by others. Â â€œEveryoneâ€ is an absolute. The

specifics on why you are thinking this need to be addressed. How are you

arriving at this conclusion? There may be specific people that we want more

validation from. Or specific people might have made offhand hurtful comments, (such

as a family member, teacher or co-worker) but if I extrapolate that to a global

and think that everyone thinks I am worthless, that thought is not rooted in

facts.Â
What are

the Pros and Cons of thinking this way? What are the Benefits and Costs? There

are very little pros or benefits to thinking this way. Itâ€™s just going to

continue to tear you down and make you feel bad. So can we reframe the thought

about the situation? Is there another way of looking at the situation? Again,

we need the specifics on how you are arriving at this conclusion, and a one on

one therapist can definitely help you with this, but the thinking that you are

using to arrive at the conclusion needs to be re-cast into a more helpful

mindset."
I'm going
I'm going
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I'm going

of day, a specific person who brings it out, a phrase you hear? Just

start to notice. Usually it's tied to something but it may take a while to figure out what that something
I'm going
I can't
I can't
this begin around the time you suffered the loss of your loved one? You have my
deepest condolences.Â Perhaps the grief
around that is what is the root of your being unhappy."

I can't
I feel like I'm so alone. I treat people horribly based on what's going on in my life and don't realize it. I
I struggle with depression as well as pretty intense mood swings throughout the month. I experience
I struggle with depression as well as pretty intense mood swings throughout the month. I experience
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I struggle with depression as well as pretty intense mood swings throughout the month. I experience
I struggle with depression as well as pretty intense mood swings throughout the month. I experience
I struggle with depression as well as pretty intense mood swings throughout the month. I experience
Iâ€™m facing severe depression and anxiety and I just feel like Iâ€™m going through a lot. This really
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Iâ€™m facing severe depression and anxiety and I just feel like Iâ€™m going through a lot. This really
Iâ€™m facing severe depression and anxiety and I just feel like Iâ€™m going through a lot. This really
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Iâ€™m facing severe depression and anxiety and I just feel like Iâ€™m going through a lot. This really
Iâ€™m facing severe depression and anxiety and I just feel like Iâ€™m going through a lot. This really
Iâ€™m facing severe depression and anxiety and I just feel like Iâ€™m going through a lot. This really
Iâ€™m facing severe depression and anxiety and I just feel like Iâ€™m going through a lot. This really
I am the problem. I make my family argue because of me. My mom has even said it. It's constantly like
I am the problem. I make my family argue because of me. My mom has even said it. It's constantly like
I am the problem. I make my family argue because of me. My mom has even said it. It's constantly like
I'm in my
I'm in my
I'm in my
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I'm in my
that first paragraph in your question. Because that could describe more
introverted behavior (people who feel more energy from a more internal approach
as opposed to those who feel more energy from being among others.) It is more
in the second paragraph that I would be inclined to say that further
exploration is definitely needed. The diagnosis of Major Depressive Disorder is
more than just those two symptoms, but there are more mild forms of depression
that can be equally damaging to someone if left untreated.However, one of the trickiest parts of this i
feels they are not worth knowing may also believe they are not worth having a
therapist know them, and even less worthy of being helped. Do you feel that
might be you? If so, could we acknowledge that as a part of the big picture,
and all wrapped up in these feelings about yourself, and realizing that
thoughts and feelings aren't always rational (in that you are worth getting the
help)?My recommendation just from the information would be that you seek
out a supportive, listening ear in the form of a therapist, who can allow you

the space to express some of these difficult experiences, and help you name FOR YOURSELF, what your struggle is. To empower you to name it for yourself, as opposed to everyone labeling and/or judging you for it, might be an extremely worthwhile start for you."
I'm in my
I'm in my
I'm in my
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I'm in my
I'm in my
I'm in my
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"Silly you took the first ste
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"It is to your credit that yo
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"It's so great that you are r
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"You have already taken th
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"The first step, which you'
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"Hi,Reaching out here is a
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"Hang in there! Feeling de
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"Great that you realize tall
I'm very depressed. How do I find someone to talk to? I'm very depressed?,Sorry to hear you are feeli
I'm very depressed. How do I find someone to talk to? I'm very depressed?,"If there is no one in your
I've never
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I've never
I suffer from adult ADHD, anxiety disorder, and depression. It has been difficult to find a doctor in my
I suffer from adult ADHD, anxiety disorder, and depression. It has been difficult to find a doctor in my
I suffer from adult ADHD, anxiety disorder, and depression. It has been difficult to find a doctor in my
I suffer from adult ADHD, anxiety disorder, and depression. It has been difficult to find a doctor in my
I suffer from adult ADHD, anxiety disorder, and depression. It has been difficult to find a doctor in my
I was married to a narcissist sociopath for 10 years. During that time I was a general manager. I used t
I have bipolar disorder, paranoid personality disorder, posttraumatic stress disorder, anxiety and obse
I have bipolar disorder, paranoid personality disorder, posttraumatic stress disorder, anxiety and obse
I have bipolar disorder, paranoid personality disorder, posttraumatic stress disorder, anxiety and obse
I just feel sad all the time and I don't like anyone in my family. I feel like they're trying to control me a
I just feel sad all the time and I don't like anyone in my family. I feel like they're trying to control me a
I'm starting to think that I might have depression. The thing is though, I'm not exactly sad. I can joke w
I'm starting to think that I might have depression. The thing is though, I'm not exactly sad. I can joke w
I've had posttraumatic stress disorder for years without my parents ever finding out. I want to overco
I've had posttraumatic stress disorder for years without my parents ever finding out. I want to overco

Sugerencia: No tienes que contarle a todos tu problema, solo pide que te recomienden a un consejerc
I've had posttraumatic stress disorder for years without my parents ever finding out. I want to overco
I've had posttraumatic stress disorder for years without my parents ever finding out. I want to overco
I have twin toddlers. I experienced a death of loved one prior to giving birth. I had a horrible break up
I have twin toddlers. I experienced a death of loved one prior to giving birth. I had a horrible break up
In the last ten months, I've been kicked out, moved around three times, worked many jobs, stopped s
In the last ten months, I've been kicked out, moved around three times, worked many jobs, stopped s
I don't know if I have depression, but I have been very sad. There are nights that I don't sleep. I don't e
My motivation has gone away. It's hard to get out of bed. I really don't know what to do anymore. I'm
My motivation has gone away. It's hard to get out of bed. I really don't know what to do anymore. I'm
My motivation has gone away. It's hard to get out of bed. I really don't know what to do anymore. I'm
My motivation has gone away. It's hard to get out of bed. I really don't know what to do anymore. I'm
I'm in my early 20s. I've worked since two months after I turned 18. I have â€œplans.â€ I could becom
I'm in my early 20s. I've worked since two months after I turned 18. I have â€œplans.â€ I could becom
I'm in my mid 20s with a husband and children. I love my family, but I feel like I've lost my identity, an
I'm in my mid 20s with a husband and children. I love my family, but I feel like I've lost my identity, an
I'm in my mid 20s with a husband and children. I love my family, but I feel like I've lost my identity, an
I'm in my mid 20s with a husband and children. I love my family, but I feel like I've lost my identity, an
I'm in my mid 20s with a husband and children. I love my family, but I feel like I've lost my identity, an
I stress over everything. If I don't have enough "quality time" with my boyfriend, I start to feel resentr
I stress over everything. If I don't have enough "quality time" with my boyfriend, I start to feel resentr
I'm currently up paranoid about, well, everything. I can't get to sleep, and I have a feeling of being wa
I'm currently up paranoid about, well, everything. I can't get to sleep, and I have a feeling of being wa
I have an alcoholic son who is draining me financially. I want to get him help, but he doesn't want help
I have an alcoholic son who is draining me financially. I want to get him help, but he doesn't want help
I'm currently struggling with diagnosed depression, anxiety, and Misophonia. Also, I am 99% sure I ha
I'm currently struggling with diagnosed depression, anxiety, and Misophonia. Also, I am 99% sure I ha
I'm currently struggling with diagnosed depression, anxiety, and Misophonia. Also, I am 99% sure I ha
I'm currently struggling with diagnosed depression, anxiety, and Misophonia. Also, I am 99% sure I ha
I am pretty sure I have depression and anxiety. I also have voices in my head. I have problems sleepin
I am pretty sure I have depression and anxiety. I also have voices in my head. I have problems sleepin
I am pretty sure I have depression and anxiety. I also have voices in my head. I have problems sleepin
I am pretty sure I have depression and anxiety. I also have voices in my head. I have problems sleepin
I think
I think
I can't seem to feel any emotion except anxiety, not even for myself. is it normal not to feel empathy?
I can't seem to feel any emotion except anxiety, not even for myself. is it normal not to feel empathy?
I can't seem to feel any emotion except anxiety, not even for myself. is it normal not to feel empathy?
I can't seem to feel any emotion except anxiety, not even for myself. is it normal not to feel empathy?
I can't seem to feel any emotion except anxiety, not even for myself. is it normal not to feel empathy?
to tap into our own experience to help us connect with others in order to be
aware of how they are experiencing life.Â
It is a skill that we learn with practice and refine as we become mature.
If you are feeling anxious, maybe you are able to understand better others who

are going trough anxiety.Â But I wonder
if instead of feeling empathy, you may just want to find ways to reduce your
anxiety.Â A good idea is to be very aware
of your anxiety triggers, and once you identify them explore other ways you
could react.Â Â¿Sera normal que no sienta empatÃ-a?Parece que no puedo experimentar ninguna otr
no sea ansiedad, ni si quiera por mÃ- misma.Â EmpatÃ-a es la habilidad de usar tus propias
experiencias para conectarte con otros y estar consciente de la manera que
ellos experimentan la vida.Â Es una
destreza interpersonal que aprendemos y refinamos con la prÃ¡ctica y segÃºn maduramos
como personas.Â Si te estÃ¡s sintiendo
ansioso, tal vez puedas comprender mejor como otra persona experimenta momentos
de ansiedad.Â Pero me pregunto si en
lugar de estar buscando sentir empatÃ-a, realmente quisieras reducir tus niveles
de ansiedad.Â Una buena manera es estar consciente
que activa la ansiedad, y ya que lo identifiques, explora que otras reacciones
pudieras tener."
I have been falling into a deep depression where I can no function during the day and night. The only t
I have been falling into a deep depression where I can no function during the day and night. The only t
I have been falling into a deep depression where I can no function during the day and night. The only t
I have been feeling more and more down for over a month. I have started having trouble sleeping due
I have been feeling more and more down for over a month. I have started having trouble sleeping due
I have been feeling more and more down for over a month. I have started having trouble sleeping due
I have terrible anxiety and depression. I've tried various therapists and pills, but nothing's helped. Wh
I have terrible anxiety and depression. I've tried various therapists and pills, but nothing's helped. Wh
I have terrible anxiety and depression. I've tried various therapists and pills, but nothing's helped. Wh
After he got home from the hospital he was angry, then for a time wonderful. Now he is depressed an
After he got home from the hospital he was angry, then for a time wonderful. Now he is depressed an
After he got home from the hospital he was angry, then for a time wonderful. Now he is depressed an
After he got home from the hospital he was angry, then for a time wonderful. Now he is depressed an
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After he got home from the hospital he was angry, then for a time wonderful. Now he is depressed an
After he got home from the hospital he was angry, then for a time wonderful. Now he is depressed an
I am going through a divorce. He is extremely angry. He refuses to physically assist me with our teena
I am going through a divorce. He is extremely angry. He refuses to physically assist me with our teena
,"Its possible you're distracting yourself from pressing matters within yourself when you're together w
She has
She has
How can I get to a place where I can be content from day to day? Why am I upset or down every day e
How can I get to a place where I can be content from day to day? Why am I upset or down every day e
How can I get to a place where I can be content from day to day? Why am I upset or down every day e
I have a severe back problem. I've had 3 major and several minor operations, but I'm still in constant p

I have a severe back problem. I've had 3 major and several minor operations, but I'm still in constant p
I self-harm, and I stop for awhile. Then when I see something sad or depressing, I automatically want
I self-harm, and I stop for awhile. Then when I see something sad or depressing, I automatically want
It's not entirely true to say I enjoy being sad, but I always find a way to feel that way. I listen to sad mu
It's not entirely true to say I enjoy being sad, but I always find a way to feel that way. I listen to sad mu
I just don't know what I want in life anymore. I'm can't figure out what it is that is keeping me distract
I just don't know what I want in life anymore. I'm can't figure out what it is that is keeping me distract
I just don't know what I want in life anymore. I'm can't figure out what it is that is keeping me distract
I just don't know what I want in life anymore. I'm can't figure out what it is that is keeping me distract
I just don't know what I want in life anymore. I'm can't figure out what it is that is keeping me distract
,"First discover what the reason is for feeling depressed.Do you feel lost, lonely, uncertain about caree
I'm not suicidal and wouldn't take my own life, but sometimes, I've wished for an accident to occur an
I'm a teenager. My dad has been jail for the last five years. It's tough, but my mom really tries to give
I'm a teenager. My dad has been jail for the last five years. It's tough, but my mom really tries to give
I have been dealing with depression and anxiety for a number of years. I have been on medication, bu
I have been dealing with depression and anxiety for a number of years. I have been on medication, bu
she) must drop all theories and learn the theory of this person."" The approach must include a bond b
I have been dealing with depression and anxiety for a number of years. I have been on medication, bu
I have been dealing with depression and anxiety for a number of years. I have been on medication, bu
I am really worried about one of my friends because I think he has major depression. He disagrees wit
After my aunt passed away, I feel like I'm a different person. I don't talk to my friends really. How do I
I've become so jaded that I can't control my thoughts. I cannot focus on anything and been having anx
I've become so jaded that I can't control my thoughts. I cannot focus on anything and been having anx
When I get around a particular person or when I go home, I'm just sad or irritated. The feeling comes
Soy Consejera Profesional Licenciada en Texas y Puerto Rico, veo clientes en el este de Houston y prov
I am a teenager. I have been experiencing major episodes of depression (if that's even what it is) for s
Yo soy una Consejera Profesional Licenciada en Texas y Puerto Rico, veo clientes en el este de Houston
I'm depressed often, and my mind goes a million miles a minute. Every once in a while, things are oka
I'm depressed often, and my mind goes a million miles a minute. Every once in a while, things are oka
I'm constantly in a bad mood and I have no energy. Is that depression? How would I know if I was dep
I'm a
I know I need to deal with my depression. But I don't know how and I don't want to tell anyone. Hov
I know I need to deal with my depression. But I don't know how and I don't want to tell anyone. Hov
I know I need to deal with my depression. But I don't know how and I don't want to tell anyone. Hov
How do I make myself happy without the people who made me happy? Now that theyâ€™re gone, I f
How do I make myself happy without the people who made me happy? Now that theyâ€™re gone, I f
I feel like I am internally screaming all the time. Externally, I am calm, but I have this intense, unidenti
I feel like I am internally screaming all the time. Externally, I am calm, but I have this intense, unidenti
I feel like I am internally screaming all the time. Externally, I am calm, but I have this intense, unidenti
People who are parental figures in my life have, in the past, hurt me, and some continue to do so. It m
People who are parental figures in my life have, in the past, hurt me, and some continue to do so. It m
I am going through a very hard time and I'm so depressed. My parents are getting a divorce and a lot
I am going through a very hard time and I'm so depressed. My parents are getting a divorce and a lot
My depression has been reoccurring for a long time. It all started when I was being bullied in high sch

I've been depressed for quite a while. I've been trying to work through it, and my boyfriend has been
I always feel like I'm doing something wrong. Everything I do is crappy. I want to cry all the time. I can
I no longer carry expressions on my face, and my emotions are decreasing the more I have fights with
I no longer carry expressions on my face, and my emotions are decreasing the more I have fights with
I'm depressed. I have been for years. I hide it from everyone because I'm scared of the reactions I'll ge
I'm depressed. I have been for years. I hide it from everyone because I'm scared of the reactions I'll ge
He said he would try and he never did. It's been nine months, and this is making me worse. Today, he
He said he would try and he never did. It's been nine months, and this is making me worse. Today, he
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He said he would try and he never did. It's been nine months, and this is making me worse. Today, he
I'm in my late 50s. I never loved or have been loved. I need deeper help than is offered in my small to
I'm in my late 50s. I never loved or have been loved. I need deeper help than is offered in my small to
Both of my parents committed suicide together, and I was the one who found them. I suffer from ove
I'm depressed and recently went through a break up. Itâ€™s like every guy I like only wants me for se
I'm not the same anymore, I don't know how to get back to who I am. I'm sad and confused and angry
Over the years, I have slowly lost everything: my jobs, my cars, my freedom, and my money. I am a sta
I don't have time to live or take care of myself at times. It's causing depression, stress, and anxiety. I d
Two years ago, I was separated from the military into my contract for medical issues. It has emotional
I feel depressed even though I act like a happy with my family. I act like Iâ€™m happy so my son does
I think i may suffer from depression, and it is affecting my life and sleep. I am on my parent's insuranc
When I'm sad and alone, I want to cut myself. How can I resist the urge to cut?,"Try doing something
I stopped for a while, but Iâ€™ve started doing it again. Itâ€™s like an addiction. The more I try to stop
I have friends, family, I live in a good home, I go to a nice high school, and I get pretty good grades, bu
I used to be the funny guy of the groupâ€"the class clown, if you will. I used to laugh uncontrollably al
I've been feeling worthless, unaccomplished, and so frustrated. I want to break things, hit myself, run
I keep feeling paralyzed and unsure during interviews. Previous jobs have fired me for lack of perform
I feel like I am not at a good state of mind. I'm very unsettled in my soul. I'm not happy with myself or
I am not sure if I am depressed. I don't know how to bring it up to my parents, and that makes me mis
I am not sure if I am depressed. I don't know how to bring it up to my parents, and that makes me mis
I am not sure if I am depressed. I don't know how to bring it up to my parents, and that makes me mis
I have absolutely nothing to do with my life but lay in bed on my phone or hangout with my one frien
I sleep a lot. Music changes my mood. I cry every Wednesday. My mind is like a maze that even I get l
I live a normal life. I have tons of friends and family, but I feel lonely. Why do I feel so lonely when I ha
I started having anxiety three months ago. I'm new to having anxiety, and it's making me depressed. H
I started having anxiety three months ago. I'm new to having anxiety, and it's making me depressed. H
I started having anxiety three months ago. I'm new to having anxiety, and it's making me depressed. H
I have no friends, no hobbies, and no interest in anything. I get annoyed with everything and everyon
I have a lot on my mind, but all I want to do is stay locked in my room and not socialize with anyone. V
I have a lot on my mind, but all I want to do is stay locked in my room and not socialize with anyone. V
I have a lot on my mind, but all I want to do is stay locked in my room and not socialize with anyone. V
,"Depression is when you know what you need to do but are not doing it. The depression is telling you
,"I can relate been there at one point in my life.Â Start taking control of your life.Â Take small steps b

,"Our culture sets a very high standard on being within range of what is considered ""normal"" weight
My dad passed away when I was a teenager. I never got any help, and five years later, I feel like I can't
I am a single mother. As a child, I was molested by my mother's boyfriend. I never knew my father. I s
I always see the worst end of things. My boyfriend and I aren't talking, and I swear he's leaving me. I k
I was anxious to go to middle school. I was afraid of what people might say about me, so when school
I was in a situation with a guy. Heâ€™s my brotherâ€™s friend and kind of like a brother to me. He inv
People have been calling me names, and I have had enough of it. I cannot stand it anymore I'm done.
My life is completely normal, yet I feel empty inside. I feel as if I already know why I'm alive: to reproc
I'm almost never happy. Half of the time, I don't feel anything. I find it easy to make myself feel nothir
I'm almost never happy. Half of the time, I don't feel anything. I find it easy to make myself feel nothir
My husband and I are in a terrible place. Part of me wants to fix it, but then I'm caught up with not kn
They don't go away, and I feel like I'm going crazy. Does that ever stop? Can it be a symptom of medic
They don't go away, and I feel like I'm going crazy. Does that ever stop? Can it be a symptom of medic
A girl and I were madly in love. We dated for over a year and were even talking about marriage and fu
I've got so much anger. I don't know how to control myself. My girlfriend screams at me all the time, a
I've been having this ongoing problem for most of my life now. I am a young adult, and right now, driv
I am broke, but I am sure I have been depressed for the past couple of years. I have always had anxiet
,"Feeling somewhat depressed for a little while from being rejected by a partner, actually is reasonabl
I don't know how to have emotions. I never had any from my birth. Being human, I think of myself as a
I am on my own with my daughter. I am so worried and stressed about her. How can I help my daught
I just had a newborn. When I brought him home, my mom told me to leave. Now I'm in a women's ho
I have experienced cycles of depression for the past four years, and it hits me harder every time it con
At school, it feels like I've lost all my friends, and I've been really weird with my sleeping patterns. I us
I think about death all the time because I feel so alone. I want someone to love and someone to love r
I think about death all the time because I feel so alone. I want someone to love and someone to love r
My
I'm unemployed just relocated. I can't get approved for a place to live because of past mistakes which
I'm supposed to stay here the rest of my academic life, but I've never liked it here, not even before I ca
I am in
I just got out of a two year relationship. I broke up with my boyfriend because he wasn't showing any
A friend of mine taking psychology advised I go to my doctor to check if I have major depressive disor
I have no real friends. I have a girlfriend who irritates me but loves me to death. I push her away and p
,"I'm not quite sure what you're asking, because you don't define 'breakdown'. We all fall apart in littl
,"I'm sorry for your mother's passing on.Feeling sad to lose someone who mattered very much to you,
I've been hospitalized twice. Once was last month for psychiatric help. I'm on medicine, but I'm strugg
I'm going through a divorce with my wife of three years, who I've known since the 4th grade and beer
I have been diagnosed with ADHD and experienced manic depression episodes. I have problems with
I always feel like I'm not good enough and it literally is so hard living. I don't know how to talk to my p
I have manic depression and last summer was very very bad. I have recurring nightmares and I avoid a
I have manic depression and last summer was very very bad. I have recurring nightmares and I avoid a
My doctor thinks that seeing a psychiatrist will help with my depression and anxiety. Now my anxiety
,"Great Question! Anxiety and depression are part of theÂ lenses from which you and partner see you
I am always down and out. Could this be postpartum depression? I had a baby about 2 months ago an
My last

I don't know what's wrong with me. At times I can be really happy, excited, I'll talk fast, and I want to
I've have lived for sometime with depression but things have gotten a lot better, but why is it so hard
I'm in a state of depression right now. Who can I talk to? I've been sick in a lot of pain and crying. Don
I've been married for 3 years and I have two kids. During my 3-years married, my husband cheated on
I start counseling/therapy in a few days (I'm freaking out) but my main fear is that I'll cry and embarra
I start counseling/therapy in a few days (I'm freaking out) but my main fear is that I'll cry and embarra
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I start counseling/therapy in a few days (I'm freaking out) but my main fear is that I'll cry and embarra
I start counseling/therapy in a few days (I'm freaking out) but my main fear is that I'll cry and embarra
Sometimes I can't stop thinking about life after death. I was raised in a religion that teaches that we w
Sometimes I can't stop thinking about life after death. I was raised in a religion that teaches that we w
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Sometimes I can't stop thinking about life after death. I was raised in a religion that teaches that we w
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I've gone to a couple therapy sessions so far and still everytime I walk in I get nervous and shaky. Is th
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I've gone to a couple therapy sessions so far and still everytime I walk in I get nervous and shaky. Is th
I've hit my head on walls and floors ever since I was young. I sometimes still do it but I don't exactly kı
I've hit my head on walls and floors ever since I was young. I sometimes still do it but I don't exactly kı
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I've hit my head on walls and floors ever since I was young. I sometimes still do it but I don't exactly kı
When I get frustrated or upset, it becomes extremely difficult to keep my voice down. I also instantly
My two adult sons live with me. One has been having panic attacks and hasn't been able to work for o
I have developed bad social anxiety within the last year, and I just can't stand to be around people. I r
I have developed bad social anxiety within the last year, and I just can't stand to be around people. I r
I have developed bad social anxiety within the last year, and I just can't stand to be around people. I r
I have a fear of something and I want to face that fear to overcome it, but I don't know how. What car
I have a fear of something and I want to face that fear to overcome it, but I don't know how. What car
I have a fear of something and I want to face that fear to overcome it, but I don't know how. What car
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I have a fear of something and I want to face that fear to overcome it, but I don't know how. What car
I have a fear of something and I want to face that fear to overcome it, but I don't know how. What car
I don't remember when the voices in my head started, but I remember Hearing them when I was little
I don't remember when the voices in my head started, but I remember Hearing them when I was little
I don't remember when the voices in my head started, but I remember Hearing them when I was little
I don't remember when the voices in my head started, but I remember Hearing them when I was little
I don't remember when the voices in my head started, but I remember Hearing them when I was little
I have a friend who I became quite close to, close enough for us to insult each other lightly for humor.
I am a really shy person. I'm currently in a graduate program which requires lots of presentations, but
I am a really shy person. I'm currently in a graduate program which requires lots of presentations, but
I am a really shy person. I'm currently in a graduate program which requires lots of presentations, but
I am a really shy person. I'm currently in a graduate program which requires lots of presentations, but
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I am a really shy person. I'm currently in a graduate program which requires lots of presentations, but
I am a really shy person. I'm currently in a graduate program which requires lots of presentations, but
I'm dealing with imposter syndrome in graduate school. I know that by all accounts I am a phenomena

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I'm dealing with imposter syndrome in graduate school. I know that by all accounts I am a phenomena
I'm dealing with imposter syndrome in graduate school. I know that by all accounts I am a phenomena
My son
My son
My son
My son
My son
My son
My son
My son
My son
I recently
I recently
I recently
I recently
I recently
I recently
I recently
I recently
I recently
I recently
I recently
I know this fear doesn't make sense. How can I overcome it? I always fear that people are judging me,
I know this fear doesn't make sense. How can I overcome it? I always fear that people are judging me,
I know this fear doesn't make sense. How can I overcome it? I always fear that people are judging me,
I know this fear doesn't make sense. How can I overcome it? I always fear that people are judging me,
When I'm
understand your not liking or enjoying being around other people.Â Animals are often more compass
anxiety? Â Would you feel comfortable
starting out with smaller groups of people, maybe people who share your
interest, especially around animals?Â
Maybe practice topics of conversation you feel confident to discuss
which could take the pressure off being in a social setting."
When I'm
When I'm
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When I'm
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When I'm
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When I'm
While animals can be a wonderful way to experience emotional support, you may want to consider opening up to a Life Coach or therapist to discuss some of your concerns. You are not alone, and many people are experiencing very similar anxieties. A Life Coach or professional therapist could help to guide you through these emotions and refer you to additional professional help if needed. It sounds as though you want to address some of these issues by first asking the question. Finding additional support from a trained professional whom you feel comfortable with could be the best way to get the help that you need. I wish you the best of luck on your journey!"
When I'm
When I'm
When I'm
When I'm
When I'm
When I'm
When I'm
When I'm
When I'm
When I'm
I have
I have
I have
I have
I have
I often get the feeling that I'm being watched, like video cameras are hidden wherever I am, even at h
I feel insecure in my life. I don't think my wife truly wants our relationship even though she says she d
I feel insecure in my life. I don't think my wife truly wants our relationship even though she says she d
I feel insecure in my life. I don't think my wife truly wants our relationship even though she says she d
I constantly have this urge to throw away all my stuff. Itâ€™s constantly on my mind and makes me fe
I have several issues that I need to work through. However, I am afraid of and do not trust therapists a
I have several issues that I need to work through. However, I am afraid of and do not trust therapists a
I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a ho
I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a ho

I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a hc
I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a hc
I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a hc
I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a hc
I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a hc
I have anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a hc
I don't understand why this is happening. Why do I feel this way? I don't like going outside anymore,S
I don't understand why this is happening. Why do I feel this way? I don't like going outside anymore,"
I don't understand why this is happening. Why do I feel this way? I don't like going outside anymore,"
I don't understand why this is happening. Why do I feel this way? I don't like going outside anymore,"
I don't understand why this is happening. Why do I feel this way? I don't like going outside anymore,"
I just took
I just took
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I just took
I just took
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I just took
I just took
I just took
I had a head injury a few years ago and my mind races all the time. I have trouble sleeping and have a
I've known my best friend for eight years, and I've slowly begun to form a crush on him. I sort of thoug
I'm socially awkward. I've always want to be popular. I've had the opportunity to be popular, but ever
I'm socially awkward. I've always want to be popular. I've had the opportunity to be popular, but ever
I'm socially awkward. I've always want to be popular. I've had the opportunity to be popular, but ever
I haven't been feeling like myself lately. I've been upset for no reason and feeling anxious. I'm feeling
I haven't been feeling like myself lately. I've been upset for no reason and feeling anxious. I'm feeling
I haven't been feeling like myself lately. I've been upset for no reason and feeling anxious. I'm feeling
I haven't been feeling like myself lately. I've been upset for no reason and feeling anxious. I'm feeling
I start thinking deeply about everything I may do or say and about anything that may happen. I really
,"Hello!Â There's not a lot of information here, but I have a couple thoughts about what could be hap
I have a panic attack at least once a week and suffer from severe anxiety. How do I calm down during
I was in a car accident and totaled my car. I gave up my job of nine years to pursue school full-time to
I was in a car accident and totaled my car. I gave up my job of nine years to pursue school full-time to
I have been thinking a lot about certain situations and having my worries about what others may thinl

I have a fear of talking with people. I don't like to go out to social events. I'm always worrying about s
I have a bad habit of thinking and worrying about what others may think of me. I really want to stop it
I have a bad habit of thinking and worrying about what others may think of me. I really want to stop it
I have been repeating the same thought pattern for seven years and have completely lost control of a
I am on the track and softball team. My school is small, so I play all four sports it offers. I feel obligate
I am on the track and softball team. My school is small, so I play all four sports it offers. I feel obligate
I am on the track and softball team. My school is small, so I play all four sports it offers. I feel obligate
,"I'm so sorry you aren't being taken seriously.Â I hope you have at least one person in your life that b
I'm scared that my anxiety will make me say foul language. I don't want to say those words though. I'r
When I'm around people, I sometimes think someone has made a comment to me or asked me to do
When I'm around people, I sometimes think someone has made a comment to me or asked me to do
When I'm around people, I sometimes think someone has made a comment to me or asked me to do
It's especially bad at night time. I am scared of sleeping alone. Why do I always feel anxious?,"Night is
It's especially bad at night time. I am scared of sleeping alone. Why do I always feel anxious?,"Being a
Iâ€™m a teenager. I am almost always paranoid. Recently, I started to think they watch. I keep seeing
Iâ€™m a teenager. I am almost always paranoid. Recently, I started to think they watch. I keep seeing
I've been like this ever since I was in school; back then I transferred to another school. Now I'm thinki
I've been like this ever since I was in school; back then I transferred to another school. Now I'm thinki
I've been like this ever since I was in school; back then I transferred to another school. Now I'm thinki
I've been like this ever since I was in school; back then I transferred to another school. Now I'm thinki
I've been like this ever since I was in school; back then I transferred to another school. Now I'm thinki
I've been like this ever since I was in school; back then I transferred to another school. Now I'm thinki
I have these dreams of men, and they always seem to try to hurt me. It's gotten so bad that I first wak
I have these dreams of men, and they always seem to try to hurt me. It's gotten so bad that I first wak
I have these dreams of men, and they always seem to try to hurt me. It's gotten so bad that I first wak
,"Has something scary ever happened when you were carrying your baby before you had panic attack
,"Maybe you're fearful that you don't have enough skill or ability to take care of your child.Since you'r
I've been having horrible anxiety for the last week. I can't sleep. I get a sense of doom, and it's hard to
I've been having horrible anxiety for the last week. I can't sleep. I get a sense of doom, and it's hard to
,"Almost everyone has some level of social anxiety.Â Because we need others to survive (this is overv
,"Anxiety is not your fault or caused by anything you have or havenâ€™t done. According to theÂ Nati
,"Social anxiety means feeling very uneasy in social situations. Â Often people are fearful of being judg
,"Social anxiety is fear of social situations where someone is exposed to the public scrutiny of others. I
I am a female and in my early teens. I don't want to feel afraid of people. When I meet someone, I kn
I am a female and in my early teens. I don't want to feel afraid of people. When I meet someone, I kn
When I get talked to by my dad or stepmom, or if I'm in trouble, I will begin to cry and not say what's
When I get talked to by my dad or stepmom, or if I'm in trouble, I will begin to cry and not say what's
A lot of times, I avoid situations where I am to meet new people because I have a fear of embarrassin
A lot of times, I avoid situations where I am to meet new people because I have a fear of embarrassin
A lot of times, I avoid situations where I am to meet new people because I have a fear of embarrassin
Iâ€™ve been on 0.5 mg of Xanax twice a day for the past month. It hasn't been helping me at all, but v
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Iâ€™ve been on 0.5 mg of Xanax twice a day for the past month. It hasn't been helping me at all, but v
I just about fall asleep then I can't help but sit up and walk around. How is it that I fear going to sleep?
I just about fall asleep then I can't help but sit up and walk around. How is it that I fear going to sleep?
I'm just an extremely paranoid person. I constantly feel as though I am in some sort of danger, like as
I'm just an extremely paranoid person. I constantly feel as though I am in some sort of danger, like as
I don't know if I'm normal. I'm really scared to touch a girl. I'm a young adult and a virgin. My fiancÃ©
I don't know if I'm normal. I'm really scared to touch a girl. I'm a young adult and a virgin. My fiancÃ©
I shake and have panic attacks. How can I be less stressed out?,"So glad you are reaching out.Â Panic
I shake and have panic attacks. How can I be less stressed out?,"One way to understand panic attacks
I shake and have panic attacks. How can I be less stressed out?,"One of the first things I would suggest
,"It's so brave of you to want to confront your fear!Â If you want to work with that fear, it might be he
,"Are you able to eat any food in public?Start with what is easy.If you're able to eat your own selectio
I'm a male in my early 20s. Lately, my paranoia about being around kids is causing me too breathe hea
I'm a male in my early 20s. Lately, my paranoia about being around kids is causing me too breathe hea
I'm a male in my early 20s. Lately, my paranoia about being around kids is causing me too breathe hea
I am a peaceful person, but I often find myself having thoughts about killing people. Eventhough I like
I am a peaceful person, but I often find myself having thoughts about killing people. Eventhough I like
I am a peaceful person, but I often find myself having thoughts about killing people. Eventhough I like
I'm 17 and I'm sick and tired of going back and forth. I'd like to stay at my mother's house. This proble
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I'm 17 and I'm sick and tired of going back and forth. I'd like to stay at my mother's house. This proble
I get very nervous and anxious/scared before sex. How do I shake self-doubt about sex?,"Tell your par
I get very nervous and anxious/scared before sex. How do I shake self-doubt about sex?,"I first wonde
I panicked over a minor parking lot mistake. It was totally my fault, but due to another insurance issue
I panicked over a minor parking lot mistake. It was totally my fault, but due to another insurance issue
I'm a teenager, and while Iâ€™ve never been to any kind of therapist, I noticed I experience several ar
I'm a teenager, and while Iâ€™ve never been to any kind of therapist, I noticed I experience several ar
I feel too scared to meet people I don't know - even relatives. I don't ever raise my hand or talk in sch
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I feel too scared to meet people I don't know - even relatives. I don't ever raise my hand or talk in sch
I've known him for about six years. We've dated off and on. I hadn't seen him in close to three years b
I've known him for about six years. We've dated off and on. I hadn't seen him in close to three years b
Example would be homecoming? I was at my high school's home football game on Friday, and I left be
Sometimes, I'm fine and can go out or meet people, but other days, my heart races and words physica
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My partner lives in Canada while I live in the US. We visit each other, but we go months in between vi
I have severe anxiety and have tried everything. Everything makes it worst.The only thing that helps is
Why am I so afraid of it? I don't understand. How can I be less afraid of rape?,"Your fear is somewhat
Why am I so afraid of it? I don't understand. How can I be less afraid of rape?,"Why are you afraid of r
I have attention-deficit/hyperactivity disorder, posttraumatic stress disorder, anxiety, anger, and men
I never feel like myself. I canâ€™t even think straight anymore. I start stuttering and I canâ€™t remem
I never feel like myself. I canâ€™t even think straight anymore. I start stuttering and I canâ€™t remem
I never feel like myself. I canâ€™t even think straight anymore. I start stuttering and I canâ€™t remem
I had to put a restraining order against my ex-fiancÃ©. He was served last night. He was mentally and
I've been dealing with this for years. My mom thinks I'm overly emotional and refuses to offer any hel
I've been dealing with this for years. My mom thinks I'm overly emotional and refuses to offer any hel
I am so terrified of having sex anymore because I have been told over and over that sex is dangerous
I am so terrified of having sex anymore because I have been told over and over that sex is dangerous
opinion trying to scare you from having sex?Â
And if so, how old are you? Is it ok to have sex, do you want to have
sex?Â It sounds like you want to make
your partner happy, and that you are taking care of protecting yourself and
your partner, but maybe you are forgetting to consider what do you really want.Â Having sexual relat
you and your partner have to consent.Â It
is also important to talk about the possible consequences and being responsible
for them as well.Â But sex should be something
that you enjoy, not that you should be fearful of.Â A therapist can help you to process those
negative thoughts and feelings that may impair you from enjoying your sexual
life.Â Â¿CÃ³mo puedo superar mi miedo de un
embarazo no deseado y poder tener sexo otra vez?Estoy
aterrorizado de tener sexo porque me han dicho una y otra vez que el sexo es
peligroso, inclusive cuando yo y mi pareja usamos dos mÃ©todos de protecciÃ³n.Â Mi pareja no estÃ
quiere mÃ¡s sexo, y honestamente, yo quiero darle lo que ella quiere.Me pregunto quiÃ©n
te estÃ¡ diciendo que el sexo es peligroso.Â
Â¿Esto es aviso medico, o es alguien intentando asustarte para que no
tengas relaciones?Â Â¿Y si es asÃ-, que
edad tienes?Â Â¿Es apropiado que tengas
sexo a tu edad?Â Â¿Quieres tener sexo? Me
parece que estas enfocado en hacer feliz a tu pareja, y te estÃ¡s protegiendo y protegiÃ©ndola,
pero tal vez estÃ¡n olvidando analizar que tu quieres realmente.Â Recuerda que tener una relaciÃ³n s
decisiÃ³n personal, en la que tÃº y tu pareja deben de estar de acuerdo.Â Â TambiÃ©n es importante
consecuencias de tener relaciones, como un embarazo, y discutir sus opciones e
intenciones, si eso ocurriera.Â Ya que
han tenido comunicaciÃ³n al respecto, el sexo debe ser algo que disfruten,Â no que temen.Â
Un terapista te puede ayudar a procesar esos pensamientos negativos y
los sentimientos que te pudieran impedir disfrutar de tu vida sexual."
I am so terrified of having sex anymore because I have been told over and over that sex is dangerous
I am so terrified of having sex anymore because I have been told over and over that sex is dangerous
I feel really uncomfortable when I have people's attention. It makes me not want to talk in public or a

I feel really uncomfortable when I have people's attention. It makes me not want to talk in public or a
I have been having a lot of nightmares where I am being killed in different ways. I either wake up in a
My boyfriend and I have been dating for almost a year. We go to different schools, and we don't see e
My boyfriend and I have been dating for almost a year. We go to different schools, and we don't see e
I'm concerned about my boyfriend. I suffer from anxiety, but I always have this feeling he wants to hu
that people find more personal than their sexual relationships. When we feel
connected to our partner, sex can be best thing since sliced bread. However, if
we feel disconnected in some way, sex can feel degrading and even painful.
I donâ€™t know the specifics about your relationship or how
comfortable you are in talking to your boyfriend, but this is one of those
situations where communicating your fears is a good idea. The only exception to
that would be if you believe he is actually a threat to you in some way. If you
believe that, then you should do whatever you think is safe. It sounds like
there is a part of you that is already afraid of him, and if that is the case
then remaining safe is your top priority.
Assuming you are able to share with him your feelings,
telling him what you are and are not interested in sexually is very appropriate
and sexually healthy. Sex is something that is supposed to be enjoyable for
all parties. All parties should feel respected and able to say â€œnoâ€ to
absolutely anything they are not comfortable with.
I call the respectful agreement between sexual partners, â€œsex
trust.â€ Sex Trust means your partner respects your boundaries. It means they
wonâ€™t degrade you sexually with hurtful words, forced sex, or forcing or
coercing sex in ways someone is not interested in having. Â Your personal safety and mental well-beir
what is most important.
Now, if there is a part of you that is curious about BDSM
and may be interested in participating in it, there are many websites that you
can explore to learn information. I will warn you, some websites and articles
are better or worse than others, but you may at least feel more informed.
Many people engage in BDSM and have happy relationships, but
again, it completely depends on what each person in the relationship wants. It is
also important to know that BDSM is notÂ just one thing and people practice it
differently based on comfort. If it is something you are uncomfortable with,
then you shouldnâ€™t feel obligated to do it.
Â
I hope this was helpful. Be well.
Â
Robin J. Landwehr, DBH, LPC, NCC"
I get so much anxiety, and I donâ€™t know why. I feel like I canâ€™t do anything by myself because Iâ
I get so much anxiety, and I donâ€™t know why. I feel like I canâ€™t do anything by myself because Iâ
I get so much anxiety, and I donâ€™t know why. I feel like I canâ€™t do anything by myself because Iâ
I get so much anxiety, and I donâ€™t know why. I feel like I canâ€™t do anything by myself because Iâ
I started dating my fiancÃ© two years ago. My first cousin is married to my fiancÃ©â€™s sister. There
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Whenever I have to speak in public or be in big crowds, I freak out. I get light-headed, sweaty, and I ha
which is hard wired into the human nervous system, specifically, theÂ autonomic nervous system (cal
is responsible for regulating the heart, digestion, respiratory rate
as well as other aspects which match the symptoms you describe.Â It is largely an unconscious functi
with training it can be managed such as a public speaking course in which you
prepare and even have some exposure to smaller experiences to help you prepare
and cope for larger presentations.Â One of the greatest applications of
addressing this response is the NASA program which exposes the astronauts to situations
they will encounter while in space which will trigger the response so that when
it does happen (not if but when) that they are able to move through the
challenge with success.Â You can learn
more about his by going to TED Talks â€œWhat I learned about going blind in spaceâ€ It is
a truly inspiring look at what you are experiencing as well as how to deal with
it.
With that being said, finding a program
like a Dale Carnegie Public Speaking program can help.Â Working with a counselor who can help you
utilize visualization of an upcoming speech has been shown to help and you can
always talk to your doctor to see what options might be available there as
well. Good luck!"
Whenever I have to speak in public or be in big crowds, I freak out. I get light-headed, sweaty, and I ha
I am a teenage girl. I've been seeing the same dream once in a while since I was very young. The prob
Iâ€™ve been with my boyfriend for a year and a half. He loves me a lot, and I love him. It hurts to be a
I started seeing this guy that I met at a mutual friendâ€™s place. He recently broke up with his ex-girlf
I have not had a friend since I was 19. I don't go anywhere, and I have no job, all because I'm afraid of
I think I'm annoying and bothersome, but my girlfriend says I'm just fine. I don't think so, I think I'm st
I think I'm annoying and bothersome, but my girlfriend says I'm just fine. I don't think so, I think I'm st
I think I'm annoying and bothersome, but my girlfriend says I'm just fine. I don't think so, I think I'm st
I think I'm annoying and bothersome, but my girlfriend says I'm just fine. I don't think so, I think I'm st
I'm a little paranoid. My mind does get the best of me. One night, I put chairs under all of my door knc
When I go to school, I feel like everyone is judging me, even my friends. I get overwhelmed which the
Recently, I had a close call after delivering my second child (blood clot followed by internal bleeding a
I met a guy a while ago, and I can't stop thinking about him. I feel like I love him, but I don't think I knc
I've been experiencing a lot of anxiety and panic attacks lately. I was recently diagnosed by my psychia
I've been experiencing a lot of anxiety and panic attacks lately. I was recently diagnosed by my psychia
My toddler defies everything I say and doesnâ€™t see me as authoritative, so she says no about every
My toddler defies everything I say and doesnâ€™t see me as authoritative, so she says no about every
My toddler defies everything I say and doesnâ€™t see me as authoritative, so she says no about every
I was violently raped by another women who was my friend of 13 years. Iâ€™m having bad flashbacks
I have
I have
I have
I have
For my whole life, Iâ€™ve been very unconfident, insecure, and self-questioning. I'm super quiet beca
I have a lot of issues going on right now. First of all, I have a lot of trouble sleeping at times, while oth

I have a lot of issues going on right now. First of all, I have a lot of trouble sleeping at times, while oth
I have a lot of issues going on right now. First of all, I have a lot of trouble sleeping at times, while oth
I feel that I need to end my present relationship. He lives three hours away and likes the reassurance
I feel that I need to end my present relationship. He lives three hours away and likes the reassurance
I'm a teenager, and I struggle with going out and talking to people. I feel awful about leaving home. I l
Whenever I don't tell my friends or anyone what I did or stuff that's not really important, I feel terribl
Whenever I don't tell my friends or anyone what I did or stuff that's not really important, I feel terribl
I was raped repeatedly when I was younger. I told my parents and action was taken, but now that Iâ€
I was raped repeatedly when I was younger. I told my parents and action was taken, but now that Iâ€
I was raped repeatedly when I was younger. I told my parents and action was taken, but now that Iâ€
I find myself being very outgoing most of the time, but there are some times when I don't know what
This is preventing me from getting a job. I have bad relationship with my bipolar mother. I am living w
This is preventing me from getting a job. I have bad relationship with my bipolar mother. I am living w
I feel like my time is going too fast How can I slow down and enjoy life?,"Thank you for reaching out!
My dad refuses to acknowledge my anxieties about going to parties, dinners, etc. Whenever I have an
Whenever I leave my girlfriend I get panic attacks. I'm taking medications to control them, but I'm thi
When my daughter is stressed about a silly thing from school, she starts crying and freaking out. She i
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When my daughter is stressed about a silly thing from school, she starts crying and freaking out. She i
When my daughter is stressed about a silly thing from school, she starts crying and freaking out. She i
My ex-wife married and used me to have a child. She now uses that child as a pawn. I know my child r
My ex-wife married and used me to have a child. She now uses that child as a pawn. I know my child r
My ex-wife married and used me to have a child. She now uses that child as a pawn. I know my child r
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My ex-wife married and used me to have a child. She now uses that child as a pawn. I know my child r
I was a single mom most of their growing up life and have guilt about trying to work three jobs and be
My dad makes me feel like shit and like I'm worthless. He calls me names and makes me feel depresse
My dad makes me feel like shit and like I'm worthless. He calls me names and makes me feel depresse
My dad makes me feel like shit and like I'm worthless. He calls me names and makes me feel depresse
he just walks in the house whenever he wants to see his kids. My fiancÃ© tells me it makes her angry
he just walks in the house whenever he wants to see his kids. My fiancÃ© tells me it makes her angry
he just walks in the house whenever he wants to see his kids. My fiancÃ© tells me it makes her angry
he just walks in the house whenever he wants to see his kids. My fiancÃ© tells me it makes her angry
There is
There is
There is
There is

There is
There is
There is
Is this something I should be worried about? Should I do something about it? My son plays alone at re
Is this something I should be worried about? Should I do something about it? My son plays alone at re
Is this something I should be worried about? Should I do something about it? My son plays alone at re
Is this something I should be worried about? Should I do something about it? My son plays alone at re
Is this something I should be worried about? Should I do something about it? My son plays alone at re
I told her that if daddy dies, we will never see him again. She started crying because I wouldn't make h
I told her that if daddy dies, we will never see him again. She started crying because I wouldn't make h
I told her that if daddy dies, we will never see him again. She started crying because I wouldn't make h
My dad is always, and I mean always, cussing and screaming at me for no reason at all. He makes me
My dad is always, and I mean always, cussing and screaming at me for no reason at all. He makes me
My dad is always, and I mean always, cussing and screaming at me for no reason at all. He makes me
My dad is always, and I mean always, cussing and screaming at me for no reason at all. He makes me
My dad is always, and I mean always, cussing and screaming at me for no reason at all. He makes me
My dad is always, and I mean always, cussing and screaming at me for no reason at all. He makes me
He is an adolescent. He has peed his pant multiple times over the last few years, all at times when he
He is an adolescent. He has peed his pant multiple times over the last few years, all at times when he
I am in
I am in
I am in
I am in
I am in
I am in
I am in
I am in
I'm being
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I'm being
I'm being
I'm being
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I'm being
I'm being
Can a counselor take sides with one parent and allow a parent to order the child to tell the counselor
adult"" by state law with regard to counseling (states differ on this

- the range is typically between age 13 and age 18), no one is allowed to
be in the session without the child's consent.Second, ethical and legal standards generally require tha
counselor be in the role of a therapist, or in the role of an evaluator, but
not both.Â This means that a counselor
should not generally provide both counseling and offer an opinion regarding who should
have custody of a child.Third, knowing the details of any parenting plan or
separation agreement is important.Â
Generally, either parent can consent to counseling for a minor child and
can be present during the childâ€™s sessions.Â
If a court order, parenting plan, or separation agreement specifies that
one of the parents has sole decision making authority, then only that parent can
consent to counseling for the minor child and only that parent can be present during the childâ€™s
sessions.In a situation like this I would strongly recommend seeking
out legal advice specific to your state law."
I have four children. One of them is in her 20s, and she cannot afford to go, nor can I pay for her. She
I have four children. One of them is in her 20s, and she cannot afford to go, nor can I pay for her. She
When they come home from their dad's and I fuss at them for anything, they move like they are dodg
When they come home from their dad's and I fuss at them for anything, they move like they are dodg
When they come home from their dad's and I fuss at them for anything, they move like they are dodg
My daughter is in later elementary school. She can't color in the lines. Her words jumble together whe
My daughter is in later elementary school. She can't color in the lines. Her words jumble together whe
My daughter is in later elementary school. She can't color in the lines. Her words jumble together whe
My daughter is in later elementary school. She can't color in the lines. Her words jumble together whe
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My daughter is in later elementary school. She can't color in the lines. Her words jumble together whe
My daughter is in later elementary school. She can't color in the lines. Her words jumble together whe
My daughter seemed to be developing at a normal rate until about the age of 10. She then started to
My daughter seemed to be developing at a normal rate until about the age of 10. She then started to
My daughter seemed to be developing at a normal rate until about the age of 10. She then started to
My daughter seemed to be developing at a normal rate until about the age of 10. She then started to
I am a counselor at day camp where we have a child with severe autism. We try to keep him entertair
When my son was a teenager, we sent him to live with his dad because of the constant disrespectful a
When my son was a teenager, we sent him to live with his dad because of the constant disrespectful a
She cried because she lost all trust in me. Now I feel disgusting and like my heart just got stabbed, wh
She cried because she lost all trust in me. Now I feel disgusting and like my heart just got stabbed, wh
She cried because she lost all trust in me. Now I feel disgusting and like my heart just got stabbed, wh
My son stole my debit card and lied about it. It's not the first time he has lied. I don't know what to do
My son stole my debit card and lied about it. It's not the first time he has lied. I don't know what to do
I'm concerned about My 12 year old daughter. About a month or two ago she started walking on her
I'm concerned about My 12 year old daughter. About a month or two ago she started walking on her
I have three children. The oldest is nine and not my biological child. The middle child is three and the
I have three children. The oldest is nine and not my biological child. The middle child is three and the

I have three children. The oldest is nine and not my biological child. The middle child is three and the
She's in her early 20s, and she has a toddler. How do I kick my stepdaughter out of our house because
She's in her early 20s, and she has a toddler. How do I kick my stepdaughter out of our house because
She's in her early 20s, and she has a toddler. How do I kick my stepdaughter out of our house because
My step nephew, a preteen, has begun masturbating. I also had to take away the internet because he
We have tried gentle talking, counting to calm her and talking about it, sending her to her room and tl
I am in my 30s with 2 kids and no job and I'm behind on the bills. I've been trying everything with no r
I am in my 30s with 2 kids and no job and I'm behind on the bills. I've been trying everything with no r
My
The birth mother attempted suicide several times while pregnant. The adopted mother was terminall
My grandson's step-mother sends him to school with a pink Barbie backpack as a form of punishment
My grandson's step-mother sends him to school with a pink Barbie backpack as a form of punishment
I want to live with my mom. My dad gets angry and makes me feel like everything is my fault. I still ta
I want to live with my mom. My dad gets angry and makes me feel like everything is my fault. I still ta
I have three children: a biological daughter, a stepdaughter, and a stepson. I found out my stepdaugh
She
She's a teenager, and for the last two years, she's lived with her older brother. She's angry because sh
,"What you call ""little things"" may only seem little in general and to you are quite meaningful, eithe
,"Well, my first question was whether these are truly little things or things you really think the attenti
,"Gratitude. Overly simplified, but that's the trick. When you can let in and celebrate the good stuff ev
My husbandâ€™s ex-wife married a man who was charged with seven felony counts of pandering inv
My husbandâ€™s ex-wife married a man who was charged with seven felony counts of pandering inv
My husbandâ€™s ex-wife married a man who was charged with seven felony counts of pandering inv
Her father and I have been dealing with this problem for quite some time now. She is an adolescent, a
,"Without knowing the male family member's reason for always wanting to play with your toddler, ye
Me and my adult daughter just do not get along. She's very belittling to me when I don't agree with h
We are the legal guardianship of our grandson. He has been acting out, and he wants to talk to his m
I am divorced and happily remarried. Our blended family of children are in their 20s. My youngest, ag
I am divorced and happily remarried. Our blended family of children are in their 20s. My youngest, ag
I am divorced and happily remarried. Our blended family of children are in their 20s. My youngest, ag
We live with my ex-partnerâ€™s sister and her husband. We have been there for five years now. The
My brother just broke up with his girlfriend. While they were dating for the past two years, her son sp
My mother-in-law is mentally ill. She has been for most of her life. She cuts herself. She has been in a
My daughter didn't see her biological father for the last three years. She doesnâ€™t want to see him
My daughter didn't see her biological father for the last three years. She doesnâ€™t want to see him
My fiancÃ© and I have been in a relationship for two years. We have an infant son. My fiancÃ© also
Just wondering if this is a deviant act, and if I should be concerned for him. He isnâ€™t quite 10. My c
My boyfriend has a child he gets every other weekend. He goes to see her twice a week or more. Eve
My ex-husband told my two adolescents that Santa doesn't exist on the day before Christmas. They a
For the last year, my adolescent son and daughter have been driving me nuts with fighting. I'm at my
My toddler is having a real hard time with toilet training. He almost throws up every time he sees his
Iâ€™m a
Tonight,
She was raised by her abusive father and his wife. 30 years ago I shot and killed my rapist and was co

I regret ever hurting her and they mean the world to me. But it feels like nothing I do seem to work. I'
What makes my step child, an 8 year old boy, choke my daughter, a 6 year old girl? This has been goin
I have been in a relationship with my boyfriend for about six years now. In the past, our relationship w
I have been in a relationship with my boyfriend for about six years now. In the past, our relationship w
I feel like I hate myself physically and emotionally sometimes. How can I start accepting myself and be
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I feel like I hate myself physically and emotionally sometimes. How can I start accepting myself and be
I feel like I hate myself physically and emotionally sometimes. How can I start accepting myself and be
I'm always told I'm not good enough or trying hard enough. I put 100% in to every thing. I'm worn out
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I'm always told I'm not good enough or trying hard enough. I put 100% in to every thing. I'm worn out
I'm always told I'm not good enough or trying hard enough. I put 100% in to every thing. I'm worn out
It's been almost a year since my ex-boyfriend broke up with me after he cheated on me many times. I
I feel like every time I do something someone asks me to, I never fully meet what they want. I feel tha
I feel like every time I do something someone asks me to, I never fully meet what they want. I feel tha
I feel like every time I do something someone asks me to, I never fully meet what they want. I feel tha
I'm a male in my 20s. My girlfriend is in her late 30s. She's great. She's funny and smart, she has a big
I'm a male in my 20s. My girlfriend is in her late 30s. She's great. She's funny and smart, she has a big
I'm a male in my 20s. My girlfriend is in her late 30s. She's great. She's funny and smart, she has a big
My grandma had a stroke and passed away recently. I lost my home and job. I'm looking but haven't f
My grandma had a stroke and passed away recently. I lost my home and job. I'm looking but haven't f
My grandma had a stroke and passed away recently. I lost my home and job. I'm looking but haven't f
,"Just like when you were in school, mistakes are opportunities to learn and refine ourselves. Someon
,"If it is so, then know your intentions were good and you wouldn't deliberately cause harm.Learn wha
All my friends have either hooked up or had a girlfriend but me. I try to be happy for them, but I get re
I've always thought that there wasn't much good out there for me. Now that things are actually going
I've always thought that there wasn't much good out there for me. Now that things are actually going
I've always thought that there wasn't much good out there for me. Now that things are actually going
I've always thought that there wasn't much good out there for me. Now that things are actually going
About 3 years ago or so I was skinny, but I was still ugly. I really do want to change that but I've tried 3
About 3 years ago or so I was skinny, but I was still ugly. I really do want to change that but I've tried 3
A travÃ©s de la consejerÃ-a individual, puedes trabajar en mejorar tu autoestima, y establecer metas
I feel as though I'm suffering severe abandonment issues stemming from childhood. I convince myself
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I feel as though I'm suffering severe abandonment issues stemming from childhood. I convince myself

For the past year, I have been feeling pressured to do well in school, and it put a ton of stress on me. I
For the past year, I have been feeling pressured to do well in school, and it put a ton of stress on me. I
I'm a teenage girl, and I feel very bad about my weight. I don't know how to make it stop. How can I fe
I'm a teenage girl, and I feel very bad about my weight. I don't know how to make it stop. How can I fe
,"For some people, it really is about ""learning"" to love and like yourself.Â Learning this often starts
,"For some people, it really is about ""learning"" to love and like yourself.Â Learning this often starts
,"I'll offer two tools to consider: a bar and a puzzle piece. (What?!) Most people compare themselves
What am I doing wrong? My wife and I are fighting all the time. What can I do? We don't agree on any
I am becoming a Water Safety Instructor but I didn't have enough for a proper swimsuit. I was told by
I am becoming a Water Safety Instructor but I didn't have enough for a proper swimsuit. I was told by
I am becoming a Water Safety Instructor but I didn't have enough for a proper swimsuit. I was told by
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I am becoming a Water Safety Instructor but I didn't have enough for a proper swimsuit. I was told by
On the first day of school I wore a bra that was too big so that it would look like I had bigger boobs. I d
On the first day of school I wore a bra that was too big so that it would look like I had bigger boobs. I d
On the first day of school I wore a bra that was too big so that it would look like I had bigger boobs. I d
,Check out my latest blog: Â Four-ways-add-self-esteem-friends-listI hope this offers you some nugget
I always need alcohol to feel better and use that as a excuse. Why do I have low self-esteem and lack
I feel like I'm ugly, stupid, useless, and that I can't make anyone happy. How can I not hate myself?,Ch
I hate everything I see in the mirror. I don't like being in pictures and always scribble out my face. It's
I hate everything I see in the mirror. I don't like being in pictures and always scribble out my face. It's
Whether it's to a guy or girl, I always feel insecure talking, and I am afraid of embarrassing myself and
Whether it's to a guy or girl, I always feel insecure talking, and I am afraid of embarrassing myself and
,
My roommate has had a drinking problem for a while. She goes out, gets trashed, and then expects ev
,"I'm not really sure what ""not good enough"" means. If multiple people have told you that, one thing
I always feel the need to impress people, whether it's my family, the people at school, or just random
I always feel the need to impress people, whether it's my family, the people at school, or just random
I feel like
I am in my mid 30s. I feel I have used only 5% of my potential. I am in film making, but everything is st
Something happened this summer that I cannot forgive myself for. When I think about what happene
Something happened this summer that I cannot forgive myself for. When I think about what happene
Something happened this summer that I cannot forgive myself for. When I think about what happene
Something happened this summer that I cannot forgive myself for. When I think about what happene
two demons start out as pesky and little when we are young, then grow with us to
become quite formidable. I'd like to throw in a technique I learned from Randy
Rausch (author ofÂ The Last Lecture)Â called The 3-Step Apology.
I teach this important bit of wisdom to my clients when they need to apologize
to someone else but more importantly when they need to forgive themselves.Yes, when we have trou
that there is part of us that just doesn't know how to apologize effectively.
Here goes:Step One: Say what you did and the damage it caused.Step Two: Say you're sorry and accep
responsibility (no excuses, no explanation, no defensiveness: â€œIt was all my
fault.â€)Step

Three: Ask what you can do to repair the damage.Step Three is the one many of us didnâ€™t learn gro
we add it to an apology, we are usually surprised that the penalty is as light
as it is. Of course, sometimes the apology is not accepted and no way to atone
is offered. So be it, we canâ€™t control this. But if we are apologizing to
ourselves, we can. There is always a way to make amends if we put our heart
into it.
Give this a try the next time youâ€™re reluctant to let yourself off
the hook. You might surprise yourself when how benevolent you can be when
invited."
Something happened this summer that I cannot forgive myself for. When I think about what happene
I constantly feel like everyone is up against me and trying their best to shut me down. It's ruining my r
I feel like I'm trying to convince myself that I'm okay when I'm not. I'm always blocking out the bad thi
always been and will always be that way. (But I also do this when things are
going well. That is, I forget how good things can turn bad. Personally, to
avoid this emotional roller-coaster, I try and heed the famous advice by author
and feminist Rita Mae Brown: ""One of the keys to happiness is a bad
memory.""So maybe this weakness of your for forgetting is really a
strength! It sounds a lot like living in the moment to me. And while itâ€™s hard
to manage my past and my future, the moment seems like a small enough piece of
temporal real estate to sort out. So thatâ€™s the â€œwhatâ€ of my answer. The â€œhowâ€
goes like this: Choose one from column A, two from column B, and three from
column C in the following chart. Then try doing them for as long as you can.
Then see what happens.AÂ Â Â Â

I feel like I'm trying to convince myself that I'm okay when I'm not. I'm always blocking out the bad thi
I feel like I'm trying to convince myself that I'm okay when I'm not. I'm always blocking out the bad thi
I feel so irritated and frustrated because of it. I get so angry to the point that I feel like I'm going to ex
I've been with the mother of my child for years. Why do I keep letting myself get cheated on?,I would
When I'm not cutting, I'm drinking. When I try healthy outlets such as exercise, I end up running myse
I'm in my late 20s, and I've never had a boyfriend or even been on a date. I have no friends. I hate Fac
,"He may also think you're the most wonderful person in the world and that he's glad to know you!W
I'm in my early 20s. Iâ€™ve been married once, and he cheated on me. Ever since then, I've felt ugly n
I'm scared that I am with this man so I won't be alone. He should be with somebody who deserves hin
I like getting attention from men. I don't have sex. I lead them on to thinking I might want to. I like to
Everyone around me is much smarter and flaunts it. Everyone around me is skinny, and here I am tryi
I was raped by multiple men, and now I can't stand the sight of myself. I wear lingerie to get my self e
I was raped by multiple men, and now I can't stand the sight of myself. I wear lingerie to get my self e
I was raped by multiple men, and now I can't stand the sight of myself. I wear lingerie to get my self e
I found messages between my boyfriend and this girl on social media. He was asking her for naked pi
I'm going through a majorly bad divorce and my wife is making things so impossible for me. I need he
About 5 months ago my ex left without fully explaining why. For me it seemed out of the blue. I don't
About 5 months ago my ex left without fully explaining why. For me it seemed out of the blue. I don't
I feel like I have to be promiscuous in order to keep people around? It started after I got raped by my
I keep hearing I am attractive from people around me, and I think I believe it. But I have low confiden
A few nights ago I talked to this girl I know about my self esteem issues for the first time. We talked f
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Previous counsel
How do I decide if I should end my relationship with my boyfriend? Should I end it?,That you are ques
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"This can be a ver
How do I decide if I should end my relationship with my boyfriend? Should I end it?,You can make a p
How do I decide if I should end my relationship with my boyfriend? Should I end it?,That you are think
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"That is such a ha
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Making the decis
How do I decide if I should end my relationship with my boyfriend? Should I end it?,Some good talk th
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"if there is abuse i
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"It sounds like you
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Deciding to end a
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Breakups are har
How do I decide if I should end my relationship with my boyfriend? Should I end it?,
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Hi!Iâ€™m sorry y
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"This can be a ver
How do I decide if I should end my relationship with my boyfriend? Should I end it?,This is a very pers
How do I decide if I should end my relationship with my boyfriend? Should I end it?,This is a tough de
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"That's a loaded q
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"The decision to e
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"The decision to e
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Deciding to end a
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Hi there, that's a
How do I decide if I should end my relationship with my boyfriend? Should I end it?,"Without knowing

How do I decide if I should end my relationship with my boyfriend? Should I end it?,"If you're asking tl
I'm obsessing about a terrible breakup. Everything is a constant reminder. How do I move on? How dc
I'm obsessing about a terrible breakup. Everything is a constant reminder. How do I move on? How dc
I'm obsessing about a terrible breakup. Everything is a constant reminder. How do I move on? How dc
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I'm obsessing about a terrible breakup. Everything is a constant reminder. How do I move on? How dc
I know
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Our relationship ended about 7 years ago, but don't know how to let go. How can I get over that persc
Our relationship ended about 7 years ago, but don't know how to let go. How can I get over that persc
Our relationship ended about 7 years ago, but don't know how to let go. How can I get over that persc
My wife just last week said she wants a divorce and it's all sudden. I understand that marriages have t
We've been seeing each other for six years. She has a teenage daughter, and she don't want to break
He had a sexual relationship with his sister and kept it from me for years, I confronted about it and he
He had a sexual relationship with his sister and kept it from me for years, I confronted about it and he
My husband and I are separated and he doesn't even want to talk to me. He says he doesn't love me
My husband and I are separated and he doesn't even want to talk to me. He says he doesn't love me
My husband and I are separated and he doesn't even want to talk to me. He says he doesn't love me
My husband and I are separated and he doesn't even want to talk to me. He says he doesn't love me
A year ago, the love of my life left me and never looked back. Our son was two months old at the time
A year ago, the love of my life left me and never looked back. Our son was two months old at the time
I Googled â€œchronic lyingâ€ and found several websites describing what behaviors both he and I hav
I got married in 2014. I have a two year old son. His mom and I decided to separate due to my infideli
I got married in 2014. I have a two year old son. His mom and I decided to separate due to my infideli
I got engaged, and everything was going well. Things went downhill at some point, and I broke off the
He was in love with someone years ago, and he still thinks about her time to time. He said, and I quot
He was in love with someone years ago, and he still thinks about her time to time. He said, and I quot
My spouse decided he no longer wanted me six years ago. Things have deteriorated so badly that we
My spouse decided he no longer wanted me six years ago. Things have deteriorated so badly that we
My husband and I are separated. He says he needs some time apart. He says he needs to get back the
My husband and I are separated. He says he needs some time apart. He says he needs to get back the
I want a

I want a
I want a
I want a
After my fiancÃ© cheated on me because of a miscommunication, I pulled myself away from him. N
After my fiancÃ© cheated on me because of a miscommunication, I pulled myself away from him. N
I recently went through a divorce. My ex-husband called my sister saying bad things about me. My sis
I recently went through a divorce. My ex-husband called my sister saying bad things about me. My sis
She said she needed space after three days of dating, and she got a boyfriend a week later. I still reall
She said she needed space after three days of dating, and she got a boyfriend a week later. I still reall
My ex-girlfriend says she's bored and wants to experience life single. I treated her really badly and ca
My fiancÃ© and I broke up. He cheated on me numerous times. I kept forgiving but questioning his e
My fiancÃ© and I broke up. He cheated on me numerous times. I kept forgiving but questioning his e
My fiancÃ© and I broke up. He cheated on me numerous times. I kept forgiving but questioning his e
I was in a relationship with a woman for four years. We both made mistakes, but I do love her. She h
My ex-fiancÃ© (whom I am still seeing) left me because of the pressure from all three of his teenage
,"This would be very unsettling for most people.Once a relationship is finished, then starting a relatio
,"I'm not sure whether you're asking for help to cope with the relationship between you or feelings th
,"Yes! You can move on from a relationship that ends abruptly with no explanation. One way you can
Ive been in an on an off relationship with a this man for almost 3 years. Even though I care about him,
Ive been in an on an off relationship with a this man for almost 3 years. Even though I care about him,
I was in a relationship for almost five years. We were friends for a few years before we got into a rela
We're not together, but Iâ€™m still doing things for him and we are intimate. Heâ€™s not there for hi
My husband told me last year he never loved me and should have never married me. He's been talkin
My husband used a lot of negative words to hurt me, and I moved out. He is seeing a counselor and w
My ex-boyfriend boyfriend and I lived together. He had a two year affair with a girl and had three pre
My husband and I got into a huge dispute. He said he wanted a divorce, and I left. I still come home a
My husband and I got into a huge dispute. He said he wanted a divorce, and I left. I still come home a
In 2008 my former husband of 14 years walked away from my life and we've been separated ever sin
I keep on begging him to come back. I am so unhappy with him but am so scared of being a single par
,"The Gottmans have been studying relationships in their ""love lab""Â for over 4 decades and what t
I am going through a divorce from a narcissistic sociopath who left me for another woman after ment
I'm a teenager, and I just got my first job. I am a month and a half in. Yesterday, my boss pushed me t
I'm a teenager, and I just got my first job. I am a month and a half in. Yesterday, my boss pushed me t
My wife is always accusing me of cheating and telling me that I'm doing things she finds disrespectful
My wife is always accusing me of cheating and telling me that I'm doing things she finds disrespectful
My wife is always accusing me of cheating and telling me that I'm doing things she finds disrespectful
My wife is always accusing me of cheating and telling me that I'm doing things she finds disrespectful
marriage, or has there been infidelity in the marriage? Would she seek therapy for her insecurities, a
therapy?
Also, something to consider is not to allow someone elseâ€™s
insecurities to become your insecurities. Do not allow their words to penetrate your psyche.Â Your w
of you.Â You may enjoy this videoÂ Self-Esteem & Worthiness Affirmations - Remember Your Worth a
My wife is always accusing me of cheating and telling me that I'm doing things she finds disrespectful
I am in a

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My boss took over some work I'd begun. Concerned that she had doubts about my work, i asked her f
My boss took over some work I'd begun. Concerned that she had doubts about my work, i asked her f
I've
I've
I've
I am conflicted with this guy I work with. He is a coworker and close friend whom I've had a crush on s
I believe it is wrong for men to look at inappropriate content. The father of my child has agreed to res
I believe it is wrong for men to look at inappropriate content. The father of my child has agreed to res
I believe it is wrong for men to look at inappropriate content. The father of my child has agreed to res
I believe it is wrong for men to look at inappropriate content. The father of my child has agreed to res
I've been suppressing it for quite some time, but there are days when I can't make eye contact with he
I've been suppressing it for quite some time, but there are days when I can't make eye contact with he
I was having a sexual relationship with a coworker. He decided he was going to get a hotel room for th
My coworkers are making false statements about me to the boss, saying I have mood swings. They ha
My coworkers are making false statements about me to the boss, saying I have mood swings. They ha
,"It absolutely is a real thing. Â Work can take a significant toll on a person in many ways.Â There are s
Does this go against any ethical codes? Are there legal ramifications? Is it unethical to have a relations
Maybe this is a stupid question, but I sometimes don't know what's real or not. If feel at times like eve
Maybe this is a stupid question, but I sometimes don't know what's real or not. If feel at times like eve
Maybe this is a stupid question, but I sometimes don't know what's real or not. If feel at times like eve
Maybe this is a stupid question, but I sometimes don't know what's real or not. If feel at times like eve
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Maybe this is a stupid question, but I sometimes don't know what's real or not. If feel at times like eve
My fiancÃ© and I come from a strong Christian background but both went off the "straight and narro
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there lived a village of creatures along the bottom of a great crystal
river. The current of the river swept silently over them all -- young and
old, rich and poor, good and evil -- the current going its own way, knowing
only its own crystal self.
Each creature in its own
manner clung tightly to the twigs and rocks of the river bottom, for clinging
was their way of life, and resisting the current was what each had learned
from birth.
But one creature said
at last, ""I am tired of clinging. Though I cannot see it with my eyes,
I trust that the current knows where it is going. I shall let go, and let
it take me where it will. Clinging, I shall die of boredom.""
The other creatures laughed
and said, ""Fool! Let go, and that current you worship will throw you tumbled
and smashed against the rocks, and you will die quicker than boredom!""
But the one heeded them
not, and taking a breath did let go, and at once was tumbled and smashed
by the current across the rocks.
Yet in time, as the creature
refused to cling again, the current lifted him free from the bottom, and
he was bruised and hurt no more.
And the creatures downstream,
to whom he was a stranger, cried, ""See a miracle! A creature like ourselves,
yet he flies! See the messiah, come to save us all!""
And the one carried in
the current said, ""I am no more messiah than you. The river delights to
lift us free, if only we dare let go. Our true work is this voyage, this
adventure.""
But they cried the more,
Savior!"" all the while clinging to the rocks, and when they looked again
he was gone, and they were left alone making legends of a savior."
My fiancÃ© and I come from a strong Christian background but both went off the "straight and narro
My fiancÃ© and I come from a strong Christian background but both went off the "straight and narro
My fiancÃ© and I come from a strong Christian background but both went off the "straight and narro
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
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I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
many adjustments. If you feel comfortable enough to ask your parents to see a
Life Coach or a therapist, this may be an excellent place to start. You donâ€™t
need to tell them the reason why maybe say that you simply need someone to talk

to for support with school or homework etc. The Life Coach or therapist would
be the optimal person to advise you on how to proceed with providing support
and guidance. There may be someone at your school whom you could talk to for
confidential support and guidance as well. Be confident in the fact that you
are not alone and there are always responsible adults available to guide you
through any difficult process you may experience in life. Talking to family
about personal issues can be difficult for anyone, even adults. I recommend
getting help from a trusted, professional adult before you decide what to do."
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I was born a girl, but I want to be a boy. Because of my religion I can't tell my family. I know they won'
I don't know what to say. I have never really known who I am. How do I find myself?,"What exactly is
I don't know what to say. I have never really known who I am. How do I find myself?,"This is perhaps t
I don't know what to say. I have never really known who I am. How do I find myself?,"Because you pu
I don't know what to say. I have never really known who I am. How do I find myself?,"This quiet wond
I don't know what to say. I have never really known who I am. How do I find myself?,"The older I get,
I don't know what to say. I have never really known who I am. How do I find myself?,"Three years ago
I don't know what to say. I have never really known who I am. How do I find myself?,Therapy may be
I don't know what to say. I have never really known who I am. How do I find myself?,"Start by giving y
I don't know what to say. I have never really known who I am. How do I find myself?,"I'm having the s
,"I'm so sorry you lost your mom.Â Â Grief is a tough process.Â Usually the pain from loss doesn't go
I'm a Christian teenage girl, and I have lost my virginity. My boyfriend is a Christian teenager too, but
I'm a Christian teenage girl, and I have lost my virginity. My boyfriend is a Christian teenager too, but
I'm a
In particular during family gatherings (such as funerals), where there are different customs. My son ar
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I am a survivor of multiple sexual abuse/rape experiences. Triggers are having an effect on my daily li

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My good childhood friend died suddenly as a teenager. I haven't seen him in four years and haven't ta
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My good childhood friend died suddenly as a teenager. I haven't seen him in four years and haven't ta
I was raped a couple months ago, Since then, along with other unfortunately events that have occurre
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I was raped a couple months ago, Since then, along with other unfortunately events that have occurre
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I have PTSD. The side effects are really bad and have impacts on sex, anger and my relationships. I eve
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I was the one who ended it, and I'm so glad I did. It was the best decision I made in my life. But how d
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I was the one who ended it, and I'm so glad I did. It was the best decision I made in my life. But how d
My girlfriend was abused as a child. Now, if I hug or touch her in any kind of way she says she feels as
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My girlfriend was abused as a child. Now, if I hug or touch her in any kind of way she says she feels as

My boyfriend is seeking therapy. He is in his 40s and has some childhood issues. He has kids from his
I have PTSD from childhood events and other traumas as an adult. I have panic attacks, nightmares, a
I have PTSD from childhood events and other traumas as an adult. I have panic attacks, nightmares, a
I have PTSD from childhood events and other traumas as an adult. I have panic attacks, nightmares, a
I recently lost a friend to suicide. I'm smoking marijuana and drinking more to cope with it. How can I
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I recently lost a friend to suicide. I'm smoking marijuana and drinking more to cope with it. How can I
I have been diagnosed with posttraumatic stress disorder due to my military experiences. Not a year
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I have been diagnosed with posttraumatic stress disorder due to my military experiences. Not a year
My mother has quite severe, undiagnosed OCD, diagnosed posttraumatic stress disorder, and maybe
I have family issues, and my dad was both violent and a cheater. How can I avoid having past traumat
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I have family issues, and my dad was both violent and a cheater. How can I avoid having past traumat
I have family issues, and my dad was both violent and a cheater. How can I avoid having past traumat
,"As you already know, there is no easy answer. Â Over time, I think we learn to live with the pain fror
My dad beat and mentally abused me so badly that I can't function properly. Letting go of the past is i
My boyfriend and I have a terrible sex life after three years of dating, and I don't know what to do. I h
At a friend's house, we had some drinks and watched some television. He got up and went to bed. I fe
I was kidnapped at fourteen and raped at gunpoint. The guy got six months. When the same thing hap
I was a victim of an incident. I've been made fun of and have been beating myself up for it because I d
I was a victim of an incident. I've been made fun of and have been beating myself up for it because I d
I know I was molested as a child, but I have no memory of it. Can hypnosis allow me to recall trauma f
,Check with your local non-profit agencies.Â I am sure there are programs which provides services fo
,"This can be tough to do in this money-driven crazy world where many therapists are not taking case
,"Depending on where you are located, you may want to consider calling 2-1-1. It is a resource hotline
,"You may have some options for low-cost or free counseling.1) There may be free counseling service
,"Depending on the source of your traumatic experience, there may be ways to get free treatment to
I'm fine when we start becoming intimate, but out of nowhere, I will get a flashback of what happene
I'm fine when we start becoming intimate, but out of nowhere, I will get a flashback of what happene
As a child, my parents injured my brother, so they went to prison. I was there when he had gotten hu
As a child, my parents injured my brother, so they went to prison. I was there when he had gotten hu
My suppose-to-be father told me to go find my real dad. We haven't been getting along since I was a
An organization admitted to implanting thoughts in my head with technologies. The study was to imp
I did some horrible sexual things as a kid and I regret everything. Can someone help me cope with my
Every time my partner gets angry for anything, she takes it out on me. Nothing I do is right, and once

Every time my partner gets angry for anything, she takes it out on me. Nothing I do is right, and once s
Every time my partner gets angry for anything, she takes it out on me. Nothing I do is right, and once s
My friendâ€™s husband is bipolar and refuses to take medication for it. He has taken the wheels off h
I have an emotionally abusive relationship. We have been together for a year and a half. He got out of
I'm a
He is verbally abusive. When he gets mad, he just yells at me. At times, I feel scared. I'm just not happ
He is verbally abusive. When he gets mad, he just yells at me. At times, I feel scared. I'm just not happ
My kidâ€™s dad and I broke up two years ago. He still wants me back, and I just started to fall for him
I'm in college currently, so I am not a direct victim anymore. My father is very abusive with his words
I am a survivor of domestic violence from a past relationship. Even after seven years, I still have horrib
I am a survivor of domestic violence from a past relationship. Even after seven years, I still have horrib
After a domestic abuse situation, I went to a therapist, and then my husband went. The therapist disc
My husband and I have been together for seven years now. I will be honest: I have a problem lying to
My boyfriend and I have been together for five years now. Throughout the entire first day that we me
I have anger issues that have worsened over the years because Iâ€™ve never dealt with my emotions
I have anger issues that have worsened over the years because Iâ€™ve never dealt with my emotions
I've been with my boyfriend over 3 years. He cheated on me and the woman is now pregnant. He is pl
I have a child with my baby mother. She works I take care of our young son. She says she is not cheati
Iâ€™ve known my boyfriend for several years. We were friends for a long time. In 2013 we started a r
Now I have anger and trust issues. How can I treat this and fix myself? I endured sexual and physical a
When I got home, my boyfriend and I got into an argument. He got upset and he started hitting his fa
When I got home, my boyfriend and I got into an argument. He got upset and he started hitting his fa
My roommate is a unapologetic person who doesn't care who she hurts. She never apologizes to me
emotion, figuring out what you felt before the anger, hurt, embarrassment, disrespect.
Once you identify the underlying feeling you can address the anger."
My roommate is a unapologetic person who doesn't care who she hurts. She never apologizes to me
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My roommate is a unapologetic person who doesn't care who she hurts. She never apologizes to me
Sometime when small thing happen, like losing a comb, I get furious. I even start throwing things. Do
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When I think of things people put me through in the past, I get upset all over again and take it out on
When I think of things people put me through in the past, I get upset all over again and take it out on
I get really mad easily at my parents and family. How can I be less angry?,"Anger is usually pain and fr
I get really mad easily at my parents and family. How can I be less angry?,"Anger is not necessarily a b
I snap easy and push people away. I need help before I push my boyfriend away. How can I control my
I snap easy and push people away. I need help before I push my boyfriend away. How can I control my
I snap easy and push people away. I need help before I push my boyfriend away. How can I control my
I get angry and act out. It scares my wife and child. How can I control my temper?,"Anger is a normal
I get angry and act out. It scares my wife and child. How can I control my temper?,"Well, yes, of cours
I get angry and act out. It scares my wife and child. How can I control my temper?,"Yes you can..Â If y
We're in an eight year relationship. My boyfriend drinks a lot. He experienced childhood trauma. I do

We're in an eight year relationship. My boyfriend drinks a lot. He experienced childhood trauma. I do
Any time things get heated, the past gets brought up. I raise my voice at her to try to get a point acros
Everything just makes me upset. How can I just be happy and not mad all the time?,"Anger often com
My long-term girlfriend broke up with me recently. She says it's because of my anger. I need help con
My son claims that hes been having extremely violent thoughts and dreams. Not violent like he's hurt
My son claims that hes been having extremely violent thoughts and dreams. Not violent like he's hurt
I been having anger problems a lot lately. It only takes one word wrongly said to set me off. I use to n
I been having anger problems a lot lately. It only takes one word wrongly said to set me off. I use to n
I have not been able to really sleep. I stay up all times of the night not even knowing why. Every day, I
My issue isn't resisting angry urges; it's the anger itself. My rage is extreme and vastly disproportiona
Whenever I run into a situation that makes me upset or angry, I tend to start cursing and badly offend
Whenever I run into a situation that makes me upset or angry, I tend to start cursing and badly offend
the root of it can shed some light on what the problem is and can provide some
relief in itself. I would also suggest doing some self-exploration and see a
therapist for individual sessions in order to gain a clearer insight as to what
the cause is. There are also several actions you can take on your own to help
control your anger and communicate more effectively.Â Here is what I would recommend
you try:
Take time outs: When you feel yourself becoming upset, excuse yourself and
take a time out to either think about the most appropriate course of
actionÂ or redirect your thoughts all together. Often when weÂ become
angry, it is difficult to see the issue clearly, as our emotionsÂ get in
the way.Â
Do deep breathing exercises: Close your eyes. Breathe in slowly to the
count of 4. Breathe out even slower to the count of 6. Practice this for about
5 minutes, 3 times a day and focus on nothing except your breathing during this
time. Once it becomes routine for you, it will be easier to apply during
situations in which you are angry or upset.
Change negative thought patterns: Try and recall or be aware of your
thoughts, particularly when you are feeling angry. What are these thoughts
telling you? Are they valid or logical? Is there factual evidence to support
the negative thoughts? Often the answer is ""no."" Learn to stop the
negative thoughts and replace them with logical andÂ more positive
ones.Â
Communicate effectively: As a speaker, you want to use ""I""
statements by telling the other person how you feel instead of blaming him/her
by using ""you"" statements. For example, you might say something such
as, ""I feel sad when you don't come home at a decent hour and I don't get
to spend time with you"" versus ""You always stay out late and don't
even care about me."" The speaker should also avoid using black and white
language such as always, never, etc. As the listener, you want to validate what
you hear so that the other person knows that you are listening. You will also want
to be responsive and offer fair solutions.
I wish you luck in using these tools and learning about where your anger comes

from."
Whenever I run into a situation that makes me upset or angry, I tend to start cursing and badly offend
I don't know how to notice or express my feelings besides anger. That's really the only one i feel. How
The sounds of eating and breathing gives me headachesâ€”mostly mouth breathing and snoring. It m
I need
I have a really bad temper. I get mad very easily then stay like that the whole day. I don't mean to be
I am so angry. I feel like the arguments with my parents have caused me so much anxiety and stress, a
I am so angry. I feel like the arguments with my parents have caused me so much anxiety and stress, a
I don't know what's with me. I'm almost constantly angry. Even when I'm happy, I still feel anger insid
,"Anger is a natural and healthy emotion, however, it can be difficult to deal with if it becomes overwl
When I see something I donâ€™t like, I go off like a ticking time bomb. I go from â€œ0 to 100â€ really
Every time I speak, he says I anger him. Also, when heâ€™s mad at something, like work, he gets angr
I'm a teenager. I get random spurts of anger, like complete, pure rage. I figured it was hormones, but
,"First, I'd like to say that I can't imagine what it must feel like to live in your shoes and have to be exp
I easily recognize this but have no control over it and need suggestions for managing my anger. I have
I have been having horrendous nightmares this whole month. How do I get rid of my nightmares?,"Or
I have been having horrendous nightmares this whole month. How do I get rid of my nightmares?,"Th
I have been having horrendous nightmares this whole month. How do I get rid of my nightmares?,"Ar
I get an uncontrollable swallowing that is repetitive and then somewhat out of body feeling that lasts
I'm a teenage girl, and my dad is an alcoholic. I hate being at home with him because he just stresses
resourceful young person to reach out like this to find help. Good for you. I
have a few ideas and perhaps some other counselors will add some thoughts, too.

First, good for you for taking care of yourself and making
really good decisions â€“ such as not getting into the car with dad when he is
intoxicated. It is really important that you consider your safety above all
else.
To answer your heading question, yes, it is quite common for
people to blame themselves for other peopleâ€™s actions. There are various
reasons why we do this. For one thing, someone may tell us that their behaviors are our fault. And de
person, past experiences, and our self-esteem, we may actually start to believe
it. What is important to remember is that your parents have the responsibility
to be sure that you are safe and
cared for, not the other way around.
As for the other things you mentioned, I am concerned about both
your physical and emotional safety and well-being. It sounds like your father
has an alcohol abuse problem, and living with someone who is struggling with
addiction can be hard for anyone, let alone a teenager who is also trying to
deal with things like school.
You may want to see if your school has a counselor or
someone you can talk to about what is going on. I will tell you that in some
states, what you have told me may be something that a counselor would have to
report to child protection services, but not necessarily. If you are concerned
about that, ask the counselor what they are obligated to report.

If you donâ€™t know a counselor, think about any other adult
that you would feel comfortable talking to. They may have some ideas.
Sometimes individual states have non-profit chat lines or
hotlines for teens to call if they are struggling with things. You may be able
to find something like that in your state. I do warn your about doing random
searches, not every website is good, so be careful.
This is clearly a tough spot for you to be in, so one of the
things that I encourage you to do while searching for support is to focus on
taking care of yourself. Sometimes things like this can really bring us down and
we stop doing the things we enjoy. Try really hard not to let that happen. If
you have interests, do them. If you catch yourself thinking too hard about
things, try to find something fun to do to distract yourself. Try to take care
of yourself in other ways, such as eating well. Exercise can really help when
we get stressed.
I hope some of this was helpful. Good luck.
Â
Robin J. Landwehr, DBH, LPC, NCC"
It takes me a long time to fall asleep; Iâ€™d estimate about two hours. I often have nightmares, starti
is quite a bit going on, which may be anxiety related. It sounds like the
dreams and difficulty sleeping are reminiscent of previous experiences you had
around the time of your break up, the difficulty with your fatherâ€™s business,
and your motherâ€™s health issues. These connections to past events may be
important insights to continue exploring in addition to finding out more about
what your dreams may be trying to tell you. There is no exact science to
dreams, but many people find it fruitful to explore the content as it relates to
significant themes in their lives. I think that exploring these issues further with
a therapist could help you resolve whatever is causing you the stress, trouble sleeping, and frightenin
It takes me a long time to fall asleep; Iâ€™d estimate about two hours. I often have nightmares, starti
Sometimes 3 times a night. Why am I dreaming so much?,"Perhaps more dreaming means that you a
Sometimes 3 times a night. Why am I dreaming so much?,Dreams are our chance to make sense of ou
Sometimes 3 times a night. Why am I dreaming so much?,"As a depth therapist (aka ""psychodynamic
Sometimes 3 times a night. Why am I dreaming so much?,"That's aÂ difficult questionÂ to answer.Â D
experience roughly the same number of dreams - the difference often is just
whether we remember the dreams or not.An increase in the number or frequency of distressing drea
(or nightmares) can be a symptom of stress, anxiety, or PTSD.Â If the dreams are disturbing to you, ta
counselor could help.Â If the dreams themselves
are not troubling, you may just be remembering them more than most people do."
My spouse visited the red light district a couple of years back in Amsterdam. After he got back from th
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My spouse visited the red light district a couple of years back in Amsterdam. After he got back from th
My husband and I had our first threesome recently. Everyone was drinking and he was on her more th
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My husband and I had our first threesome recently. Everyone was drinking and he was on her more th
My husband and I had our first threesome recently. Everyone was drinking and he was on her more th
My husband and I had our first threesome recently. Everyone was drinking and he was on her more th
My
My
My
I'm 15 and my girlfriend is 14. Am I a pedophile because I'm attracted to her and she's under 18? Is it
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I'm 15 and my girlfriend is 14. Am I a pedophile because I'm attracted to her and she's under 18? Is it
I'm 15 and my girlfriend is 14. Am I a pedophile because I'm attracted to her and she's under 18? Is it
I love my girlfriend so much. I get an erection even just thinking about her or seeing her. But the two t
I love my girlfriend so much. I get an erection even just thinking about her or seeing her. But the two t
I love my girlfriend so much. I get an erection even just thinking about her or seeing her. But the two t
I love my girlfriend so much. I get an erection even just thinking about her or seeing her. But the two t
had to address with individuals often since working with couples is one of my
practice's focuses. Â The answer can depend upon several reasons all which
tend to be explored while in session. Â If you or your counselor utilizes
an integral approach, in which one of the main premises makes sure to check the
four irreducible perspectives (subjective, intersubjective, objective and
interobjective â€“ also known as the four quadrants) in determining where the
challenges are, it then becomes possible to identify what might be contributing
to or causing the challenge as well as offering up ways to address the
situation.In this case, from the upper-right
or behavioral and physical perspective, we would want to make sure there is no
physical limitation or ailment meaning that you would need to visit your doctor
and have the basics checked (such as blood pressure.Â We would also look at particular behaviors to
see if you are doing something with is effecting performance (such as
masturbating often or being influenced by pornography).Â Next we would look at the
upper left quadrant (thoughts, cognitions, identity, feelings) to look at what
is going on here both during sexual activities and at other times.Â If you are worried about your job,
family or under immense pressure to perform at work or while intimate, this can

contribute to your situation.Â From there
we would turn to the lower left quadrant (cultural rules and tools) to see who
you have learned to interpret challenges that come up during sex and look for
ways to shift, update and/or reshape the way you view sex and its
challenges.Â It would be here that we
would see whether one is even comfortable using a service like counseling based
upon how your family/culture of origin views the profession.Â Finally, we would need to
account for challenges that show up in the lower right quadrant (systems, laws,
rules of society) such as your economic ability to try services and products as
well as whether such services and products were even available.Â Once we have rolled through these
then becomes possible to look at which aspects might need to be looked at
further in a more meaningful way to help you change a perspective or if just
getting a blood pressure medication is all you need.To sum your question then
of why you canâ€™t keep an erection we would need to look at your thoughts (look
at your actual thoughts during the act as well as before and after), look at
your behaviors, look at your physical body for issues, look at where you picked
up your rules and tools (culture) and look at your ability to access goods and
services.Â They all contribute equally
and need to be taken into account.Â So - as you can see, there is no one possible answer to this, but s
I love my girlfriend so much. I get an erection even just thinking about her or seeing her. But the two t
I love my girlfriend so much. I get an erection even just thinking about her or seeing her. But the two t
For some
For some
My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
you trust him again?.Â Â Would you and he
be open to couplesâ€™ therapy? There are many variables to consider but asking yourself these quest
give you some clarity."
My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
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My fiancÃ© and I have been together for 3 years and our relationship has always been good. The only
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/* Font Definitions */

@font-face

{font-family:""ï¼-ï¼³ æ˜Žæœ"";

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mso-generic-font-family:auto;

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mso-font-signature:-536870145 1791491579 18 0 131231 0;}

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mso-font-pitch:variable;

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@font-face

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panose-1:2 4 5 3 5 4 6 3 2 4;

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mso-font-pitch:variable;

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div.WordSection1

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First off, let's start with really
validating the potential emotional pain you are feeling right now. There is
generally no lack of uncertainty, anxiety, fear, sadness, and anger. These are
all normal emotions and being allowed to feel them is the beginning of the
healing process. It might be helpful to talk about these feeling with your fiancÃ©,
a friend or a counselor.Now to get to your primary question.
Can a relationship move past infidelity? The short answer is yes. A bit longer
of an explanation is that is sounds like you and your fiancÃ© had pieces of a solid
foundation to base a relationship on. For many couples they encounter a primary
challenge, sometimes that's money, or parenting and for some it's sexuality. If
you and your fiancÃ© are both committed to balancing the positive aspects of your
relationship while improving the challenges than it's definitely possible to
move past this. This is not an easy process and for many couples takes months
or years of healing while engaging in relationship counseling.Â Good luck to you and your continues
healing and growth!"
My boyfriend shows affection, but I just push him away. Every time my boyfriend tries to kiss, hug, or

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I crossdress and like to be feminine but I am attracted to women, but yet that seems to bother girls I c
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I'm feeling rejected and frustrated. This is not new. The first month we were together, sex was about
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I'm feeling rejected and frustrated. This is not new. The first month we were together, sex was about
experiences a decline after the initial honeymoon period.Â Couples have to work to maintain the spa
your concerns, and suggest ways to rekindle your sexual life, be open to listen
to his concerns and demands as well.Â But
donâ€™t forget that sex the fun part of being with someone, play, flirt, joke and
keep looking for ways to continue falling for each other.Â Mi esposo solo tiene relaciones
conmigo una vez al mes o menos. Â Me
siento rechazada y frustrada.Â Esto no es
nuevo.Â El primer mes que estuvimos
juntos, tenÃ-amos sexo casi todos los dÃ-as.Â
Luego se redujo a una vez por semana.Â
Amo a mi esposo, pero esto me causa dificultad.Todas las Ã¡reas
de una relaciÃ³n, incluyendo la intimidad, sufren altas y bajas luego del
periodo de la luna de miel.Â Las parejas tienen
que trabajar para mantener la chispa.Â Encuentra
un momento para hablar con tu esposo sobre tu preocupaciÃ³n, y sugiere maneras
de reencender su vida sexual, estÃ¡ atenta a escuchar sus preocupaciones y
sugerencias al igual.Â No olvides que el
sexo es una de las partes mÃ¡s divertidas de una relaciÃ³n, jueguen, coqueteen,
bromeen y continÃºen buscando maneras de enamorarse otra vez."
I have been married for 11 years. Within the past 2 years we have drifted far apart. We coexist togeth
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My wife and I have a great relationship except for our sex lives. We are pretty transparent and honest
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My wife and I have a great relationship except for our sex lives. We are pretty transparent and honest
My wife and I have a great relationship except for our sex lives. We are pretty transparent and honest
My husband and I have been married for seven years, and in that time, we have only had sex four or f
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My husband and I have been married for seven years, and in that time, we have only had sex four or f
My dad cheated on my mom for 13 years. I cannot stop obsessing over the fact that my boyfriend mig
,"Your question is very meaningful to your relationship.And, the possible reasons are endless.It is defi
,"If you are saying that he will not have sex with you, but the rest of your relationship is as you would
,"Hello, and thank you for your question. I am not sure that we can be much help since we know very
Iâ€™m always questioning her about things such as who she is texting and talking to on the phone, wh
So many people lie, and it's hard to tell who speaks the truth. Who do I trust? I don't even trust my far
Nothing we've tried has worked so far. What should I do about not being sexually attracted to my girlf
Nothing we've tried has worked so far. What should I do about not being sexually attracted to my girlf
Today, my boyfriend broke up with me because he says I stress him out with me not trusting him and
I have cheated on my husband of five years roughly ten times. I pretend we aren't married at my worl
I have cheated on my husband of five years roughly ten times. I pretend we aren't married at my worl
I have cheated on my husband of five years roughly ten times. I pretend we aren't married at my worl
I have cheated on my husband of five years roughly ten times. I pretend we aren't married at my worl
He is always telling me our fights are only and all my fault, he bashes me to our young child, and he is
He is always telling me our fights are only and all my fault, he bashes me to our young child, and he is
We can't hold a conversation together. The blame is always pointed at me. We have no intimacy. How
We can't hold a conversation together. The blame is always pointed at me. We have no intimacy. How
My spouse seems to get very bothered by me speaking, asking questions, or getting excited in a way t
He leaves and is gone for days or weeks but stays in contact and tells me he misses me. He gets defen
After receiving counseling, we have been told my husband has a black and white personality disorder.
I have been married for ten years. My husband is 29 years my senior. We have a young daughter. Eve
With college over, my boyfriend and I have such different work schedules. Since I can't see him often,
I've pretty much been on my own since day one, I'm a middle child of five, and I can't seem to put my
I was with my friends at the park, and we were talking and having fun. After a while, I met a girl there
He's gone for 11 weeks for a band camp. It's week two right now. We used to be Intimate a lot, and no
My husband had an emotional affair with his ex-wife in November. She invited him to dinner, alone, v
My husband had an emotional affair with his ex-wife in November. She invited him to dinner, alone, v
She's busy because her mom makes her clean all the time and go out places with her family. We don't
She's busy because her mom makes her clean all the time and go out places with her family. We don't
I went to my ex-boyfriend to reach out to one of his high school friends who's attempted to commit su
I went to my ex-boyfriend to reach out to one of his high school friends who's attempted to commit su
He told me he started to back away because I was asking for too much in the relationship. The more I

,"Do Â you know whether the reason your wife is sexually passive and insecure is due to your fetishes
,"Thank you for asking your question. When I read terms like ""fetishes"" and that your wife is ""sexua
My boyfriend has this close female friend. It always bothered me because of how close they are, so I c
My boyfriend has this close female friend. It always bothered me because of how close they are, so I c
,"If you are ready for marriage and he isn't, then ask him his reasons and what his terms would be for
,"I don't know if you have any details regarding what makes him say he is not ready for marriage.It ma
Iâ€™m a man, and Iâ€™m soon to be married. I have been messing around with other men on the side
Iâ€™m a man, and Iâ€™m soon to be married. I have been messing around with other men on the side
Iâ€™m a man, and Iâ€™m soon to be married. I have been messing around with other men on the side
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She has lied about every aspect of her life. She's created three fake relationships. The most recent one
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She has lied about every aspect of her life. She's created three fake relationships. The most recent one
My boyfriend lost his dad to suicide. He says that because his dad died, so did his heart. He says that h
Ever since my ex-boyfriend and I broke up, I can't seem to get close to anyone else. I know I'm comple
When my boyfriend gets in a snit, he gives me the silent treatment for days. When I ask what is wrong
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When my boyfriend gets in a snit, he gives me the silent treatment for days. When I ask what is wrong
My husband cheated while I was pregnant with our son with a so-called friend. This was before we we
The father of my kids and I have been broken up for about three years now. We always found our way
Every day for five years, my husband mentally abused me and said he will change. I have a child with h
My boyfriend and I have been disagreeing on a lot lately. It's really coming down to the fact that we w
I have been pushing people away all my life. I finally have a great boyfriend who loves me, but I keep
I have been dating my boyfriend for eight years. We met in college off away from home and things we
He's lied about his past/present situations. Since time has passed, he has changed, but I still have my
,"Good question!The starting point is to directly tell the person you don't trust them, your reason for t
My fiancÃ© of 15 years is always helping out his family, and I feel like his family takes advantage of hi
The eight months I've been dating my boyfriend, I have lied about a lot of things. I slept with a couple
Someone I care about told me I'm not teachable and I'm irritating. I just want to be happy and wanted
I've been in a relationship for almost a year, and I absolutely trust my boyfriend. He treats me nice, ch
My best friend and I've been really close for almost three years. She lives in the UK, and I live in the U
I found the guy Iâ€™m dating on dating websites. He was telling women that they were beautiful. He
I found the guy Iâ€™m dating on dating websites. He was telling women that they were beautiful. He
,"Did she tell you her reason for this?If not, then ask her for her reasoning.Also, please tell your wife t
My boyfriend won't touch me intimately, he won't kiss me while we are having sex and he won't have
My boyfriend won't touch me intimately, he won't kiss me while we are having sex and he won't have
He said that if I were to visit my mother, he will be gone when I get back. My boyfriend and I hit a rou
My wife and I got separated because I asked about her contact with a male friend of hers. The next da
My wife and I got separated because I asked about her contact with a male friend of hers. The next da
My wife and I got separated because I asked about her contact with a male friend of hers. The next da

Iâ€™m trying to make marriage work after a split. Before our split, he lied a lot and broke every promi
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Iâ€™m trying to make marriage work after a split. Before our split, he lied a lot and broke every promi
My fiancÃ©e is always letting me know how I am a horrible/evil person, or I just donâ€™t care enoug
My fiancÃ©e is always letting me know how I am a horrible/evil person, or I just donâ€™t care enoug
My fiancÃ© and I recently had an argument over finances. He gives me the money each month to pay
My fiancÃ© and I recently had an argument over finances. He gives me the money each month to pay
I believe my partner has a masturbation and porn problem. He masturbates daily, even when I am lyir
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I believe my partner has a masturbation and porn problem. He masturbates daily, even when I am lyir
We have been together over a year. We spend time together every day no matter how busy. He start
We have been together over a year. We spend time together every day no matter how busy. He start
Iâ€™m in a relationship with my child's father. Iâ€™m a really jealous person. We donâ€™t go out or c
I'm in my early 20s, and I've been seeing my boyfriend for a year now. My boyfriend has always been
I'm in my early 20s, and I've been seeing my boyfriend for a year now. My boyfriend has always been
My girlfriend remains friends with ex boyfriends/lovers on Facebook who actively like and comment c
She works with a man and always looks at guys that check her out. Why do I always think my girl is ch
My wife works late most days, so I'm lonely. I love my wife with all my heart, however I don't feel the
My boyfriend of eight years and father of our two children is a truck driver. He is never home and only
My boyfriend and I have been going out for about a year. I suddenly find myself jealous when I see hir
We've been dating for two months now. I have a heavy past that gets him angry. Does he have a right
We've been dating for two months now. I have a heavy past that gets him angry. Does he have a right
My husband and I are in our 40s. Weâ€™ve been married 17 years. Three weeks ago, he said he loves
There are intimate things she did early in the relationship, and things she had once agreed to try that
There are intimate things she did early in the relationship, and things she had once agreed to try that
We don't have sex a lot. I cheat when we argue. I don't kiss or have unprotected sex with them. It's a

whether or not to cheat is based on personal values that can only be answered
by you. However, here are a few things to consider and questions to ask
yourself to help you find your answer:

1.Â Â Â Â

Do you feel like you are violating your own
values or morals? This is important, because we all have different values and
morals surrounding sex, love, and monogamy. If you value monogamous
relationships and find yourself cheating on your partner, then you may feel
like you are living in contradiction to your values, and most people are not
happy when they do that. However, if monogamy is not something you value, then
perhaps it is time to re-evaluate the relationship and determine if it is still
right for you. Not all people want monogamous relationships, and that
is alright. Finally,Â if you value your husbandâ€™s feelings and know that the

affairs would hurt him, then your behaviors may again be in contrast to your
own values. That can only be determined by you.
2.Â Â Â Â Â Â Based on how you describe your relationship, it
sounds like you are not very satisfied with the way it is.Â From the outside, it looks like the affairs
are a way to â€œget evenâ€ with your husband or to feel better after an argument. This
is something that can happen when mutual respect starts to fade in a
relationship and gets replaced with contempt. We can simply stop caring about
how our actions hurt each other, or potentially hurt each other. Perhaps the
question to ask here is, when you look out toward the future with your husband,
is this the pattern that you want to keep? The pattern of very little sex,
argument, and then satisfying the pain or dissatisfaction with affairs.
Â 3.Â Â Â Â Â Â What are your goals for this relationship? If we
start to become disconnected in a relationship, we can begin to do things on
autopilot. Get up, get the kids up, go to work, come home, and go to bed. None
of which requires any intimacy at all. Are you still able to see the hopes and
dreams you once had for this relationship?
Â 4.Â Â Â Â Â
Have you considered seeking marital counseling? Not
having affairs wonâ€™t actually fix the part of the relationship that is leading
you to have them. If there is something broken, it sometimes requires some help
to get it fixed.
Â Hopefully these questions and thoughts will help you come to
some kind of conclusion about what is right for you and your relationship. I certainly
wish you well.
Â Robin J. Landwehr, DBH, LPC, NCC"
I am a female, and I am afraid of having sex. I am afraid of disappointing my partner by being inexperi
I am a female, and I am afraid of having sex. I am afraid of disappointing my partner by being inexperi
I am a female, and I am afraid of having sex. I am afraid of disappointing my partner by being inexperi
I am married, but I had sex with my friend. I feel guilty, but I feel not guilty too. Do I need to feel guilty
I am married, but I had sex with my friend. I feel guilty, but I feel not guilty too. Do I need to feel guilty
I am married, but I had sex with my friend. I feel guilty, but I feel not guilty too. Do I need to feel guilty
As I was growing up, my mother and father always fought. With that, I grew trust issues. I think it's go
We had our first kid 15 years ago, and sex has been nonexistent ever since. It only happens every thre
I have been dating a guy for two years. I think I love him, but I don't know any more. I am in my late te
He owns his own business. Sometimes, he stays out all night but doesn't tell me. We have a son toget
He owns his own business. Sometimes, he stays out all night but doesn't tell me. We have a son toget
I love him so much, and I don't know what to do. My boyfriend is always accusing me of not loving hin
I love him so much, and I don't know what to do. My boyfriend is always accusing me of not loving hin
My fiancÃ© and I have almost the best relationship every girl wants, but lately it's changed. I get less
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My fiancÃ© and I have almost the best relationship every girl wants, but lately it's changed. I get less
My boyfriend of five years told me he cheated on me during our relationship after we broke up. We'v
,"Although we all want (or wish) that our partner is also our best friend, in reality this doesn't always h
Iâ€™m in love with my friend who is also a girl. I fell in love with her in a few months. That was my firs

I've been getting told lately by my partner that itâ€™s embarrassing that I'm so antisocial around his f
How can I know if I'm just being paranoid? What should I do if I think my partner is cheating?,"Hi Texa
My partner and I have had an amazing relationship and connection for over two years. We're very cor
We got into arguments, and we would break if off but start it back up again. We clicked, or so I though
My boyfriend of five months expresses how much he cares for me and loves me, and I believe it. It ha
I was texting a guy who wasn't my boyfriend, and my boyfriend found out. We work together, so he w
About a month ago, I went through my boyfriendâ€™s phone and found him messaging his ex-girlfrie
I have been married for 20 years. He and I both cheated. I hid my cheating for 14 years. Over that tim
My boyfriend recently got a kitty. I hate cats in general, and he knows it. It grosses me out and makes
Over the course of a few days, my wife was unsure about her feelings for me due to constant intimacy
,"Usually someone means by this that the person cares about you, feels warm and friendly, has an int
I have no idea what happened. I go places and do things but still feel lonely. I honestly have no friends
I love my boyfriend and everything that leads to sex, but when it comes to the actual penetration, I ha
I love my boyfriend and everything that leads to sex, but when it comes to the actual penetration, I ha
I didn't trust my wife when I found out that she had a new guy friend that she was texting and calling.
I didn't trust my wife when I found out that she had a new guy friend that she was texting and calling.
I've been in a relationship for over a year. He's cheated and lied. I heard he's married, but he says he's
I crave attention, companionship, and sex. She has had a hysterectomy, and she has a bad knee. My w
I've been
I just got married with my husband. I have four kids of my own, and he accepts me with my kids. I am
My boyfriend and I have not had sex in a couple of weeks. He had to have a cyst removed on his testic
My husband always works. He does work from home, but his hours are from morning until night, and
My husband always works. He does work from home, but his hours are from morning until night, and
How do I stop those thoughts? I want to have sexual experiences with adults, male or female,"The thc
,"Talking to your partner about what's off Â would be a good place to start, but sometimes that can be
,Depends: Â What do would you like to see happen?
I'm a 40 year old male and having erection problems. Still have the desire for a woman. Awfully frustr
I'm a 40 year old male and having erection problems. Still have the desire for a woman. Awfully frustr
My wife and I are newly married, about 2 months. We've had some issues surrounding sex, particular
We make love once per month. Is it normal? My wife and I have been married for over 3 years and we
When having sex I think of other men and want other men all day long. Been married 3 years, togethe
I have this weird fetish that I'm afraid to open up about it. What should I do? How do I deal with a wei
My boyfriend can't get over my promiscuous past. He says he loves me but says the thought of my pa
I have no
I just lost my grandpa and i'm having a rough time with it. I need some help to deal with the loss, bu
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I just lost my grandpa and i'm having a rough time with it. I need some help to deal with the loss, bu
It's now the 18th anniversary of my son's passing. The pain has not gotten any easier to deal with. Eac
,"Recognize and allow yourself to know your feelings. Â And, let this process take as long as it naturall
,"I'm so sorry for your loss. Â Here are some things that I know have worked for other parents followi
,"First, I'm very sorry that this has happened.With just the information that you mentioned, I'm not su
,"It isn't.Being mean and fighting suggest the naturally strong emotions associated with the decision t
,
,"Yes, it is completely normal to experience a wide range of emotions after a major loss. Healing can c
,"Saying that this is a very emotional time for you would be quite the understatement. I would imagin
My grandma and brother both passed away 11 years ago and sometimes at night I just can't stop cryi
My grandma and brother both passed away 11 years ago and sometimes at night I just can't stop cryi
Last year, I just always felt hopeless. I don't have a great relationship with my sister. I lost my mother
Last year, I just always felt hopeless. I don't have a great relationship with my sister. I lost my mother
The past always feels much brighter and more beautiful than my present. Everything about what's go
I spent my whole life taking care of my dad, but left because of his verbally abusive behavior. I was th
,"First of all, I am very sorry to hear about your loss, which must be very painful. It sounds like in addit
My wife is trying to leave. She agreed to come back and give me a little time. Even said she hopes I ca
,"First, I want to say how sorry I am for your loss. The grief of losing a parent can be very difficult to w
I loved him more than anything. He passed away on our anniversary which was also the day I was goi
What can I do to stop grieving my motherâ€™s death? When I am awake I just cry every day. I don't h
My
My
My
My
My
I'm
I'm
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I'm
I'm
I'm a female in my mid 20s. Lately I tend to over drink and I've become a very angry drunk. In the pa
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I'm a female in my mid 20s. Lately I tend to over drink and I've become a very angry drunk. In the pa
She's my stepmom. I'm pretty sure she's illegally buying the drugs and hiding them from my dad. I fou
She's my stepmom. I'm pretty sure she's illegally buying the drugs and hiding them from my dad. I fou
,"If the person doesn't see themselves getting drunk and out of control, and instead continues to drinl
,"The clinical term for alcoholism is â€œAlcohol Use Disorder,â€ which is defined by the American Psy
,"WikipediaÂ states, Alcoholism In a medical context, alcoholism is said to exist when two or more of
,"Our culture ""normalizes"" drinking but a psychotherapist can diagnose someone with an alcohol pr
,"Basically, being an alcoholic means that someone really depends upon alcohol and does not functior
Or how to send him somewhere that can help him, something like The Baker Act. What can I do to hel
Or how to send him somewhere that can help him, something like The Baker Act. What can I do to hel
My boyfriend and I recently broke up. One week, we were fine, and the next, he told me he needed sp
My friend is abusing her prescription medicine. Even though she told me she didn't have any more pil
My friend is abusing her prescription medicine. Even though she told me she didn't have any more pil
My friend is abusing her prescription medicine. Even though she told me she didn't have any more pil
My brother has been a heroin addict for years, and heâ€™s now in his mid-30s. He has taken from me
I have bipolar II disorder, I'm addicted to alcohol and weed, and I'm hopeless. I keep drinking even tho
I have bipolar II disorder, I'm addicted to alcohol and weed, and I'm hopeless. I keep drinking even tho
I have bipolar II disorder, I'm addicted to alcohol and weed, and I'm hopeless. I keep drinking even tho
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I have bipolar II disorder, I'm addicted to alcohol and weed, and I'm hopeless. I keep drinking even tho
My new daughter-in-law just informed me that she is smoking marijuana while pregnant because of h
My mother has Alzheimer's and she has become so nasty and mean to everyone and she always asks
My mother has Alzheimer's and she has become so nasty and mean to everyone and she always asks
My mother has Alzheimer's and she has become so nasty and mean to everyone and she always asks
My mother has Alzheimer's and she has become so nasty and mean to everyone and she always asks
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We rent from from my boyfriend's parents. His father drops by unannounced and stays for long perio
We rent from from my boyfriend's parents. His father drops by unannounced and stays for long perio
I donâ€™t love my sister. I would never wish her harm, but if I could, I would wish for us not to be rela
I donâ€™t love my sister. I would never wish her harm, but if I could, I would wish for us not to be rela
I donâ€™t love my sister. I would never wish her harm, but if I could, I would wish for us not to be rela
I'm a teenage gay girl, and I'm in love with a girl a few years older than me. She loves me too, but we'
I'm a teenage gay girl, and I'm in love with a girl a few years older than me. She loves me too, but we'
I'm a teenage gay girl, and I'm in love with a girl a few years older than me. She loves me too, but we'
She constantly tells me what I am doing wrong. For once, I want her to be proud of me. Itâ€™s like no
She constantly tells me what I am doing wrong. For once, I want her to be proud of me. Itâ€™s like no
She constantly tells me what I am doing wrong. For once, I want her to be proud of me. Itâ€™s like no
My mother takes care of niece whom my sister abandoned. She calls me every day complaining, but I
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My mother takes care of niece whom my sister abandoned. She calls me every day complaining, but I
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"He
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"Se
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"To
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"Ac
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"Co
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"I a
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After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"It's
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After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"I'm
After I told them, they yelled at me. What can I do about my family not accepting me as bisexual?,"Th
I have been dating my ex-boyfriendâ€™s cousin for a few years. We have gotten pretty serious. He wa

My mom is always bossy and treats me like a child even though I'm in my 20s. She argues with me ove
My mom is always bossy and treats me like a child even though I'm in my 20s. She argues with me ove
My mom made a lot of mistakes a couple years back, and I can't seem to forgive her. I want to say tha
My mom made a lot of mistakes a couple years back, and I can't seem to forgive her. I want to say tha
My wife
My wife
It was over 20 years ago, but the pain has resurfaced again now because I have started seeing her Fac
It was over 20 years ago, but the pain has resurfaced again now because I have started seeing her Fac
It was over 20 years ago, but the pain has resurfaced again now because I have started seeing her Fac
It was over 20 years ago, but the pain has resurfaced again now because I have started seeing her Fac
It was over 20 years ago, but the pain has resurfaced again now because I have started seeing her Fac
My mom and dad got divorced four years ago. I had to finish out the school year with my dad, and no
My mom and dad got divorced four years ago. I had to finish out the school year with my dad, and no
I have known I was always different. This year, in December, I found out that I never felt female. I did
I have known I was always different. This year, in December, I found out that I never felt female. I did
I have known I was always different. This year, in December, I found out that I never felt female. I did
My parents hate me. Why do my parents always favor my sibling while acting like they do so much fo
They broke up recently. She was a huge part of my life. How can I get over my mom and her girlfriend
My mother has Alzheimer's and I can see that she has lost some of her intellectual abilities. Even thou
My mother has Alzheimer's and I can see that she has lost some of her intellectual abilities. Even thou
I have a mother who is still running my life even though I'm almost 30 years old. I want to move out a
I have a mother who is still running my life even though I'm almost 30 years old. I want to move out a
I have known her for years. She was dating my brother-in-law when we met. My kids think of her as t
I have known her for years. She was dating my brother-in-law when we met. My kids think of her as t
I have known her for years. She was dating my brother-in-law when we met. My kids think of her as t
I'm an adult, facing problems with my mom. She's way too controlling. She decides things for me, dis
My older brother (in his 60s) started dating a lady with Asperger's. She is hyper-sexual and flirty. She
My older brother (in his 60s) started dating a lady with Asperger's. She is hyper-sexual and flirty. She
I'm a teenager, and I know the importance of my upcoming schooling. However, no matter how much
I'm a teenager, and I know the importance of my upcoming schooling. However, no matter how much
Iâ€™m a teenager. My entire family needs family therapy, and more than likely individual therapy. M
Iâ€™m a teenager. My entire family needs family therapy, and more than likely individual therapy. M
Soy Consejera Profesional Licenciada en Texas y Puerto Rico, veo clientes en el este de Houston y pro
It's the way my mom said I was worth nothing, stupid, no point of being in school. I'm "lazy little fat."
It's the way my mom said I was worth nothing, stupid, no point of being in school. I'm "lazy little fat."
My boyfriend and I have been arguing every night about the same thing. He also tells me that if I go v
My boyfriend and I have been arguing every night about the same thing. He also tells me that if I go v
For the past week or so me and my boyfriend have been fighting. He has been making a lot of bad ch
Ever since my mother passed away my family has treated me like a stranger. Now I'm concerned that
We just cannot seem to get along. I cannot have a conversation with her without it turning into World
My dad
How do I
How do I
I have three siblings. My mom loves them and not me. Sheâ€™s always yelling at me, but when it co

My stepdad and I always mess around. I've noticed that whenever he playfully hits me, it's always my
Any time my family and friends are in an altercation, Iâ€™m the one who steps in. Iâ€™m the one the
Any time my family and friends are in an altercation, Iâ€™m the one who steps in. Iâ€™m the one the
She has chronic inflammatory demyelinating polyneuropathy, and Iâ€™m her caregiver. All she does i
My dad is doing some really bad drugs, and I'm not allowed to see him anymore because of what he c
I'm in my mid-twenties now, and my boyfriend of seven years and I want to start a life. My mother is
,"Has any of your family members told you their reasons for their opinion?Find this out first.If you hav
My mother and I have an okay relationship. I know she loves me unconditionally, and I love her the sa
My mother and I have an okay relationship. I know she loves me unconditionally, and I love her the sa
It happens especially at me and my sister, and then she gets emotional and brings up the past. How sh
It happens especially at me and my sister, and then she gets emotional and brings up the past. How sh
My parents seem okay with other sexualities, but normally they only talk about being gay. When they
difficult because it is often misunderstood, even by people who are â€œsupposedâ€
to be part of your own community, such as lesbians and gays. It happens so
often that there is actually a term for it â€“Â
bi-erasure. This is simply something that happens when people deny that
bisexuality is a real thing, or discriminate against bisexuals due to beliefs
like your parents seem to have.
The unfortunate truth is that you can never
be sure of how you parents may take this kind of information. It sounds
promising that they are accepting of other sexual orientations, and it may
simply be that your parents lack education about bisexuality. With accurate
information, they may come around, but there is no way to be sure.
Some of my colleagues have already given you good information. Here are some moreÂ things that yo
and questions you can ask yourself before making the decision to tell them:
Â
1.Â Â Â Â Â If they donâ€™t respond the way you want them to, have you developed a support
system to support you through it? This is very important. The truth is that all
the friends in the world wonâ€™t prevent pain or sadness if your parents donâ€™t
respond as you hope, but they will at least be there to remind you that you ARE
okay as you are. And that is critical for you to remember.
Â
2.Â Â Â Â Â There is great information on the internet about bisexuality that you can
offer your parents if you think it would be helpful. It may be important for
them to know the kind of damage that is being done to bisexual adults and young
people because of the myths surrounding bisexuality. Here is an article from
GLAAD about bi-erasure: http://www.glaad.org/bisexual/bierasure
Â
3.Â Â Â Â Â Coming out to people is obviously deeply personal and should only take
place when you are ready. Sometimes people get pressured from friends, media,
and even people they are romantically involved with to come out before they are
ready. It really is up to you. If you are feeling pressure from others, donâ€™t
feel bad about setting your boundaries and telling them that you will come out
on your own time. Intimate partners should respect you enough to understand

this.
Â
4.Â Â Â Â Â Something else to think about is your own comfort in being bisexual. Just because someone is LGBTQ doesnâ€™t mean that they necessarily want to be. Many people struggle with this. Having
your own doubts or insecurities may also play a part in how comfortable you are in telling your parents. So, perhaps do some self-exploration about your feelings toward yourself.
Â
Sometimes people take friends with them
when they decide to come out to their parents. This is something you may want to consider. The important thing to remember is that you are okay. Really. If your parents donâ€™t respond well, that doesnâ€™t mean that they never will. Some start off upset, but then work their way through it.
Best of luck to you.
Robin J. Landwehr, DBH, LPC, NCC"
My parents seem okay with other sexualities, but normally they only talk about being gay. When they
My parents seem okay with other sexualities, but normally they only talk about being gay. When they
I'm in love with my own gender, and my parents are against that. I don't know how to tell them becau
I work two jobs and go to school for criminal justice. Over the summer, my father had a stroke. It was
I saw my mother cheating on my dad before. I said something to her, and she said it was in the past. Y
I avoid talking to him because he always makes me more upset. I can't be honest with him about anyt
,"It can be very difficult, when our parents do not approve of significant aspects of who we are. As chil
She is living with her boyfriend of seven years. He is in therapy for depression and social anxiety. He h
She is living with her boyfriend of seven years. He is in therapy for depression and social anxiety. He h
I keep being mean to my best friend, and I don't know why all the time. I did come to maybe some kin
My mom and I have been fighting a lot now, and I just want a good relationship with her. How can I ha
I am a teenager, and my brother is a few years older. He has a girlfriend who is always with him. He n
I am a teenager, and my brother is a few years older. He has a girlfriend who is always with him. He n
I've been hurt by a man for five years. He doesn't involve me with the family or kids. Everyone in the f
Hello, I have a cousin in my family who has been making me feel belittled, insecure, and frustrated du
Hello, I have a cousin in my family who has been making me feel belittled, insecure, and frustrated du
I use to be so happy. No matter what, I always was happy. I got into a relationship with this guy. I love
I use to be so happy. No matter what, I always was happy. I got into a relationship with this guy. I love
I'm applying to private high schools. I'm playing basketball on my school team currently, and I love it.
I am always arguing with my father. He gets stressed over work and health and talks to me in a tone o
I am
She treats me like I'm not in her presence. Sheâ€™s always yelling at me for no reason. She gives mor
I am
I am married to a beautiful lady. I love my wife with all my heart. We have 3 boys and I have a daught
I started dating a guy I met online. He told me that he registered sex offender but he didn't do anythir
,"Try to think of his close relationship with his mother in a good way. It means that they have a positiv
I'm
The last of my emotions belong to my pets. Today my dad said he might get rid of them tomorrow. If t

I have secrets in my mind, and I don't know what to do with them. I don't want to tell my wife and mo
I'm always listening to my husband, but it feels like he never listens to me. How do I get my husbanc
I'm always listening to my husband, but it feels like he never listens to me. How do I get my husbanc
I'm always listening to my husband, but it feels like he never listens to me. How do I get my husbanc
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I'm always listening to my husband, but it feels like he never listens to me. How do I get my husbanc
He wants to wear makeup and heels. He even tucks his penis away to resemble a vagina. He wants me
He wants to wear makeup and heels. He even tucks his penis away to resemble a vagina. He wants me
I'm feeling different towards my husband. I feel I am growing from the relationship. I have been with
I have an overwhelming desire to watch my wife have sex with another man. I talked to her about it, a
My husband doesnâ€™t trust me for some past we had. I know all marriages have their ups and down
My husband doesnâ€™t trust me for some past we had. I know all marriages have their ups and down
My husband doesnâ€™t trust me for some past we had. I know all marriages have their ups and down
My husband doesnâ€™t trust me for some past we had. I know all marriages have their ups and down
What makes a healthy marriage last? What makes a good marriage?,"This is a fantastic question. In or
What makes a healthy marriage last? What makes a good marriage?,"I appreciate your question.The a
What makes a healthy marriage last? What makes a good marriage?,"In addition to suggesting this gr
What makes a healthy marriage last? What makes a good marriage?,"What a great question! Marriag
What makes a healthy marriage last? What makes a good marriage?,"A resource I think is helpful to le
What makes a healthy marriage last? What makes a good marriage?,"When I ask my couples why are
What makes a healthy marriage last? What makes a good marriage?,It's surprising how many folks tal
What makes a healthy marriage last? What makes a good marriage?,"Thank you for your question.Â
What makes a healthy marriage last? What makes a good marriage?,"In my mind, a healthy marriage
What makes a healthy marriage last? What makes a good marriage?,"This answer varies based on you
That phrase makes me crazy. It happens anytime I point out something to my husband that he needs t
That phrase makes me crazy. It happens anytime I point out something to my husband that he needs t
That phrase makes me crazy. It happens anytime I point out something to my husband that he needs t
All we do is argue. We never agree on anything. Is my marriage worth saving?,"Simply, Yes!Just becau
All we do is argue. We never agree on anything. Is my marriage worth saving?,"For how long has the a
I found out today that my wife is cheating on me. I love her, but she wonâ€™t tell the truth even wher
I've only been married three months. Every week, we argue about something, and it seems to be gett
I've only been married three months. Every week, we argue about something, and it seems to be gett
If I tell him I don't like certain things, he does when it pertains to me. He tells me it's not like that. He
Cheating is something unacceptable for me but because we have two daughters I decided not to brea
Cheating is something unacceptable for me but because we have two daughters I decided not to brea
Cheating is something unacceptable for me but because we have two daughters I decided not to brea
Cheating is something unacceptable for me but because we have two daughters I decided not to brea
I love him, but he doesnâ€™t show me love. He talks badly about me to his friends. Why am I with my
I love him, but he doesnâ€™t show me love. He talks badly about me to his friends. Why am I with my

doesnâ€™t respect or treat you well can be enormously difficult and painful.
Many people who find themselves in an emotionally hurtful
relationship say that it was wonderful when it first started, but that over
time their partnerâ€™s behaviors changed and they became emotionally or
physically abusive.
I want to say right away that it is not your fault in any
way if someone is abusive to you. It does not mean that you are broken or that there
is something wrong with your character if you have not left the situation.
People stay for many reasons, such as fear, finances, children, pressure from
others, and love.
Many people have had to leave their abusive partners who
they still love to preserve their own safety and regain the sense of self they
may have lost. It is a very difficult thing to do, even if you know it is the
right thing.
The person who really needs to take a hard look at
themselves is the person doing the abusing.
It is very common for mental and emotional abuse to wear
away at someoneâ€™s self-esteem. This can lead to other problems, like depression
and anxiety. These issues sometimes require professional support to manage,
such as a counselor or perhaps a doctor who may prescribe medication.
A counselor may be able to help you sort through your fears
and concerns about staying or leaving. To look at things from different angles,
and to help you decide what is best for you.
You have not said that your husband has been physically abusive
to you, but if that has been the case, then you must consider your physical
safety first. Leaving an abusive relationship is the most dangerous time.
Getting help from professionals would be critical, and I would recommend your
local domestic violence program.
Whatever you decide to do is the right thing for you. I
would encourage you to ask yourself honestly about your reasons for staying and
the barriers that may keep you from going. You do deserve to be happy and
emotionally safe. If you do not feel like you have that safety, then seeking
someone to help you sort through these things is a good plan.
I wish you well.
Robin J. Landwehr, DBH, LPC, NCC"
I love him, but he doesnâ€™t show me love. He talks badly about me to his friends. Why am I with my
My father is in the hospital and was diagnosed with leukemia. I have been dealing with that all day. M
My husband took a job out of state for the next year and seems to be a different person. Before, he w
My husband took a job out of state for the next year and seems to be a different person. Before, he w
I decided to stay and work it out. I just donâ€™t want to sit on the couch. Other than that, I have been
My husband and I have been together since high school. We have been married going on for nearly te
My husband and I would've been married for five years come June 2016. Our infant daughter just had
My husband cheated on me and it hurt me very bad. It was a time when my health was poor. I'm have
I have been with my husband for almost 7 years. We got engaged a little after 5 years of being togeth

,"Typically, a therapist cannot force a client to receive any treatment they do not want.Â In the end, it
,"Short answer: No.Long answer: There are few instances where a therapist can break confidentiality a
,"The answer varies depending on what State you are in, whether the eating disorder treatment cente
I need to speak to someone about sexual addiction and binge eating immediately. How do I see a ther
I need to speak to someone about sexual addiction and binge eating immediately. How do I see a ther
I need to speak to someone about sexual addiction and binge eating immediately. How do I see a ther
I need to speak to someone about sexual addiction and binge eating immediately. How do I see a ther
I have been obsessed with food and my weight so much that it consumes my daily activities. I weigh n
I've been bulimic for about 6 years now. I'm in my early 20s. I am about to start back to school to becc
I have a problem with binge eating, especially during times of stress. I binge eat and feel so overwhelr
I have a problem with binge eating, especially during times of stress. I binge eat and feel so overwhelr
I have a problem with binge eating, especially during times of stress. I binge eat and feel so overwhelr
I have a problem with binge eating, especially during times of stress. I binge eat and feel so overwhelr
,"First step always is to have a medical evaluation so you are aware of any physiological conditions wh
I have no self control over food. Most people stop when they've had enough, but I keep eating for the
I have no self control over food. Most people stop when they've had enough, but I keep eating for the
We've been in a long distance relationship for two and a half years. I recently saw his phone and saw t
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We've been in a long distance relationship for two and a half years. I recently saw his phone and saw t
but ask in a non-accusatory way, more like if he was talking to a guy. Ask in a
general way. Be ready for however he responds and have an idea of how you will
handle his response."
,"Hi Atlantic City,You must feel confused. This happens quite a bit...a couple will be very much in love,
,"There are a few possibilities that might be keeping your boyfriend from talking about the future, but
,"The good news is you're aware of what you'd like from your relationship.The possible less good new
Iâ€™ve been in a long distance relationship with my girlfriend for just over a year. This past week she
Iâ€™ve been in a long distance relationship with my girlfriend for just over a year. This past week she
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I've been with a man for four years. For the last year, he has said he is done, but he still talks, texts, vis
I've been with a man for four years. For the last year, he has said he is done, but he still talks, texts, vis
I've been with a man for four years. For the last year, he has said he is done, but he still talks, texts, vis
I've been with a man for four years. For the last year, he has said he is done, but he still talks, texts, vis
I feel so alone. I have so many people around me, but it seems as they just listen and dont understanc
I feel so alone. I have so many people around me, but it seems as they just listen and dont understanc
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I feel so alone. I have so many people around me, but it seems as they just listen and dont understanc
I feel so alone. I have so many people around me, but it seems as they just listen and dont understanc
I don't know how to tell someone how I feel about them. How can I get better at expressing how I fee
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I don't know how to tell someone how I feel about them. How can I get better at expressing how I fee

/* Font Definitions */

@font-face

{font-family:""ï¼-ï¼³ æ˜Žæœ"";

mso-font-charset:78;

mso-generic-font-family:auto;

mso-font-pitch:variable;

mso-font-signature:-536870145 1791491579 18 0 131231 0;}

@font-face

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panose-1:2 4 5 3 5 4 6 3 2 4;

mso-font-charset:0;

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mso-font-pitch:variable;

mso-font-signature:-536870145 1107305727 0 0 415 0;}

@font-face

{font-family:Cambria;

panose-1:2 4 5 3 5 4 6 3 2 4;

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mso-generic-font-family:auto;

mso-font-pitch:variable;

mso-font-signature:-536870145 1073743103 0 0 415 0;}

/* Style Definitions */

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font-family:Cambria;

mso-ascii-font-family:Cambria;

mso-ascii-theme-font:minor-latin;

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mso-hansi-theme-font:minor-latin;

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mso-bidi-theme-font:minor-bidi;}

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mso-fareast-theme-font:minor-fareast;

mso-hansi-font-family:Cambria;

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@page WordSection1

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mso-footer-margin:.5in;

mso-paper-source:0;}

div.WordSection1

{page:WordSection1;}

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Let's just start with being real. Expressing
yourself is vulnerable, and being vulnerable is hard. It takes courage and work
to be vulnerable. My guess is that you have been shown in your lifetime that
being vulnerable (ie, expressing yourself) is unsafe. My assumption would be
you have been criticized, or ignored when you have expressed yourself in the
past, it has taught your emotional self to simply not do it again. This is a normal
protective mechanism that you have used to cope with past feelings of hurt. It
will take time and work to engage again in an emotional way.I would start my practicing and
identifying how you feel to yourself. Check in with yourself multiple times a
day to gage where you are at emotionally. After you feel you have a good grasp
on this, start to engage in emotional conversations with others. Choose others that
feel safe to you, a good friend that knows you well, or a sibling or family
member. Expressing yourself is a behavior that you have suppressed out of
protection, so you can choose to engage in safe emotional expression behaviors
just the same. Best of luck!"
We weren't long distance until he joined the military. I love him and I know he loves, me but it's comp
We weren't long distance until he joined the military. I love him and I know he loves, me but it's comp
We weren't long distance until he joined the military. I love him and I know he loves, me but it's comp
We weren't long distance until he joined the military. I love him and I know he loves, me but it's comp
We weren't long distance until he joined the military. I love him and I know he loves, me but it's comp
I have
I have
Over a year ago I had a female friend. She turned out to be kind of crazy so I decided to stop talking to
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Over a year ago I had a female friend. She turned out to be kind of crazy so I decided to stop talking to
I'm in a long-distance relationship with my ideal man, but I'm not as attracted to him as I should be. E
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I'm in a long-distance relationship with my ideal man, but I'm not as attracted to him as I should be. E
I'm in a long-distance relationship with my ideal man, but I'm not as attracted to him as I should be. E
I've been
I've been
I've been
However, it seems as though he is really talking to someone other than himself. I have even accused h
I have a
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I'm dating a guy I really love. We have our problems, but I could see myself with him long term. But th
I'm dating a guy I really love. We have our problems, but I could see myself with him long term. But th
My ex-boyfriend and I have been back and forth for over a year now. He's in his late 20s, divorced for
My ex-boyfriend and I have been back and forth for over a year now. He's in his late 20s, divorced for
I have been holding myself for nearly a month. I can not bear it. He is isolated from everybody, and I v
I'm in a relationship with my fiancÃ© and I currently found out that she's been cheating on me with a
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I'm in a relationship with my fiancÃ© and I currently found out that she's been cheating on me with a
I met the first man five months ago. I have come a long way and do have feelings for him. I know he w
I have had a crush on this guy for years. I last talked to him a few years ago when we graduated from
I have had a crush on this guy for years. I last talked to him a few years ago when we graduated from
There's this boy who asked me out awhile ago. I said no because my friends and family would think w
We have been together for a little bit, and I love him to death, but my mental health is so unstable. I c
About
About
I have suffered many things at home and school. We never went to the doctor to diagnose depressior
I have suffered many things at home and school. We never went to the doctor to diagnose depressior
I have suffered many things at home and school. We never went to the doctor to diagnose depressior
I'm having relationship problems and I want to fix them to make things right before I lose her. How ca
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I'm having relationship problems and I want to fix them to make things right before I lose her. How ca
Recently my boyfriend broke up with me because of my bad language. But he thinks I'm a total b***h
Soy Consejera Profesional Licenciada en Texas y Puerto Rico, veo clientes en el este de Houston y prov
I told him I liked him. He called me lovely and pretty but he said he didnâ€™t want a relationship. He
I met this girl in high school. She had switched schools at the end of the year, and I have not seen her
My boyfriend is in recovery from drug addiction. We recently got into a fight and he has become very
My boyfriend is in recovery from drug addiction. We recently got into a fight and he has become very
My boyfriend is in recovery from drug addiction. We recently got into a fight and he has become very
I was never single, afraid to be alone, and I looked for my boyfriend to make me happy. I finally worke
My boyfriend is always saying he's done with me and says he's leaving, but then at the end of the nigh

I was with my boyfriend for years on and off. We dated and broke up three times. Since we broke up f
I really like this guy and I think he likes me back, but his sister is my bestfriend. I'm afraid that if I tell h
I feel like
Whenever I sing along with a song that I like (even if it's just for the beat and not the lyrics), my boyfri
I have a lot of child custody concerns, financial issues, insecurities and weigh gain. I also have no local
I was talking to my fiance about changing my hair. He recommended a very specific hair style. Then I f
My
I don't speak up if I'm uncomfortable and hardly ever make plans for us when we hang out. He is a ver
Weâ€™ve been together almost three years. We argue and he ends it by telling me he doesnâ€™t lov
Weâ€™ve been together almost three years. We argue and he ends it by telling me he doesnâ€™t lov
Weâ€™ve been together almost three years. We argue and he ends it by telling me he doesnâ€™t lov
Weâ€™ve been together almost three years. We argue and he ends it by telling me he doesnâ€™t lov
I'm dating this guy, Peter. My friend Jennifer used to date him a while ago, and she's fine with us datir
My boyfriend called me a particular profanity and I broke up with him. This is the third time he's calle
My boyfriend is in Ireland for 11 days, and I am an emotional wreck. How can I not miss my boyfriend
When I ask him who he is talking to, he tells me no one. But, it sounds like he is holding a conversatior
My
We had great chemistry, but then he became distant. I had the feeling that I can't be without him. As
We had great chemistry, but then he became distant. I had the feeling that I can't be without him. As
Iâ€™m in my early 20s. My exâ€™s parents are friends with them and have told them bad things abou
I try to do everything right just so we won't argue, and it doesn't help the only time he is calm is when
Ever since I was little, I loved the idea of loving someone and spending my whole life with them. I trea
I'm in a relationship, but I feel like I'm always putting more into it and not getting reciprocated. My ex
I blame my past relationship for it. I know it is bad to be this way. I want to get past it. How can I be le
I blame my past relationship for it. I know it is bad to be this way. I want to get past it. How can I be le
I am currently suffering from erectile dysfunction and have tried Viagra, Cialis, etc. Nothing seemed to
I am currently suffering from erectile dysfunction and have tried Viagra, Cialis, etc. Nothing seemed to
i was addicted to porn since the second grade. I'm in my early 40s and overcame my addiction during
He isn't violent, but he has anger issues and deep insecurities. He's working on them and has improve
He isn't violent, but he has anger issues and deep insecurities. He's working on them and has improve
He isn't violent, but he has anger issues and deep insecurities. He's working on them and has improve
I've been with him for a couple months. We will talk everyday and he will get mad over something I w
I've been with him for a couple months. We will talk everyday and he will get mad over something I w
I've been with him for a couple months. We will talk everyday and he will get mad over something I w
I found out my boyfriend takes anti-depression medicine. Lately he's been saying he has a lot on his m
I found out my boyfriend takes anti-depression medicine. Lately he's been saying he has a lot on his m
I found out my boyfriend takes anti-depression medicine. Lately he's been saying he has a lot on his m
Me and the father of my child have been dating for a year. We had a big argument and at first he wan
I have several issues like I don't like people. They make me sick. I have issues with talking to people. I
Now that the other girl is out of the picture, our sex life isn't the same. Is it because he is still thinking
I was in a relationship with him for three years. My mom doesn't like it because she thinks I'm making
I am currently living in a hotel and I donâ€™t have a family. I met a guy a month ago. He is a bisexual.
I got involved with my best friend who is married but has been very unhappy for the last five years. W
I have been dating my boyfriend for a month, and we want a baby. We don't work or drive, and we ha

I was hanging out with my close guy friend. We started kissing, but afterwards, he said that we should
My partner seems to always get depressed over the fact that his kids have to see and go through the c
My girlfriend broke up with me five months ago because I said awful things to her one night for no rea
I'm a female freshman in high school, and this question is for my male best friend. At the start of fresh
I have been seeing this guy for a little over a year. Back in August, he asked for us to step back for now
My girlfriend and I have broken up and gotten back together numerous times in the past two years. W
I broke up with him three weeks ago because I felt that he needed to be more respectful. He has since
I'm an
I find that I imagine things sexually, and I hate it because it puts strain on my relationship. I feel helple
My boyfriend moved in with me a few months ago. I love him, but his dog is wrecking my house. Ever
I had to go to the emergency room today to get an X-ray of my spine. My boyfriend didn't want to sit t
I had to go to the emergency room today to get an X-ray of my spine. My boyfriend didn't want to sit t
My fiancÃ© doesn't think I trust him because I was cheated on before. However, he hides his phone a
My long-distance girlfriend is in a sorority, and it's changing her. I feel like I'm becoming less importar
Every
After 25 years, I fell in love for the first time. The person acted for a week and left me without even sa
After 25 years, I fell in love for the first time. The person acted for a week and left me without even sa
My ex-boyfriend and I met over a year ago. We hit it off and fell in love pretty quick. However, he has
My ex-boyfriend and I met over a year ago. We hit it off and fell in love pretty quick. However, he has
My ex-boyfriend, will not stop harassing and stalking me. We work together. I honestly think he needs
My boyfriendâ€™s sneaky and puts his friends before me. He fights just to leave. One day, he's happy
My boyfriend says I'm nuts. I need to get help because I get an overwhelming feeling that he is cheati
I want us all to get along, but feel that I am not being respected. Of course I do have some insecurities
Then turn right back around and say he loves me and needs me. This rollercoaster is crazy. My compa
Then turn right back around and say he loves me and needs me. This rollercoaster is crazy. My compa
I have been with my best friend for over a year, and we have had a beautiful baby girl. We were in lov
Why am I attracted to older men? Why do I feel like I need a man in my life?,"What a wonderful quest
We went out had great sex and I was really liking her. Then one day she says we should just be friends
I know someone who is extremely sensitive to stress and very sensitive to a negative tone of voice. So
,"To follow please find some tips on getting your message across to each other, which will help you bo
,"Such an awesome question! The research of Dr.Â John GottmanÂ shows that there are 4 negative co
What do I do if I have been feeling like I could never be with anyone because no one would want me.
What do I do if I have been feeling like I could never be with anyone because no one would want me.
What do I do if I have been feeling like I could never be with anyone because no one would want me.
He goes out with her to dinner/brunch/movies when we are not together (we live 2 hours apart). Sho
My girlfriend's grandma passed away 5 months ago. They were very close. She took care of her till she
He is in his late thirties and I am in my mid twenties. We have been together for about 5 months. I rea
I keep getting into relationships with men that are in bad situations. I take them on and help them and
We kissed and he grabbed my boobs and we exchanged some texts and a few calls. It went on for abo
I'm currently dating someone else and I really like him. But I love and miss my ex so much. What do I d
We have been fighting a lot and have 3 kids but we both want to stay together. I need some help to sa
I find myself lying about small everyday things that there is really no need to lie about. How do I figure
I have dog obsession disorder and I am having problems with my girlfriend because I am placing more
He's been losing feelings and he doesn't know why. I love him very very much. He sometimes thinks I'

We do communicate but one of us has trouble accepting what the other person says. How can I fix thi
I haven't uttered one word to my boyfriend in days. Now I'm over it and don't know how to approach
I've been
I have been with a guy for 4 years, he's a great guy and we also have a son together. The problem is th
I have been with this guy on and off for 8 years. At first, we used to do things together and our sex life
Me and my girlfriend just broke up. She said she loves me but is not in love anymore. This came out o
,"It is incredibly hard to let go of a relationship that was meaningful in your life. Even though you cons
,"It can absolutely be normal for men to fantasize about sexual activities with other men! Fantasy can
,"Hello, and thank you for your question. Everyone fantasizes about something. In relationships, it is a
,"If you feel this real for you, then it is. Â It is an incredible transition to undergo. Â There is more and
,"Maybe.I don't imagine there is any accurate way of collecting enough information from other peopl
I am a heterosexual male in my late 20s. I find myself wearing pantyhose, heels, skirts and other wom
I am a heterosexual male in my late 20s. I find myself wearing pantyhose, heels, skirts and other wom
I am a heterosexual male in my late 20s. I find myself wearing pantyhose, heels, skirts and other wom
your own question by stating that you love cross dressing very much, and I am
glad you enjoy it! Cross dressing is something many people enjoy, and there is
no harm in it whatsoever.Â My question to you would be: What is making you feel torn
about it? There is unfortunately still a lot of negative stigma associated with
people who express their gender or sexuality in ways that differ from the
majority. (And sometimes certain sexual interests are actually very common or
even in the majority, but because people carry shame about being different when
it comes to gender and sexuality we assume we are all alone!)Being a sexual or gender minority or so
participates in kink or expresses their sexuality or gender identity in a
unique and personal way often means suffering from something called
internalized oppression"". We grow up being exposed to certain
assumptions and beliefs about what is ""acceptable"" behavior and even
face consequences sometimes if we don't ""fit in"" the way others tell
us to. Even if those assumptions are harmful and wrong, we still internalize
them and feel guilty about who we are. There is nothing wrong with us, but
feeling stigmatized and isolated can lead to feelings of shame, embarrassment,
or like something is ""wrong"" with us.But there is absolutely nothing wrong with you, so be proud
of who you are and what you enjoy. You can continue to simply enjoy it
privately, or maybe you'd eventually like to share it with a partner or maybe
even join a community with similar interests. I'll leave you with a quote from
comedian Eddie Izzard, who identifies as, in his own words, a ""straight
transvestite"": ""Theyâ€™re not womenâ€™s clothes. Theyâ€™re my clothes. I
bought them!"" Take care, and thanks for your question!"
I am a heterosexual male in my late 20s. I find myself wearing pantyhose, heels, skirts and other wom
After 40 years of being straight, how could I now find myself interested in people of the same sex? I h
After 40 years of being straight, how could I now find myself interested in people of the same sex? I h
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After 40 years of being straight, how could I now find myself interested in people of the same sex? I h
,"That depends entirely on the doctor you go to for your hormones.Â WPATH, the World Professional
,"Hello! You've gotten some great answers here! Â I would like to add that transition looks different fo
,"Hi there, and thanks for your question! To answer your question, I'm going to point you to a link fror
,"This question depends on the Country, State, and doctor that you are working with. The clients I hav
,"Each situation is different so the answer depends on whether you feel counseling would help you, if
,"I know that most people who are transitioning from one gender to another are required to enter int
I'm a girl, and I can't tell whether I'm bisexual or gay. I like girls a little more than boys, but I don't real
I'm a girl, and I can't tell whether I'm bisexual or gay. I like girls a little more than boys, but I don't real
I'm a girl, and I can't tell whether I'm bisexual or gay. I like girls a little more than boys, but I don't real
What should I do when we see each other? My wife outed me to her sister,I am so sorry this happene
What should I do when we see each other? My wife outed me to her sister,"Echoing others here, I'm s
What should I do when we see each other? My wife outed me to her sister,"I am so sorry that this hap
I was born a girl. I look like a boy. I sometimes feel like a different variation of gender. I don't know wl
I was born a girl. I look like a boy. I sometimes feel like a different variation of gender. I don't know wl
I was born a girl. I look like a boy. I sometimes feel like a different variation of gender. I don't know wl
I was born a girl. I look like a boy. I sometimes feel like a different variation of gender. I don't know wl
I've been going through a rough time lately. I been into nothing but women. Iâ€™ve never thought ab
I've been going through a rough time lately. I been into nothing but women. Iâ€™ve never thought ab
I've been going through a rough time lately. I been into nothing but women. Iâ€™ve never thought ab
I have always wanted to have a transition from male to female for some time now. This issue has pers
,"It's courageous to seek help, and I applaud you. Here is a great guide from Forge Forward:Â https://
,Where do you live? Can you see a therapist? Â This would be my recommendation. Â Exploring these
,Hi. Â I would find a counsellor to talk to. Â Google to find a transgender specialized counsellor in your
In middle school and high school, my friends and family thought I was gay. I tried telling them, but the
In middle school and high school, my friends and family thought I was gay. I tried telling them, but the
,"Transgender means that you feel as though the gender that you are is different than the gender that
,"Hello, and thank you for your question. First, I want to say that I am a cisgender therapist, and so I ca
I'm a guy. If I don't like girls, nor do I like guys, does that mean I'm gay? Am I gay if I like neither girls n
I'm a guy. If I don't like girls, nor do I like guys, does that mean I'm gay? Am I gay if I like neither girls n
I'm a guy. If I don't like girls, nor do I like guys, does that mean I'm gay? Am I gay if I like neither girls n
I'm
I'm
I'm
I'm
I have been noticing myself really enjoying watching/reading about gay or lesbian couples. I've also be
I got sick really bad and was throwing up for three days and nights. I thought I was going to die. Then a

feelings and desires it could certainty shake everything you thought you knew
about yourself.
My guess is that you becoming sick around the time that this
started is likely a coincidence, but I understand how you would make the
connection.
I have a feeling that a few things may be going on here. It
is really hard to say since I donâ€™t know you, how old you are, etc. But, I will
share you with you some thoughts.
Some people, when they have undesirable thoughts that really
surprise them, have a really tough time getting rid of them. Our reaction to
the thought can be very strong and our tendency to try to block it out, stuff
it, avoid it, etc. is not always successful. In fact, itâ€™s usually not.
Itâ€™s like telling you not to think of pink elephants. I
would be willing to bet that you thought of a pink elephant just now.
So, rather than fighting thoughts that you find confusing,
sometimes it is helpful to allow yourself to explore the thought with curiosity
and without judgement. Where is this thought coming from? What are my feelings
about it? Asking yourself these questions may help you come to a resolution
about what is going on.
One possibility is that you have developed an anxiety about
your thoughts and now you are in the process of obsessing about them, but
another possibility is that you are legitimately exploring your sexuality and
gender. I get the feeling from your question that you do not want to believe
that it is second possibility. And that is okay.
You can try some of my suggestions, but you can also see a
counselor who may be able to help you work through your confusion. I would
suggest someone who has experience working with sexuality issues. You can
usually find out what a counselor works with on their website. What is
important is that you find someone who is non-judgmental about what you are
experiencing.
Â
I wish you well.
Robin J. Landwehr, DBH, LPC, NCC"
I'm a teenage girl. I don't know if I'm straight, bisexual, or gay. I've been straight all my life, but a sudc
I'm a teenage girl. I don't know if I'm straight, bisexual, or gay. I've been straight all my life, but a sudc
I've recently thought that i could be transgender but I've never had the mind of a girl. I think I can bec
I feel like I would be more comfortable as a girl even though I still like girls. I think I'm like a girl stuck i
I feel like I would be more comfortable as a girl even though I still like girls. I think I'm like a girl stuck i
,"Hello. Â I do not that thnk this is something that needs to be cured. Â If it a part of who you are, I fee
,I am a bit confused? Â Are your ex-girlfriend's friends gay? Â I feel the need for a bit more informatio
Often times I find myself thinking scary thoughts and sometimes I even scare myself into thinking that
Often times I find myself thinking scary thoughts and sometimes I even scare myself into thinking that
valid.Â Â It is very unnerving when thoughts control your life.Â
One way to combat them is to figure out whose voice the words are said in.

Oftentimes people say things to us and it stays with us, and it is not often
true.Â We let othersâ€™ opinions penetrate our brains and live rent-free in
our heads.Â You could try to rewrite the thoughts, the negative thoughts,
rewrite them in a positive way.Â Â For example â€œyou are not worth
anythingâ€ you could rewrite that in a way that shows all the ways you are
worthy.Â Write all your accomplishments, and things you have overcome and
proof that you are in fact worthy because you are!Â You canÂ
Interrupt the thought, focus, redirect elsewhere. If you are replaying a
specific moment you could go back into that moment and retell the moment,
rewrite the moment so that it is what you would rather it have been. Your mind
does not know anything other than what we feed it. Feed and integrate more
positive thoughts and actions into your routine to possibly see a positive
change, a change for the better! This video could be beneficial for you â–¶Â Negotiating With Inner C
Often times I find myself thinking scary thoughts and sometimes I even scare myself into thinking that
Often times I find myself thinking scary thoughts and sometimes I even scare myself into thinking that
Often times I find myself thinking scary thoughts and sometimes I even scare myself into thinking that
Often times I find myself thinking scary thoughts and sometimes I even scare myself into thinking that
Often times I find myself thinking scary thoughts and sometimes I even scare myself into thinking that
,"Be aware of the circumstances surrounding the mood swings.Â This will help you discover clues as to
,"Mood swings can be related to many different things. I don't know whether you're talking about cha
I've tried working out and eating fruits and vegetables, but I always seem to eat the junk in the house.
I've tried working out and eating fruits and vegetables, but I always seem to eat the junk in the house.
I'm a teenager, and I created a sort of imaginary friend to help me cope with stressful situations or if I
I'm a teenager, and I created a sort of imaginary friend to help me cope with stressful situations or if I
I'm a teenager, and I created a sort of imaginary friend to help me cope with stressful situations or if I
My daughter basically freaked out out of nowhere over me saying â€œcalm downâ€ when she dropp
My daughter basically freaked out out of nowhere over me saying â€œcalm downâ€ when she dropp
One moment, I'm happy, and then a tiny thing happens and I feel so hurt and awful that I can't handle
I read that you should ignore them and they have to come to a conclusion that they were wrong on th
Personality DisorderÂ Â (NPD)Â Â have the belief that they are special and they seek admiration fror
unconditional positive regard is upheld can be helpful in the treatment of NPD as far therapeutic appr
by their therapist usually works best with this population,if they agreed to participate in therapy. The
I read that you should ignore them and they have to come to a conclusion that they were wrong on th
I suffer from checking and cleaning OCD. Can counseling help me to get over it? How can I get over m
I suffer from checking and cleaning OCD. Can counseling help me to get over it? How can I get over m
I suffer from checking and cleaning OCD. Can counseling help me to get over it? How can I get over m
I realized my boyfriend of seven years is a psychopath, and I want to understand how he thinks. What
I can't understand what I pay attention to. How can I concentrate?,"One way to concentrate is that if y
I'm a teenager and I've been sneaking out of my house at night for a year now. I've been caught sever
I'm a teenager and I've been sneaking out of my house at night for a year now. I've been caught sever
I'm a teenager and I've been sneaking out of my house at night for a year now. I've been caught sever
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I'm a teenager and I've been sneaking out of my house at night for a year now. I've been caught sever

I'm a teenager and I get these really intense mood swings. My mood will be really high and I'll think
I'm a teenager and I get these really intense mood swings. My mood will be really high and I'll think
I'm a teenager and I get these really intense mood swings. My mood will be really high and I'll think
For the past four weeks, I've been having nightmares and hearing voices telling me of horrible things.
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My doctor seems to think I am in danger of having one. I neglected to ask how this was different than
My doctor seems to think I am in danger of having one. I neglected to ask how this was different than
My doctor seems to think I am in danger of having one. I neglected to ask how this was different than
,"Yes.You wrote a good description of one of the ways someone who has bi polar diagnosis would des
,"Hello, and thank you for your question. What you are describing sounds like dissociation, which can
,"Well, one of the symptoms of bipolar disorder is having times of really high-energy and kind of feeli
,"The first step is to get a medical rule out that the problem is psychological and emotionally based, n
,"I don't have experience with this type of tic, but I can still give you a few general thoughts.I would fi
,"Anxiety resolves most easily when the person who has it does not try to control it.Â Anxiety itself is
People always judge others so rudely. What can I do about those people that are so misunderstandin
I've developed a really intense and unexpected attraction to An actress after seeing her in a ballet uni
I am extremely possessive in my relationships and this is hurting my friendships. How can I fix my und
I know I'm ruining my life with a lot of the decisions I make. I consistently tell myself I need to make s
I know I'm ruining my life with a lot of the decisions I make. I consistently tell myself I need to make s
I don't feel like myself anymore. For example, I could walk up an entire flight of stairs before realizing
I was
Sometimes, when I look at my pet cat, I think about how innocent he is and how somebody could hur
She was diagnosed a type one diabetic two years ago and had a very tough time dealing with it. She h
I've felt this way for two years. I feel so much better now then I did when it started, but it is still there
It's been like a couple of years that I've been feeling like this. I don't want to self-diagnose, but I get s
,"Obsessive Compulsive Disorder can be similar to anxiety disorders, assuming that you have already
I just need to know if I'm really crazy or not. What are some physical signs of psychosis?,"Do an intern
I start to think of an issue that doesn't even matter or something bad that happened years ago. Then,
I have an
I noticed lately that I've been thinking a lot about death. I don't want to die, and I'm not suicidal. I just
I was never like this. Recently this year (my first year of high school), I started getting emotional for n
I am lazy. I am very aware of the problem and try to talk myself out of it all the time, but I never seem
I am lazy. I am very aware of the problem and try to talk myself out of it all the time, but I never seem
I never get infections or scars or anything, and it doesn't bother me if it gets filled up with blood or so
I feel that I am struggling with undiagnosed bipolar disorder, and it is making my day-to-day life extre
,"Does your husband WANT to get over his drinking addiction?Â Motivation is a critical component o
,"Ultimately, your family member must make the decision for themselves that they are ready to stop
,"Acknowledgment from your husband and wiling to make changes is essential first. Â We often try to
,"It's not easy to be married to an alcoholic and I want to extend my support to you. Â Without knowi
,"By being truthful with him about how his drinking affects you.People who are addicted to a substan

My father is an alcoholic, and I see tendencies of that in myself. I am recently married, and I feel it aff
This is my recovery, and I don't feel that it is okay for them to ask this. They told me it is policy due to
This is my recovery, and I don't feel that it is okay for them to ask this. They told me it is policy due to
This is my recovery, and I don't feel that it is okay for them to ask this. They told me it is policy due to
This is my recovery, and I don't feel that it is okay for them to ask this. They told me it is policy due to
For some reason, I look at my phone, and in no time, five hours has passed. During those five hours, I'
I have a
I have a
,"Generally, the laws regarding confidentiality would require a past therapist to obtain your permissic
,"No, not without a signed release of information (ROI) from you (the client)."
I terminated my counseling relationship with a social worker several years ago. I am now realizing tha
I terminated my counseling relationship with a social worker several years ago. I am now realizing tha
,"I know it can be really tough when a loved one is in the hospital and you aren't being told what is go
What do you do when a therapist and a parent drugs a child and makes up lies in order to stop the oth
What do you do when a therapist and a parent drugs a child and makes up lies in order to stop the oth
They discontinued treatment for no apparent reason after they thought to diagnose me with schizoph
I had a dispute with my therapist regarding an appointment cancellation. Now, she is blocking me fro
,"It might be possible, but it's difficult.Â First, Â depending on how old you are, you might be able to r
I think I have depression, anxiety, bipolar disorder, and I have anger issues. I told my mom over and o
I have major depression, severe, PTSD, anxiety disorder, and personality disorder. I had an appointme
,"In New York (like most states), the law generally is what's called a ""one-party consent"" rule. This m
,"This is a great question - especially since technology assisted counseling is definitely the current gro
How does a counselor decide when to end counseling sessions or to terminate working with a client?
How does a counselor decide when to end counseling sessions or to terminate working with a client?
How does a counselor decide when to end counseling sessions or to terminate working with a client?
How does a counselor decide when to end counseling sessions or to terminate working with a client?
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How does a counselor decide when to end counseling sessions or to terminate working with a client?
La relaciÃ³n de consejerÃ-a tambiÃ©n puede terminar por no conformar o violentar los parÃ¡metros
How does a counselor decide when to end counseling sessions or to terminate working with a client?
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How does a counselor decide when to end counseling sessions or to terminate working with a client?
Chances are most of the goodbyes you have experienced in your life have been
difficult. Saying goodbye to a therapist can be different. It can be an

opportunity to create a healthy ending in a positive relationship in your life.
If you work with a therapist who is skilled, then saying goodbye can be just as
transformative as the therapy itself. Ending therapy is also known
as â€œtermination.â€ I know, â€œterminationâ€ doesnâ€™t have a great ring to it!
However, it is what it is. It is an ending of the relationship as it existed.
It is reality cold and stark. Of course, when I talk to clients I donâ€™t use the
word â€œtermination,â€ I usually say â€œour goodbye.â€ Â Under what circumstances does therapy
end? Therapy should end when a client does not need further assistance, is not
receiving any benefit from therapy, or might be harmed by continuing to work
with a particular therapist.In the best case scenario
the decision to move on from therapy and â€œsay our goodbyesâ€ happens when both
the therapist and the client feel like the client is ready to move on and move
up!Â Ending the therapeutic relationship
should actually be worked on from the very first session. What I mean by that
is, there should be an understanding that the work we do together will have an
ending and that is a good thing because it means the client has gained the
skills to continue working on themselves independently. So the first session I
have with clients usually outlines a plan where the end goal is discussed and
we both have an understanding of the skills the client wants to learn or what
they hope to achieve. Now sometimes there are
situations where the therapist ends the relationship and the client may take
that personally, it is hard when any relationship ends and it might bring up
feelings of sadness, and fear or abandonment. Any good therapist will end the
relationship based on what is right for the client. What are some situations
where a therapist might end the relationship?If the situation the client
is dealing with is out of the therapist's scope of practice, the therapist may
end the relationship and refer the client to someone else. This is in the
clientâ€™s best interest. Another reason a therapist might end the relationship
is that the therapist is in a place in her life which prevents her from being
objective and helpful.Â A therapist who
is going through a painful divorce may have difficulty working with a couple
that considering divorce. A good therapist may see that their judgement may be
clouded and want to refer the client to see someone else. This is good practice
and helps the client.If a client is actively
suicidal or actively using substances then the therapist may end the
relationship and refer out for a higher level of care. The client may need to
be hospitalized or may need an inpatient substance abuse treatment program.
Therapy may be terminated while they are being treated and may continue after
the intensive program is completed.Â
Ending therapy should be a
time for connection and bringing together accomplishments, or reviewing the
next important step the client needs to take. It should not be an experience of
abandonment. A skilled therapist will help a client gain a new perspective on
closure. For some clients, it may be the one time in their lives when they get

a clean ending in a healthy relationship and they get to feel a sense of
control on creating that ending.Â Good luck to you!"
How does a counselor decide when to end counseling sessions or to terminate working with a client?
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How does a counselor decide when to end counseling sessions or to terminate working with a client?
My
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I just wanted to get to know one so I can hear about their college experience and the courses they toc
I just wanted to get to know one so I can hear about their college experience and the courses they toc
I am an international student, and it is my first semester in graduate school in the United States. I face
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I am an international student, and it is my first semester in graduate school in the United States. I face
,Generally speaking therapists are obligated to help their clients connect with a new therapist should
,"I would recommend other providers who accept your insurance. Â Once you choose, I would ask you
,"Hello Largo,Â This is a great question. Â There are several options when a therapist is transferring to
,"There may be differences in Sate laws, and differences based on the particular license of the therapi
,"Ask the therapist first. Â They will either tell you how to continue with them in the new job or give y
,"When terminating employment, counselors need to make sure they don't abandon their clients.Â Th
I have an eating disorder of binging. I've had gastric sleeve surgery. I need help with issues of abuse a
I have an eating disorder of binging. I've had gastric sleeve surgery. I need help with issues of abuse a
I'm worried I should see a therapist due to past events and current mental status. I'm just so unsure o
I'm worried I should see a therapist due to past events and current mental status. I'm just so unsure o
I need help dealing with stress. How can I handle it all and feel less stressed out? How can I be less str
Eat and drink to optimize your health. Some people try to reduce stress by drinking alcohol or eating t
Exercise regularly. In addition to having physical health benefits, exercise has been shown to be a pow
Stop using tobacco and nicotine products. People who use nicotine often refer to it as a stress relieve
Study and practice relaxation techniques. Taking the time to relax every day helps to manage stress a
I need help dealing with stress. How can I handle it all and feel less stressed out? How can I be less str
I need help dealing with stress. How can I handle it all and feel less stressed out? How can I be less str
I need help dealing with stress. How can I handle it all and feel less stressed out? How can I be less str
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I need help dealing with stress. How can I handle it all and feel less stressed out? How can I be less str
I need help knowing how to deal with stress. What can I do? How can I be less stressed?,What are five
I need help knowing how to deal with stress. What can I do? How can I be less stressed?,"Finding the
I need help knowing how to deal with stress. What can I do? How can I be less stressed?,"Some great
I need help knowing how to deal with stress. What can I do? How can I be less stressed?,"Something c
I need help knowing how to deal with stress. What can I do? How can I be less stressed?,"Our body re
I need help knowing how to deal with stress. What can I do? How can I be less stressed?,Learn how to
I'm in my late 20s. I have two jobs right now, I'm in school, and I feel like I just have a lot under my bel
,"Hello, and thank you for your question. There are a couple of things I want to mention and some oth
Is it a type of fetish, or is it normal? Why do I get aroused when women call me "gay"?,Maybe it is a w
,"Without knowing more details about your personal family dynamics and your age, I am only able to

I am a young adult, and I was sexually assaulted by an older man when I was a teenager (which has re
I have been experiencing a lot of sexual tension with a lot of the guys that I talk to nowadays. I keep ir
Back in high school, my friend and I used to masturbate around each other. I hate even talking about i
,"Anything can become an addiction.Â Eating, gambling, shopping, sex, even exercising.Â It sounds li
Every time I send a message to someone or a group message on Instagram, iMessage, or snapchat pe
Every time I send a message to someone or a group message on Instagram, iMessage, or snapchat pe
for your needs -in this case, an answer-,Â
to be met. You are valid. People often feed off our energy,Â so exude the energy of standing in
your power and making your voice heard. Knowing what you say is worthy of being
heard and receiving a response. You could also look into working on your throat
chakra which deals with speaking your truth, self-expression,Â being heard."
Every time I send a message to someone or a group message on Instagram, iMessage, or snapchat pe
Every time I send a message to someone or a group message on Instagram, iMessage, or snapchat pe
Every time I send a message to someone or a group message on Instagram, iMessage, or snapchat pe
These "jokes" are made about everything. They seem to have the need to say something "funny" abou
It's really hard to not have negative feelings about friends who don't put any effort into nourishing ou
It's really hard to not have negative feelings about friends who don't put any effort into nourishing ou
Because we are on opposite coasts, we try to talk early mornings, but she is constantly interrupted by
My best friend and I were pranking her friend, and I told her to tell him that she likes him. She said no
My best friend and I were pranking her friend, and I told her to tell him that she likes him. She said no
I was â€œmentoredâ€ by this guy for a few years spiritually. It was okay at times, but other times, it w
I was â€œmentoredâ€ by this guy for a few years spiritually. It was okay at times, but other times, it w
She mostly targets me on social media. The bullying used to be much worse, but it is still going on. Th
I'm having problems shutting them out and putting up walls. How do I trust others?,"It sounds like you
I'm having a quinceaÃ±era, and the girls don't like their dresses. They never told me, and now it's a w
I would like to be able to have more positive relationships in the present. How do I learn to let go of p
to, and most of us have to work at itâ€”certainly at first. Iâ€™m here to tell you
that living in the now or being mindful is a skill anyone can learn. Unfortunately,
the only way to do it is to do it. What a paradox! But there are plenty of
other skills that we are not born with: walking on stilts, riding a bike,
swimming, and driving a car are good examples. You canâ€™t learn them by reading about
them.Having said that, I can recommend two books on
the subject: Eckhart Tolleâ€™s The Power of
Now and David Richoâ€™s When the Past
is Present. Richo asks that we donâ€™t beat ourselves up about dwelling on
past events. This is natureâ€™s way of reminding us that we have unfinished
business. But while we are attended to the wounds and confusion that litter our earlier lives, we can p
change:Step One: Hold in awareness the behavior,
belief, attitude, or characteristic you want to change in yourself and how you
want to be different. Awareness is the opposite of distraction and stuffing.Step Two: Live as if you hav
already made the change. (This is hard and takes courage, but you can do it.
Ride that bikeâ€”even if for a foot or two.)Step Three: Be persistent.
(Practice, practice, practice.)Just as two-year-olds are able to walk
confidently after hundreds of hours of practice, youâ€™ll be able to stay in the

here and now as long as you want after trying and failing many, many times."
I would like to be able to have more positive relationships in the present. How do I learn to let go of p
I would like to be able to have more positive relationships in the present. How do I learn to let go of p
I would like to be able to have more positive relationships in the present. How do I learn to let go of p
I would like to be able to have more positive relationships in the present. How do I learn to let go of p
,"I like your beautiful question!Start by understanding yourself and your own inner knowledge of who
,"Man, I love this goal. We could all use a bit more of this. Sometimes I picture it like a salt shaker. I'll
In this argument my friends are all against me so I'm wondering if I'm exaggerating my feelings. I feel
They're calling me names like hypocrite and a baby even when they act in the same manner as I do. I'
I nanny a
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I need to get on base to see my doctor. My ID card was in my wallet which was stolen. Iâ€™m unable
I need to get on base to see my doctor. My ID card was in my wallet which was stolen. Iâ€™m unable
I need to get on base to see my doctor. My ID card was in my wallet which was stolen. Iâ€™m unable
,"Firstly, I am so sorry for the stressful things in your life that make you feel like you may want to self-
I keep
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,"Different Licensed Professionals are trained to use different types of tests and interviews to identify
,"A lot goes into diagnosing for a disorder.Â It is according to what the provider's assessment from in
,"Broadly speaking, assessment tools are used to measure the symptoms related to a variety of disord
,"The short answer? By observing symptoms.Â The long answer and reality is that counselors use man
How do therapists classify the type of personality their clients have? What characteristics do they look
How do therapists classify the type of personality their clients have? What characteristics do they look
How do therapists classify the type of personality their clients have? What characteristics do they look
How do therapists classify the type of personality their clients have? What characteristics do they look
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important that a person feels that their therapist is right for them! The
importance of this is not only because they will be asked to be
vulnerable and honest during sessions, but also because it can impact treatment
outcomes. Having confidence in your therapist and the therapeutic relationship can
help foster success in therapy!Generally speaking, it is
a good fit if the therapist has expertise with your particular problem, you connect
the ""feel"" or â€œvibeâ€ of the therapist, and you like their treatment
philosophy. In order to find out if itâ€™s a good fit, you may have to directly
ask the therapist about their expertise and treatment philosophy. Many people
are arbitrarily matched to a therapist or believe that they have to see the
first therapist with an available appointment. It is important to remember that
you have a choice in who your provider is!As far as â€œtrainingâ€ your
therapist, there are caveats here. Your therapist is responsible for providing
ethical and competent services without you having to train them (such as maintaining
appropriate boundaries, maintaining confidentiality, etc.). Assuming they are
meeting those minimum requirements, the hope is that they are also
demonstrating respect for you (such as starting session on time, providing
consistency, and being non-judgmental). If you do not feel respected or you
have concerns about their judgements, I recommend you bring this to their
attention. While the therapeutic relationship is unique and is not like other
relationships in our lives, it is still a relationship. It may be uncomfortable to tell them how
you feel about their behavior, but there can be immense therapeutic value in these
conversations.
If your therapist is
providing ethical services, competent services, and demonstrating respect for
you, itâ€™s a good start. If you are not getting the results you hope to get from
therapy, it is still not your job to â€œtrainâ€ the therapist, but it would be
beneficial to bring this to their attention. Ask them about that goals and
objectives that you are working on and ask for clarity on the direction of

treatment. These conversations can be incredibly beneficial to the therapeutic relationship and the trajectory of treatment. Alternatively, if you are not feeling good about the provider, their vibe, the goals, or the direction, it may be time to seek a consultation with another therapist. â€œStarting overâ€ in therapy does require quite a bit of emotional energy but that doesnâ€™t mean itâ€™s not worth it!"

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character to show you on this journey in excellent communication. Does the person â€œget youâ€ and are you on the same page in the therapeutic process? The therapist should have considerable experience that combines professional instruction on the matters that you need guidance to overpower. If the therapist doesnâ€™t have all the fundamentalÂ experiences, is he/she prepared to locate the suitable means that you require or have the capabilities to recommend you to someone while following up and continuing a prosperous and beneficial relationship with you.
If for some reasonÂ you are required to continue with aÂ therapist and advance on this relationship, make certain that the communication areas are consistently transparent. Express yourself openlyÂ in disclosing your objectives and purpose. Try to find a commonality with the therapist that encompasses various pathways of motivation for them to learn and grow while maintaining a focus on your present accomplishments. Optimal Communication is consistently the key to a healthy relationship."
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Great TherapistÂ A colleague and I were discussing the characteristics of successful therapists. I gave him some traits, some of which were listed by Robinson (2012). The therapist should be able to listen to your story, build rapport, establish a relationship, demonstrate empathy, adapt treatments to the client/situation, use effective communication skills, exhibit confidence in use of therapeutic techniques, and repeatedly update skills with ongoing education and research. Â You should talk with the therapist. In addition to asking the therapist about his/her experiences and specialty in treating the issue you want to address; you will gain a sense of the therapistâ€™s ability to connect with you in your first phone call or meeting with him/her. This is why I offer a free 15-minute phone consultation. You can use the above criteria to gauge the therapistâ€™s ability to do the following: Hear you, join with you in

understanding the issue, and indicate some ways in which the issue may be
treated.Regarding training a therapist, just ask the therapist if he or she can comply with what you are
like to talk with you if you have questions about how I may be able to help
you. Â Jim Ciraky PhDLicensed Professional Counselor GA, USAAdventHelp.com404.293.5654"
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that youâ€™ve found a good fit and you and your therapist are therapeutically compatible.
First, I would recommend listening to your intuition and pay attention to how
you feel, if there are feeling-indicators that you are comfortable, feel safe
and willing to open up and share your story.Â
Second, do you feel the therapist you are considering will support and challenge
you in ways you need.Â Some therapist
offers a free consultation.Â This might
be a good opportunity to take advantage of.Stephanie C, MA, LADC, LPCC (pre-licensed)Â www.steph

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/* Font Definitions */

@font-face

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panose-1:2 4 5 3 5 4 6 3 2 4;

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.MsoChpDefault

{mso-style-type:export-only;

mso-default-props:yes;

font-family:""Calibri"",sans-serif;

mso-ascii-font-family:Calibri;

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{size:8.5in 11.0in;

margin:1.0in 1.0in 1.0in 1.0in;

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a time when you can let your guard down, you can feel safe in this environment
and allow yourself to feel all your feelings. Feelings are valid.Â We often hold our feelings, tears insid
once we feel safe, our bodies feel safe to release them."
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to open up and deal with the range of emotions that may be bothering you.
Therapy is a â€œsafe spaceâ€ to take time out of your normal daily life and
cope with the emotions that are hiding underneath. If, for some reason, you are
not comfortable in therapy, you should address this concern with your therapist
or find someone whom you feel more comfortable opening up with and express
yourself comfortably."
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Is it normal for people to cry during therapy, or is it just me? Is it normal to cry at therapy?,"Crying in therapy is definitely normal. A lot of people, if not most, cry in therapy. Why does it happen? During therapy you'll explore your thoughts and emotions. Some of them will be pleasant: joy, hope, excitement, etc., so you will smile and laugh. Others may be more unpleasant, such as grief, sadness or anger, so you may feel like shouting or crying. It's healthy to accept and feel all your emotions and to express them in appropriate ways. Crying is a good way of expressing sadness, disappointment and helplessness. If you try to cut off some of the ""negative"" feelings, you are likely to also cut off your positive ones and feel numb as a result. Crying in therapy speaks to your ability to relax and let go in the presence of another human being (essential for healthy relationships!) and it also speaks to your therapist's skills at making you feel safe and comfortable. Good for you! It's your therapy and you can cry if you want to!"
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will be of significant help when the individual seeking therapy desires change, improvement, and overall growth. Most counseling involves homework and a level of commitment outside of session that also contributes to resolution of problems and an ability to cope with stresses in a productive way. Here are some of the key ways that therapy can help.

1. Helps to define the problem and gain a clearer understanding of where it originates. Many people seek counseling because of symptoms they are experiencing. These can include feeling sad, increased sleeping, substance use, panic attacks, self-harm, isolating oneâ€™s self, academic decline, etc. Often times, people are not aware of what is causing these symptoms. Having a therapist to help guide and explore why the symptoms are occurring and where they come from will give individuals increased insight and awareness into their problems.

2. Allows for a safe outlet to vent.

Not everyone likes to share their problems with close friends or family members. Maybe they donâ€™t want others to know of their flaws. Maybe they donâ€™t want to burden others with their problems. Or maybe they just are not comfortable talking about themselves. And in some situations people do not have the option of talking with someone they know because they have no friends or family. While talking with those we know can help bring some relief it is also nice to talk with someone like a therapist who is objective and emotionally removed from given situations. Counseling gives a safe outlet in which one can express their personal feelings and thoughts without feeling judged.

3. Counselors can offer various problem solving solutions.

A good therapist usually will not directly point their client in the direction they need to go. Counseling is about growth and teaching the client to identify triggers and use effective coping strategies that will bring about emotional and psychological relief. Counselors will help clients to explore the various options available in given situation, based on the clientâ€™s needs, wants, and values and will help them to choose the option that best fits with their desired outcome.

4. Gives one the tools needed to cope with current and future problems.

Many individuals that seek therapy have never learned good coping strategies. Perhaps they did not have parents or caretakers to model productive ways to cope or maybe the symptoms they are suffering from are overbearing and take away the energy needed to cope. Different diagnoses require different tools; however some are beneficial for any problem and any individual. These include but are not limited to relaxation techniques, breathing exercises, development of healthy routines, using mindfulness, improving communication skills, and recognizing and changing maladaptive thought patterns. A good counselor will teach clients how to use these tools,

will often practice them during session, and will assign homework for further
practice and mastery of the skills."
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After first meeting the client, what is the process that a counselor facilitates? What happens in a coun
before and have no idea what to expect! Â Whenever we do something for the first time,
it helps reduce anxiety and nervousness if we know what to expect and can
prepare. Here are some things that

generally take place in a first session and typical questions the therapist
will ask. These help your therapist get
to know you and make an accurate initial assessment of your situation and what
would be most helpful to you.
You will be asked to complete paperwork.Â If you are using insurance be sure to bring that
information with you.Â Often, you can
complete paperwork online prior to your session which saves time. (Donâ€™t forget
to bring it with you to your session!)
1.Â What issue(s) brings
you to therapy?2.Â Your personal
background history as it relates to current issues.3. Â What physical or other symptoms are you
experiencing? How is the issue affecting other areas of your life?
And here are a few other tips to help you get the most out
of your first session.
1. Â Be open and honest about your feelings.
Therapists are trained to listen and learn from what you share.Â 2.Â Ask questions. Thereâ€™s no suc
question. Asking questions helps you understand more about the process, reduces
your anxiety, and helps you become more comfortable. If you donâ€™t understand
something, please ask!3.Â Be prepared. Think about how to describe â€œwhatâ€™s
wrongâ€ or why you are seeking therapy.Â
It can help to make a list of reasons why you are seeking help.Â Practice describing how you feel abou
the issue.Most people feel more at ease after their first session and you will continue to build rapport
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my posttraumatic stress disorder?,"I second the suggestion to find a therapist who is trained in Cogni
my posttraumatic stress disorder?,"If the symptoms are to the extent that they are affecting your abil

to hang out with. I'm always alone, and I honestly haven't hung out with anyone since they left. I'm su
to hang out with. I'm always alone, and I honestly haven't hung out with anyone since they left. I'm su
uld stem from various factors. Perhaps asking yourself what would help you feel full, what fills your cu
s time for you to rest before the next wave of new activity comes along.To have ""no interest"" may m
ng this way? How do I stop feeling empty?,"Why do I feel empty?Feelings of emptinessâ€”aÂ lack of m
ng this way? How do I stop feeling empty?,"The feeling empty could stem from various factors. Perhap
ng this way? How do I stop feeling empty?,"A feeling of emptiness can cause depleting emotions to em
ng this way? How do I stop feeling empty?,"I'm going to start by saying that you are definitely feeling s
ng this way? How do I stop feeling empty?,"A feeling of emptiness can be from a lack of awareness anc
ng this way? How do I stop feeling empty?,"Your question is very broad because feeling empty can dev

ı In my early 30s and my problem has become more and more frequent. This is causing major problem
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ht the winter blues?,"Seasonal Affective Disorder (S.A.D.) is a term that reflects how many people are
ht the winter blues?,"I would suggest some holistic approaches, such as getting your Vitamin D and iro
ht the winter blues?,"Thank you for sharing. It seems like since the ""winter blues"" happens to you ev
ht the winter blues?,Light therapy is very helpful. You are not alone. The name for the condition is Sea
ht the winter blues?,"I can understand the winter blues can truly be a hurdle in your life.Â I wanted to
ht the winter blues?,"The winter blues can be really tough to deal with, and are quit common. Because
ht the winter blues?,Seasonal depression may be something you are experiencing. The great thing is th
ht the winter blues?,"I am glad that you are getting ahead of this by noticing this seasonal pattern to y
ht the winter blues?,"This is actually pretty common. When winter hits, we tend to find ourselves hudd
ht the winter blues?,"Cold climate is often accompanied by grey skies, snow and

l is a depressant so consuming wine,

to your favorite gym, exercise class

ht the winter blues?,"First of all, it is excellent that you are self aware and able to identify the pattern t
ht the winter blues?,"Many peope uffer from changes in mood when the winter time comes. The amou
ht the winter blues?,"About 3 million people in the United States suffer from seasonal affective disord
ht the winter blues?,"One theory is that instead of ""fighting"" your feelings, accept your sad feelings a
ht the winter blues?,"Sometimes its quite literally the lack of sunshine that can affect our mood - in the
ht the winter blues?,"Change your total daily routine, different route, different lunch, different afternc
ht the winter blues?,"Seasonal depression can be difficult due to the weather being a primary trigger.
ht the winter blues?,"There can be lots of different factors contributing to this. Here are some possible
ht the winter blues?,

e-four-fold-breath/Your

g/someone is. Try to be patient.Next we start to explore. When did these feelings start? Where do you

t ends up pushing them away, especially the ones I love the most. I have a weird feeling deep down in
highs where I feel amazing and energetic and then lows where I lack focus, energy, and generally have
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p to ""claim it""Â you are by posting on here.Â All of us are here to help."
u reached out for help on this platform. How to find someone to talk to would depend upon your lifes
reaching out when you feel depressed!If you have insurance, you can call them up and find out who w
ne brave first step of making the decision to heal from it and find a professional that will help you do s
ve taken, is actually wanting to talk to someone. It's a great sign that you are seeking to reach out for h
great start! I recommend looking for somebody in your area that works with people experiencing dep
pressed sucks but talking with someone can really help - so its awesome that you're already trying to f
king with a professional counselor about how you feel, would be helpful!If you'd like a very fast respor
ng that way. Â Â Is there a 24-hour helpline where you are that you can call? Â Here is a website with
life with whom you feel comfortable, I would recommend identifying someone on this site, psychology

area and my primary physician won't help. I am unemployed and overwhelmed. What would you sugg
area and my primary physician won't help. I am unemployed and overwhelmed. What would you sugg
area and my primary physician won't help. I am unemployed and overwhelmed. What would you sugg
area and my primary physician won't help. I am unemployed and overwhelmed. What would you sugg
area and my primary physician won't help. I am unemployed and overwhelmed. What would you sugg
:o help him financially and in other ways when we were together. But things began to change. He emo
essive-compulsive disorder. I last self-harmed a week ago. When I am stressed, overwhelmed, hurt, or
essive-compulsive disorder. I last self-harmed a week ago. When I am stressed, overwhelmed, hurt, or
essive-compulsive disorder. I last self-harmed a week ago. When I am stressed, overwhelmed, hurt, or
nd won't let me grow. Why do I feel sad all the time?,"Hello,While one can be sad from time to time, f
nd won't let me grow. Why do I feel sad all the time?,"Understandably the idea of someone who tries
vith my friends and stuff, but I've stopped caring about my work, and I've been starting to think that lif
vith my friends and stuff, but I've stopped caring about my work, and I've been starting to think that lif
me it, but itâ€™s so vivid, itâ€™s like itâ€™s happening again. I'm scared and paranoid. I have depressi
me it, but itâ€™s so vivid, itâ€™s like itâ€™s happening again. I'm scared and paranoid. I have depressi

ɔ o terapista."
me it, but itâ€™s so vivid, itâ€™s like itâ€™s happening again. I'm scared and paranoid. I have depressi
me it, but itâ€™s so vivid, itâ€™s like itâ€™s happening again. I'm scared and paranoid. I have depressi
with the father. People told him he was using me for money. My ex-boyfriend had extreme meltdowr
with the father. People told him he was using me for money. My ex-boyfriend had extreme meltdowr
chool to make money, had dad and mom get sick, was cheated on while pregnant, lost my baby, had r
chool to make money, had dad and mom get sick, was cheated on while pregnant, lost my baby, had r
eat all day sometimes, I don't have energy to anything anymore. How can I tell If I have depression?,"T
miserable. My anxiety and depression have taken over my life. How can I manage my anxiety and de
miserable. My anxiety and depression have taken over my life. How can I manage my anxiety and de
miserable. My anxiety and depression have taken over my life. How can I manage my anxiety and de
miserable. My anxiety and depression have taken over my life. How can I manage my anxiety and de
ne an electrician, or I could operate heavy machinery. I have goals, but I do nothing to try to meet them
ne an electrician, or I could operate heavy machinery. I have goals, but I do nothing to try to meet them
d I don't know who I am other than a mom and wife. At times, all I can think is what I gave up and how
d I don't know who I am other than a mom and wife. At times, all I can think is what I gave up and how
d I don't know who I am other than a mom and wife. At times, all I can think is what I gave up and how
d I don't know who I am other than a mom and wife. At times, all I can think is what I gave up and how
d I don't know who I am other than a mom and wife. At times, all I can think is what I gave up and how
nent towards him. He has three children, and they are great kids, but I find we don't have much time t
nent towards him. He has three children, and they are great kids, but I find we don't have much time t
tched constantly. I have extreme depression and anxiety. I'd really like to not be this paranoid and go t
tched constantly. I have extreme depression and anxiety. I'd really like to not be this paranoid and go t
ɔ. It's making me anxious and depressed. How can I handle my alcoholic son?,"What a heavy situation
ɔ. It's making me anxious and depressed. How can I handle my alcoholic son?,"Establish limits on how
ve Borderline Personality Disorder and Avoidant Personality Disorder. I read the DSM-IV, taken college
ve Borderline Personality Disorder and Avoidant Personality Disorder. I read the DSM-IV, taken college
ve Borderline Personality Disorder and Avoidant Personality Disorder. I read the DSM-IV, taken college
ve Borderline Personality Disorder and Avoidant Personality Disorder. I read the DSM-IV, taken college
g too. I've already been diagnosed with attention-deficit disorder and obsessive-compulsive disorder.
g too. I've already been diagnosed with attention-deficit disorder and obsessive-compulsive disorder.
g too. I've already been diagnosed with attention-deficit disorder and obsessive-compulsive disorder.
g too. I've already been diagnosed with attention-deficit disorder and obsessive-compulsive disorder.

","Thank you for posting. Â I'm interested to hear some more information; such as, if you live by yourse
","Its not normal to feel no empathy.Maybe you do have a little more empathy for yourself than you re
","It's very common to lose the ability to experience empathy when you are overwhelmed, burned out,
","Empathy usually falls on a spectrum, meaning that some people show more than others. Empathy is
","Empathy is the ability

ra emociÃ³n que

time I am at peace is when Iâ€™m asleep. If I am with friends, family, at work, and mainly alone, I canr
time I am at peace is when Iâ€™m asleep. If I am with friends, family, at work, and mainly alone, I canr
time I am at peace is when Iâ€™m asleep. If I am with friends, family, at work, and mainly alone, I canr
e to panic attacks, but they are almost never triggered by something that I know of. How do I find out t
e to panic attacks, but they are almost never triggered by something that I know of. How do I find out t
e to panic attacks, but they are almost never triggered by something that I know of. How do I find out t
at can I do about my depression and anxiety after trying so many things?,"Is it possible you simply did
at can I do about my depression and anxiety after trying so many things?,"I'm sorry you've had a diffic
at can I do about my depression and anxiety after trying so many things?,"I'm sorry that you have triec
nd hopeless again. How can I help my husband after a suicide attempt?,"Hello, and thank you for your
nd hopeless again. How can I help my husband after a suicide attempt?,"This is actually more common
nd hopeless again. How can I help my husband after a suicide attempt?,"I'm thankful to read your husb
nd hopeless again. How can I help my husband after a suicide attempt?,"This must be so difficult for bc
nd hopeless again. How can I help my husband after a suicide attempt?,"I appreciate that you are conc
nd hopeless again. How can I help my husband after a suicide attempt?,"A failed suicide attempt is con
nd hopeless again. How can I help my husband after a suicide attempt?,"The fact that you're reaching c
nd hopeless again. How can I help my husband after a suicide attempt?,"Before I answer your question
nd hopeless again. How can I help my husband after a suicide attempt?,"Since as husband and wife you
nd hopeless again. How can I help my husband after a suicide attempt?,"It seems like you are very rece
ger daughter. I have no extended family support. Often times, I feel overwhelmed, tired, and joyless. I
ger daughter. I have no extended family support. Often times, I feel overwhelmed, tired, and joyless. I
vith friends.Practice having time by yourself so you can address the basics questions you ask here. Â Yo

even when nothing is going on?,"Your question is a fascinating one!As humans we have the ability to re
even when nothing is going on?,"One thing that comes to mind is making a list of some things that hap
even when nothing is going on?,It's important to take a look inside and see what's going on with you tc
pain. How can I deal with the depression from this chronic pain? How can I deal with depression stemr

pain. How can I deal with the depression from this chronic pain? How can I deal with depression stemr
to self-harm. Why does it feel as if self-harm is an addiction?,"In a way, self-harm can present somewh
to self-harm. Why does it feel as if self-harm is an addiction?,"Self-harm has a way of becoming a go-t
usic, read tragic stories, and, in a twisted way, like how bad it makes me feel. I focus on negative aspec
usic, read tragic stories, and, in a twisted way, like how bad it makes me feel. I focus on negative aspec
ed and unfocused. I can't put things into perspective at all. I'm just stuck, and I'm disappointed with m
ed and unfocused. I can't put things into perspective at all. I'm just stuck, and I'm disappointed with m
ed and unfocused. I can't put things into perspective at all. I'm just stuck, and I'm disappointed with m
ed and unfocused. I can't put things into perspective at all. I'm just stuck, and I'm disappointed with m
ed and unfocused. I can't put things into perspective at all. I'm just stuck, and I'm disappointed with m
er or education or partner.Identify what bothers you since knowing what a problem definition is, helps
d take it. I feel like I just shouldn't be here and wish I wouldn't have been born so I didn't have to go th
a normal life to my two sisters, my brother, and I. I feel like I took upon a parent role when I'm the sec
a normal life to my two sisters, my brother, and I. I feel like I took upon a parent role when I'm the sec
it lately my depression has felt worse. Can counseling help? Is there anything I can do about my depre
it lately my depression has felt worse. Can counseling help? Is there anything I can do about my depre
between you and your therapist that is in a continuous process of development, attention to pre-verba
it lately my depression has felt worse. Can counseling help? Is there anything I can do about my depre
it lately my depression has felt worse. Can counseling help? Is there anything I can do about my depre
th me on that. He is shut off when it comes to talking to people and telling them how he really feels. H
deal with depression?,
ciety attacks. I completely lost myselfâ€”how can I find myself again?,"Maybe your thoughts require yo
ciety attacks. I completely lost myselfâ€”how can I find myself again?,"I imagine that it's pretty disconc
and goes all day every day. I don't know what wrong. I'm not sure if I'm just making up symptoms and
veo servicios de tele terapia. Â Para una cita puedes llamar al 787-466-5478."
everal years. Itâ€™s always getting worse. I have been having panic attacks, feeling like I can't control
n y proveo servicios de tele terapia. Â Para una cita puedes llamar al 787-466-5478."
y for a few days. After a bit, I start noticing that I am picking at my skin profusely. After roughly a weel
y for a few days. After a bit, I start noticing that I am picking at my skin profusely. After roughly a weel
ressed?,"Depression has many different signs and symptoms and looks different for every person.Â C

v can I deal with depression without telling anyone? How can I deal with my depression?,"Love yourse
v can I deal with depression without telling anyone? How can I deal with my depression?,"It can be rea
v can I deal with depression without telling anyone? How can I deal with my depression?,"Hello,It is co
eel sad. Itâ€™s been two months now but I seem to be unable to stay okay and independent. How do I
eel sad. Itâ€™s been two months now but I seem to be unable to stay okay and independent. How do I
fiable emotion constantly. I don't feel sad. I don't cry a lot. I feel rather emotionally distant other than
fiable emotion constantly. I don't feel sad. I don't cry a lot. I feel rather emotionally distant other than
fiable emotion constantly. I don't feel sad. I don't cry a lot. I feel rather emotionally distant other than
makes me feel like I'm not good enough for my husband or the life he provides me. I have had jobs, but
makes me feel like I'm not good enough for my husband or the life he provides me. I have had jobs, but
of bad things are happening. I want to lull myself. My parents are getting a divorce and I feel depresse
of bad things are happening. I want to lull myself. My parents are getting a divorce and I feel depresse
ool. In ninth grade, my principal told me I needed to stay home for a couple days to protect myself wh

my rock. He is honestly the only person I trust enough to talk to about anything, but he decided to bre
't eat or sleep. Why do I feel worthless and tired?,"You are describing some of the most common sym
my fiancÃ©e. How can you get back to my old self?,Sometimes repressing anger can lead to depressi
my fiancÃ©e. How can you get back to my old self?,"Sometimes when we fight a lot with our partner
et. Last time I tried telling my parents, it was a huge argument about me being too young to be depres
et. Last time I tried telling my parents, it was a huge argument about me being too young to be depres
said I have to respect whatever decision he makes. Is that true? Am I supposed to respect the decisior
said I have to respect whatever decision he makes. Is that true? Am I supposed to respect the decisior
said I have to respect whatever decision he makes. Is that true? Am I supposed to respect the decisior
said I have to respect whatever decision he makes. Is that true? Am I supposed to respect the decisior
said I have to respect whatever decision he makes. Is that true? Am I supposed to respect the decisior
said I have to respect whatever decision he makes. Is that true? Am I supposed to respect the decisior
wn, but I cannot leave this town because of agoraphobia. I find myself losing hope more and more. M
wn, but I cannot leave this town because of agoraphobia. I find myself losing hope more and more. M
rwhelming depression, which is having an extreme effect on me and my husbandâ€™s sex lives. He dc
x. I think I'm ugly, and sometimes I just want to die. I have a son, and I got really big when I was pregna
and tired. I don't sleep well. How do I stop feeling so awful?,"Being tired can really affect almost ever
ay-at-home mom who doesn't make any money, doesn't have a car, never goes out, and cleans all day
lon't know what to do. How do I balance school and life?,I'm not sure whether you are referring to hav
lly destroyed me. I now basically hate myself. It's embarrassing to be separated from the one place wh
nâ€™t see me sad. I act like my life is a happy life, but I feel sad and depressed. I sometimes think of ki
e, and they won't let me see a therapist because they don't believe in it. What should I do when my pa
physical. If you haven't exercised before, it is a good idea to get your doctor's approval first, but this ca
, the more I want to do it. Iâ€™ve tried doing some of the stuff they say to do like draw, but it doesnâ
t I donâ€™t know why I'm so unhappy. These friends are my best friends and theyâ€™re all amazing p
l the time and be able to be social without it feeling awkward. Now I can't laugh at all, and I'm dead in
away, kick, scream, and cry. I just want to be happy and outgoing again. I want to be able to take care
ance, and five employers have rejected me after extensive personality tests and interviews. I'm afraid
the decisions I make, which makes me not happy with anyone else. I feel like a failure most of my day
erable. How can I bring up my possible depression to my parents?,"You are not alone, many people fe
erable. How can I bring up my possible depression to my parents?,"Depending on your relationship w
erable. How can I bring up my possible depression to my parents?,"I am so sorry you are struggling! Â
d. I don't have a job, my family doesn't include me in anything, and I don't have many friends. I have n
ost in. I don't usually feel my true emotions, but instead, I get fake mirrored ones. Might I have depres
ave friends and attention?,This may be happening because you and the others are not connected to ea
How can I control my anxiety?,"One of the first steps is to manage anxiety and depression symptoms a
How can I control my anxiety?,"I agree with Cory. Acceptance and Commitment Therapy (ACT) does se
How can I control my anxiety?,"As a past sufferer of anxiety myself, I have learned that it is a natural pa
e. I am always tired, i can sleep 8 hrs or 12 hrs and im still tired. I don't know what to do. Is this normal
Why do I feel so alone? Why have I been feeling empty lately?,"It has been said that depression is ofte
Why do I feel so alone? Why have I been feeling empty lately?,"There are many possible issues to cons
Why do I feel so alone? Why have I been feeling empty lately?,"There is a difference in someone agree
that are ready to accept who you are. Weight is traditionally an issue of protection and not feeling sa
y making small changes to your eating and exercise each day.Â For example,Â drink one extra glass c

:, that probably more people than you imagine, have faced a similar feeling of not living up to standarc
t handle it anymore. How can I get over my depression and grief?,It's never to late to get help with gri
tarted having children at 18 right after high school. After having children, I completely lost myself and
keep failing my road test, and I see my future crumble. I have no desire for friends. I pushed my best fr
started, I wasn't acting like myself. I was quiet, which I'm usually not. I didn't talk to anybody and didr
vited me over to hang out, and then came on to me. I was instantly terrified to say no, and I gave in. I d
I have told someone this, and that is why I am writing this. The thoughts are awful. How do I cope witl
duce and die. How can I feel so empty even though I'm only in my early teens?,"Are there any times or
ng. I know I push people away because itâ€™s easier. I just want answers. I'm sick of feeling this way. I
ng. I know I push people away because itâ€™s easier. I just want answers. I'm sick of feeling this way. I
owing how and not being able to communicate my feelings to him because he always feels I'm blamin
ation? I have voices in my head,"Since you realize that hearing voices in your head is not usual for you
ation? I have voices in my head,"This can certainly be a side effect of some medications. If the voices a
uture plans together. She moved away for school, and we attempted a long distance relationship. We e
and sometime I don't know how to deal with life. I'm very depressed and angry. I feel lost. I get so ang
ving and even being a passenger gives me terrible panic attacks and anxiety. I can't ride in the backsea
y. I just need someone to talk to right now. I don't have any friends or family I can talk to. I'm on the v
le.Before feeling balanced in your life without this partner, its first necessary to recognize the ""before
a monster. I enjoy pain. I cut myself for my climax during sex. I think most of the time, I lie, even when
ter with her severe depression and her obsessive form of thinking?,"Your instinct to help your daughte
me. I don't see my boyfriend that often because he works. The women's place is helping me find an ap
nes back. This past time, it was extremely debilitating, so I went on Wellbutrin. I could feel the effects
sed to cut myself, and I really want to again, but I change in the locker rooms because I donâ€™t want
me. I always feel depressed,"Feeling alone and/or isolated is almost always associated with being dep
me. I always feel depressed,"Hi Ohio,I'm so glad you reached out. I urge you to talk to someone close t

follow me to this day. I'm depressed and on the verge of loosing my partner because I'm overwhelme
ame. Iâ€™ve never felt like I belong, Iâ€™ve missed my country every second in the past four months,

affection at all. He was talking to other women and lying about it. It pushed me away and hurt me, bu
der. I'm afraid of the consequences of doing so. If I do become diagnosed with major depressive disor
pushes me away. Weâ€™re going through a breakup, and I have nobody. What can I do when I canâ€™
e ways, and then we get to put ourselves back together however we want. Feelings come and go, and
, is normal. Â Even crying on occasions you recall specific times with her, or on holidays and birthdays,
gling with fighting the negative thoughts, irrational fears, and loneliness. The people around me aren't
involved with for seven years! We just had a baby seven months ago and never got along with my m
anger management. Apparently, I also have an ODD, bipolar and split personality. How can I be truly h
arents about it. I feel really down all the time,"Are you a teen? Â This is a really hard problem for mor
anything that will give me a similar feeling as I did that summer. Is it possible to get PTSD from being v
anything that will give me a similar feeling as I did that summer. Is it possible to get PTSD from being v
is worse, what do I do? Writing on here has taken every bit of strength I have left. I hate talking to pe
ir world and relationship. Understanding your own and one another's triggers are the key to building a
d I really haven't been feeling myself,"Probably. Â I always tell the new parents I work with (and this i

do things. But lately I've been staying up way later and sleeping too much. I don't hang out with friend
to get over anxiety and social isolation? How do I get over anxiety, depression, and isolation?,"The bes
't know where to turn. How do I deal with depression?,"First of all, if youâ€™re sick and in pain, have y
ı me twice. The second time really got to me and at my lowest I hurt him back. We aren't communicati
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"Oh, crying in therapy is v
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"9 Ways Crying May Ben
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"Yes, if crying is how you
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"Please feel free to cry du
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"People do cry in therapy
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"It is is absolutely norma
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"First off, I want to comm
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"Lots of people do cry in
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"Crying is a natural proce
ıss myself, is it something to worry about? Is it normal to cry during therapy?,It is not uncommon to be
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"When talking about diff
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"Hi there ! Â As someone
ıss myself, is it something to worry about? Is it normal to cry during therapy?,Many people cry during t
ıss myself, is it something to worry about? Is it normal to cry during therapy?,"Please do not worry abc
vill live on forever either in hell or in heaven. When I think of living forever (even if it is in heaven whic
vill live on forever either in hell or in heaven. When I think of living forever (even if it is in heaven whic
vill live on forever either in hell or in heaven. When I think of living forever (even if it is in heaven whic
vill live on forever either in hell or in heaven. When I think of living forever (even if it is in heaven whic
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vill live on forever either in hell or in heaven. When I think of living forever (even if it is in heaven whic
vill live on forever either in hell or in heaven. When I think of living forever (even if it is in heaven whic
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,Oh that is t
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Hi there,Â
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Hello ther
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,Certainly.
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Well, it's g
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"What you
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Hello. Firs
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"It can be u
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"If you hav
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Thank you
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"It's absolu
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Sure, why
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Itâ€™s ve
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"It depend
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Therapy c
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"It takes a
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Therapy d
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Yes, feelir

is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"It is absolu
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Yes, it is c
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,For some p
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"of Â I wou
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,It is absolu
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"It's norma
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,""""Normal
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"Everyone
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"I would be
is normal? Should I still be feeling like this? Is it normal to go into therapy feeling nervous?,"It is totally
now why, I have anxiety and I had a rough childhood but now I'll start to hit my head and sometimes
now why, I have anxiety and I had a rough childhood but now I'll start to hit my head and sometimes
now why, I have anxiety and I had a rough childhood but now I'll start to hit my head and sometimes
now why, I have anxiety and I had a rough childhood but now I'll start to hit my head and sometimes
now why, I have anxiety and I had a rough childhood but now I'll start to hit my head and sometimes
now why, I have anxiety and I had a rough childhood but now I'll start to hit my head and sometimes
cry and tend to have anxiety attacks. What can I do to try and control it? Do I have an anger problem?,
ver 6 months. He doesn't want to get help. I'm feeling so overwhelmed. What can I do? I'm feeling ov
ecently got a new girlfriend, and she is extremely close to her large family and wants me to be around
ecently got a new girlfriend, and she is extremely close to her large family and wants me to be around
ecently got a new girlfriend, and she is extremely close to her large family and wants me to be around
I do? Overcoming fears,"Fears are not that difficult to deal with, first you need to train yourself to rel
I do? Overcoming fears,"It is commendable that you have acknowledged the fact that you have this f
I do? Overcoming fears,"Everyone has fears. Whatever your fear is it can be helpful to breakdown the
I do? Overcoming fears,"I think it's super brave to want to face your fears, so you are already moving
I do? Overcoming fears,"Your fear may have deeper roots within your sense of who you are, than you
I do? Overcoming fears,"Fear is a part of life. In fact, our five main emotions are joy, fear, sadness, sh
I do? Overcoming fears,"This answer could be very different depending on the fear, the degree of it,
I do? Overcoming fears,"Biologically, fear is designed to protect us from harm. Fear is not always a ba
I do? Overcoming fears,"Hello, and thank you for your question. Overcoming fears is something that
I know it's not normal to hear voices that aren't your own. I fight the voices and I want them to stop
I know it's not normal to hear voices that aren't your own. I fight the voices and I want them to stop
I know it's not normal to hear voices that aren't your own. I fight the voices and I want them to stop
I know it's not normal to hear voices that aren't your own. I fight the voices and I want them to stop
I know it's not normal to hear voices that aren't your own. I fight the voices and I want them to stop
But eventually, that went too far. Recently, I've realized that it is causing me lots of stress and anxiety
they always make me feel stressed out and less confident. How can I get more confident? I have diffic
they always make me feel stressed out and less confident. How can I get more confident? I have diffic
they always make me feel stressed out and less confident. How can I get more confident? I have diffic
they always make me feel stressed out and less confident. How can I get more confident? I have diffic
they always make me feel stressed out and less confident. How can I get more confident? I have diffic
they always make me feel stressed out and less confident. How can I get more confident? I have diffic
they always make me feel stressed out and less confident. How can I get more confident? I have diffic
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye

al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye
al graduate student, and that I am well-published. I am well liked by students and faculty alike. And ye

,"We often feel people are judging us, because we are judging ourselves.Â Investigating how you feel
,"Your fear may not seem ""rational"" but that doesn't mean it doesn't make sense!Â There's 100% a r
,"No, it makes sense :)Consider today how social media has impacted the mind and heart of man;Is it r
,"Stop caring about what you imagine people are thinking about you!Really this is the simple and comp

sionate.Â It sounds like you experience a lot of social

ıome. I feel like people can see all that I do and are reading my thoughts. Things I read or hear on the r
loes. I have turned to drinking to help relieve my repressed stress about this and other issues. I have h
loes. I have turned to drinking to help relieve my repressed stress about this and other issues. I have h
loes. I have turned to drinking to help relieve my repressed stress about this and other issues. I have h
el anxious. I donâ€™t sleep because Iâ€™m thinking about something I can get rid of. I donâ€™t know
after a horrible experience. I'm dealing with grief and guilt over losing my sons due to drug use. I have
after a horrible experience. I'm dealing with grief and guilt over losing my sons due to drug use. I have
ousehold. What are the best ways to reduce anxiety?,"What are the best ways to reduce anxiety?I have
ousehold. What are the best ways to reduce anxiety?,"Something to remember about anxiety is that it'

ɔusehold. What are the best ways to reduce anxiety?,"I encourage you to look at two things - what you
ɔusehold. What are the best ways to reduce anxiety?,"I don't think there are many people in this worlc
ɔusehold. What are the best ways to reduce anxiety?,"Anxieties are an adrenal problem;Clean them ou
ɔusehold. What are the best ways to reduce anxiety?,"Anxiety is overwhelming insecurity.Try to think
ɔusehold. What are the best ways to reduce anxiety?,"Which one gives you the most anxiety? List from
ɔusehold. What are the best ways to reduce anxiety?,"Since it is clear that people react differently to tl
ocial anxiety has skyrocketed since COVID.Â Plus could be trauma or PTSD.Â Maybe you are a known
There could be a few reasons that's happening.Â If you are afraid of leaving your home and going oth
One reason may have to do with physical anxiety symptoms. This is common for people who experien
The short answer I could give is that we don't know why it's happening. The longer answer could come
The first step to answer your question is to reflect on what is going on in your life overall. Â If you're in

lot of anxiety. Every medicine I have been on my body rejects; I get sick to my stomach and get blister
ght he liked me back until he told me about his actual crush. I have really bad anxiety over this. How ca
y time I get i,t I'm too scared. All I have to do is talk the popular people. They're really nice to me, but
y time I get i,t I'm too scared. All I have to do is talk the popular people. They're really nice to me, but
y time I get i,t I'm too scared. All I have to do is talk the popular people. They're really nice to me, but
burnt out. What can help me feel better? I feel burned out,"I would first say that those are difficult th
burnt out. What can help me feel better? I feel burned out,"It's OK that you are going through that, ev
burnt out. What can help me feel better? I feel burned out,"Does it help to put a name to the experier
burnt out. What can help me feel better? I feel burned out,"There's no such possibility that you're ups
want to avoid it since it really bothers me. How can I avoid thinking much?,"As you know (probably ve
pening for you.My first thought is what we know about the effect of alcohol on the body.Â It's a depr
a panic attack?,"I'm sorry you're going through that.Â Panic attacks are terrifying.One thing to start w
better myself. I failed a class, and my boyfriend that I live with thinks Iâ€™m stupid and wants to brea
better myself. I failed a class, and my boyfriend that I live with thinks Iâ€™m stupid and wants to brea
k or say. How can I manage my budding anxiety?,"I think it's a great idea that you are asking this quest

omeone judging me. How can I overcome social anxiety?,"Thanks for reaching out and asking this ques
: and enjoy things. How can I stop worrying much?,"We all experience that to a different level, depend
: and enjoy things. How can I stop worrying much?,"Thinking about what others think of us is a natural
ny situation. I am in my early 30s, and I feel like I am trapped in my body, mind, soul, and house becau
d to do track because I'm not a horrible runner, and my dad wants me to. The catch is is that the days l
d to do track because I'm not a horrible runner, and my dad wants me to. The catch is is that the days l
d to do track because I'm not a horrible runner, and my dad wants me to. The catch is is that the days l
believes you and will listen to you.Â Sometimes when family members don't give us a chance to be he
m only a teen and all my friends curse, but I don't want to. I don't know what to do. Can anxiety make
something. I will be focusing on something else and then randomly think I hear something about me.
something. I will be focusing on something else and then randomly think I hear something about me.
something. I will be focusing on something else and then randomly think I hear something about me.
hard for a lot of people, so you are definitely not alone here.Â Â Has anything scary ever happened to
ble to know you feel anxiety and write about it, is the first step to addressing and handling it!Generally
in the corner of my eye someone moving. The other night, I heard breathing in my room, and my eyes
in the corner of my eye someone moving. The other night, I heard breathing in my room, and my eyes
ng about changing my job. I keep on changing my life when things get tough,"Is there a certain problem
ng about changing my job. I keep on changing my life when things get tough,"There's a quote I love tha
ng about changing my job. I keep on changing my life when things get tough,"It's great that you are at
ng about changing my job. I keep on changing my life when things get tough,"Many times when things
ng about changing my job. I keep on changing my life when things get tough,"Sometimes changes mak
ng about changing my job. I keep on changing my life when things get tough,"I recommend that you m
e at 4:30, then 4:45, and finally stay awake by 6:00. I'm always the last one to fall asleep and the first t
e at 4:30, then 4:45, and finally stay awake by 6:00. I'm always the last one to fall asleep and the first t
e at 4:30, then 4:45, and finally stay awake by 6:00. I'm always the last one to fall asleep and the first t
s?Â Could have to do with fear of incompetence as a parent, but may be something unrelated.For exa
e writing your question it is likely you really do care and are capable, only have self-doubts as to your
breathe. I feel like nothing I do makes it better. How can I deal with this anxiety that keeps me up all
breathe. I feel like nothing I do makes it better. How can I deal with this anxiety that keeps me up all
whelmingly true in the research) it makes sense we worry about what others think.Â Â The thing to kn
onal Alliance on Mental Illness, 40 million adults, or 18% of Americans, experience an anxiety disorder
ged, rejected, criticized, mocked, any bad feeling you can think of, even before they make any approac
It could include things like having conversations with people you don't know, being observed, or public
ow that they are okay, but I still feel afraid. How can I be less afraid of people?,"First off, this is totally
ow that they are okay, but I still feel afraid. How can I be less afraid of people?,"Maybe the problem is
wrong with me. When my dad or stepmom ask what is wrong, I never know the answers or the words
wrong with me. When my dad or stepmom ask what is wrong, I never know the answers or the words
g myself. I often avoid large groups of people, like parties, because I think they all constantly judge me
g myself. I often avoid large groups of people, like parties, because I think they all constantly judge me
g myself. I often avoid large groups of people, like parties, because I think they all constantly judge me
when I take 1 mg during a big anxiety attack, it calms me down. I was wondering how I can ask my psyc
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vhen I take 1 mg during a big anxiety attack, it calms me down. I was wondering how I can ask my psyc
',"This is very common!Â Sleep is when we are most vulnerable and it requires our bodies to let go of
',"Maybe you are afraid to let go of your problems for a few hours.Although you didn't write this, usua
though I live in a horror movie with no resolution. It worsens at night. It gets to the point I'm scared in
though I live in a horror movie with no resolution. It worsens at night. It gets to the point I'm scared in
e and I want to have sex soon, and this might mess everything up because she wants a baby soon as w
e and I want to have sex soon, and this might mess everything up because she wants a baby soon as w
attacks are very frightening.For some reason (and I promise there is one) your brain is sending off fals
is as a sign of feeling insecure or lacking confidence in a certain area or characteristic of yourself.The i
t is to see if you can keep track of what is leading you to feel anxious.Â If you shake all the time, consic
lpful to try it at home first with someone you trust.Â Because the nation is basically in lock down right
n of particular foods in public and see the results of whatever you are fearful may happen from eating
avy and sweat a lot. I then start to act weird because I'm trying to fight my paranoia. This leads to peop
avy and sweat a lot. I then start to act weird because I'm trying to fight my paranoia. This leads to peop
avy and sweat a lot. I then start to act weird because I'm trying to fight my paranoia. This leads to peop
the thoughts at the time, they make me cry. Why do I feel like this? Why do I find pleasure in thinking
the thoughts at the time, they make me cry. Why do I feel like this? Why do I find pleasure in thinking
the thoughts at the time, they make me cry. Why do I feel like this? Why do I find pleasure in thinking
m has really affected me. I've had anxiety attacks and suicidal thoughts and self-harm in the past. Cu
m has really affected me. I've had anxiety attacks and suicidal thoughts and self-harm in the past. Cu
m has really affected me. I've had anxiety attacks and suicidal thoughts and self-harm in the past. Cu
m has really affected me. I've had anxiety attacks and suicidal thoughts and self-harm in the past. Cu
m has really affected me. I've had anxiety attacks and suicidal thoughts and self-harm in the past. Cu
m has really affected me. I've had anxiety attacks and suicidal thoughts and self-harm in the past. Cu
tner about this so that ideally the person has a chance to be supportive and reassuring, as well as liste
r what your anxiety or fear connects to. I don't know whether it is about sex itself or about ideas of wo
e, I left a note with an illegible phone number. Guilty over this, I got an envelope containing several hu
e, I left a note with an illegible phone number. Guilty over this, I got an envelope containing several hu
nxiety symptoms. I frequently find myself not going out and following my parent around the house. I c
nxiety symptoms. I frequently find myself not going out and following my parent around the house. I c
ool. I feel like no one understands. How can I handle this? I'm not sure if I have social anxiety disorder,
ool. I feel like no one understands. How can I handle this? I'm not sure if I have social anxiety disorder,
ool. I feel like no one understands. How can I handle this? I'm not sure if I have social anxiety disorder,
ut recently started seeing him again. I really want this to last this time. I stayed the night. Do I text, cal
ut recently started seeing him again. I really want this to last this time. I stayed the night. Do I text, cal
ecause I felt uncomfortable with all the people there and I just wanted to be by myself. Why is that? W
lly cannot come out of my mouth. I've always thought it was normal and I was just nervous, but the ot
lly cannot come out of my mouth. I've always thought it was normal and I was just nervous, but the ot
lly cannot come out of my mouth. I've always thought it was normal and I was just nervous, but the ot
lly cannot come out of my mouth. I've always thought it was normal and I was just nervous, but the ot
lly cannot come out of my mouth. I've always thought it was normal and I was just nervous, but the ot
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lly cannot come out of my mouth. I've always thought it was normal and I was just nervous, but the ot
lly cannot come out of my mouth. I've always thought it was normal and I was just nervous, but the ot

sits. I have anxiety, and I'm always anxious about him cheating or still having feelings for an ex that he
s my emotional support animal. How can I take my emotional support animal to school?,"Sorry to reac
reasonable. Â No one wants to be raped and I imagine everyone is afraid of what being raped would f
rape? Because it is a problem in the United States! The National Sexual Violence Resource Center repo
nory problems. I can't work. I have no income. I'm on medicine, but I feel worthless. I want to be norm
nber anything. I always get nervous and usually talk myself down but recently end up fighting with, wh
nber anything. I always get nervous and usually talk myself down but recently end up fighting with, wh
nber anything. I always get nervous and usually talk myself down but recently end up fighting with, wh
l verbally abusive towards me. I thought it was my nerves, but every time I stand up, I get sick. If I sit a
lp, like therapy or seeing a doctor. She's seen me when I'm having a panic attack and just said I was fak
lp, like therapy or seeing a doctor. She's seen me when I'm having a panic attack and just said I was fak
even though me and my partner used both forms of protection. My partner is not happy about this an
even though me and my partner used both forms of protection. My partner is not happy about this an

tions is a very personal decision;

¡ contenta y simplemente

sexual es una
e hablar de las posibles

even though me and my partner used both forms of protection. My partner is not happy about this an
even though me and my partner used both forms of protection. My partner is not happy about this an
nswer questions in class. Can I get over this social anxiety? Why is it so hard for me to talk publicly?,"y

nswer questions in class. Can I get over this social anxiety? Why is it so hard for me to talk publicly?,"S
panic or just crying and sweating. It has made me terrified of falling asleep and is now affecting my da
each other that often. I just feel very paranoid that there's someone else or that he could be hiding son
each other that often. I just feel very paranoid that there's someone else or that he could be hiding son
rt me because he told me he was interested in BDSM intercourse. We haven't tried it, but I've had this

ng is

€™m scared of the outcomes. What do I do when I have anxiety attacks?,"This is a very common quest
€™m scared of the outcomes. What do I do when I have anxiety attacks?,"The other two post answers
€™m scared of the outcomes. What do I do when I have anxiety attacks?,"Anxiety is simply your syste
€™m scared of the outcomes. What do I do when I have anxiety attacks?,"The are two ways that such
e has always been a communication issue between my uncle and aunt and my cousin and his wife. My
e has always been a communication issue between my uncle and aunt and my cousin and his wife. My

ave trouble breathing. Why am I so anxious in social situations?,"Basically, your response is the fight, f
led the autonomic response).Â This system

on, but

ave trouble breathing. Why am I so anxious in social situations?,"As you do it more, it should get bette
lem is that I don't remember anything about this dream. I still know that it's the same one, and then I
part from him for so long. It hurts all over, and then I feel like it won't last. If I'm not with my boyfrien
friend and started seeing me. Everything was great in the beginning, then I started having low self-este
people. How can I get over social anxiety?,"Individual and/or group therapy can be a powerful antido
ressing everyone else out Am I somehow stressing myself out?,"I think you have identified something
ressing everyone else out Am I somehow stressing myself out?,""""Where you put your attention is wh
ressing everyone else out Am I somehow stressing myself out?,"I'm glad to hear you have friends and
ressing everyone else out Am I somehow stressing myself out?,"Interesting: Â How much of your issue
obs because I thought someone might break in. I also think a lot, which is probably the reason for the p
se thoughts and sometimes cannot get out of what I call a deep hole of thoughts. I barely go to any of
nd several blood transfusions). It was a close call. I am currently undergoing medical treatment becau
ow him. What if he is not who I think he is? I cry sometimes thinking someone is going to be with him
atrist with obsessive-compulsive disorder. Lately, I've been questioning everything from my career to
atrist with obsessive-compulsive disorder. Lately, I've been questioning everything from my career to
thing. I'd like to hear some ways I can work on not needing to feel so much in control all the time. Ho
thing. I'd like to hear some ways I can work on not needing to feel so much in control all the time. Ho
thing. I'd like to hear some ways I can work on not needing to feel so much in control all the time. Ho
. Iâ€™m scared to sleep because I see it in my dreams. I don't leave the house because I have panic at

use I'm scared of what people will think of me. I avoid all social situations as it causes me great anxiet
er nights I sleep too much and still feel quite tired. Iâ€™m also noticing increased irritability and exper

er nights I sleep too much and still feel quite tired. Iâ€™m also noticing increased irritability and exper
er nights I sleep too much and still feel quite tired. Iâ€™m also noticing increased irritability and exper
of having someone to talk to multiple times per day and seeing me once or twice a month. I want som
of having someone to talk to multiple times per day and seeing me once or twice a month. I want som
know I can't afford a therapist so I don't know what my problem is, but I think I might have social anxie
e, like thereâ€™s a hole in my stomach. It only goes away when I hurt myself. I always feel the need to
e, like thereâ€™s a hole in my stomach. It only goes away when I hurt myself. I always feel the need to
™m an adult, I suffer from extreme anxiety. Could a rape that happened years ago be the cause of my
™m an adult, I suffer from extreme anxiety. Could a rape that happened years ago be the cause of my
™m an adult, I suffer from extreme anxiety. Could a rape that happened years ago be the cause of my
to say. I don't even want to talk at all. It's like, I search for the right thing to say and nothing ever come
vith her but it stresses me out so much to be around her that I have locked myself in my room. I have n
vith her but it stresses me out so much to be around her that I have locked myself in my room. I have n
That is a great question! As an American, I can truly say that I spend way too much time on the go! It is
opinion it gets shut down. My mom and everyone else behaves likewise. For my father who heads a c
nking of moving in with her since I get so anxious. I'm experiencing panic attacks when I'm physically s
s a bright student, always has a 4.0, but I am afraid she is stressing too much. Iâ€™m afraid itâ€™s goir
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s a bright student, always has a 4.0, but I am afraid she is stressing too much. Iâ€™m afraid itâ€™s goir
nisses me, but I need to move on and not live in the past. How do I do this? Do I see my child as much
nisses me, but I need to move on and not live in the past. How do I do this? Do I see my child as much
nisses me, but I need to move on and not live in the past. How do I do this? Do I see my child as much
nisses me, but I need to move on and not live in the past. How do I do this? Do I see my child as much
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nisses me, but I need to move on and not live in the past. How do I do this? Do I see my child as much
ɛing gone a lot. My children are successful with their own business's, have lots of nanny and cleaning h
ed. I want to move out because I swear if I stay here, I'm going to lose it. What can I do? What can I do
ed. I want to move out because I swear if I stay here, I'm going to lose it. What can I do? What can I do
ed. I want to move out because I swear if I stay here, I'm going to lose it. What can I do? What can I do
and doesn't like it, but she seems afraid to say anything to him about it for some reason. Is it okay for
and doesn't like it, but she seems afraid to say anything to him about it for some reason. Is it okay for
and doesn't like it, but she seems afraid to say anything to him about it for some reason. Is it okay for
and doesn't like it, but she seems afraid to say anything to him about it for some reason. Is it okay for

ecess,"It can be tricky to figure out if a child is truly satisfied with his lack of friendships. Parents can us
ecess,"I recommend asking your son about the reasons he chooses to play alone at recess. If he is happ
ecess,"My son plays alone at recess.Is this something I should be worried about? Should I do something
ecess,"Humans are social creatures so this can be an alarming thing for a parent to deal with, just like a
ecess,"The answer depends on how the other areas of your son's life are doing.Is he happy or does he s
her daddy die. My toddler wants her daddy to die when she's mad at him,"Children often have a difficu
her daddy die. My toddler wants her daddy to die when she's mad at him,"It's normal for a child to be
her daddy die. My toddler wants her daddy to die when she's mad at him,"Toddlers don't have the inte
feel stupid. He also compares me to my other siblings in a negative way and demeans me. Is this abus
feel stupid. He also compares me to my other siblings in a negative way and demeans me. Is this abus
feel stupid. He also compares me to my other siblings in a negative way and demeans me. Is this abus
feel stupid. He also compares me to my other siblings in a negative way and demeans me. Is this abus
feel stupid. He also compares me to my other siblings in a negative way and demeans me. Is this abus
feel stupid. He also compares me to my other siblings in a negative way and demeans me. Is this abus
is too wrapped up in a video game or video. We have taken away games and videos for long periods o
is too wrapped up in a video game or video. We have taken away games and videos for long periods o

"every detail" about what happened during the other parentâ€™s visitation in order to help build a ca

t a

went last year for two weeks by herself. Should I feel guilty if my adult daughter cannot afford to go or
went last year for two weeks by herself. Should I feel guilty if my adult daughter cannot afford to go or
ing being hit. They say theyâ€™re sorry over and over really fast. I ask and they say no one has hit the
ing being hit. They say theyâ€™re sorry over and over really fast. I ask and they say no one has hit the
ing being hit. They say theyâ€™re sorry over and over really fast. I ask and they say no one has hit the
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
en she writes unless there are big spaces or she skips lines. Does my daughter have a mental disability
act younger than she is. Now she only wants to play with younger kids and she doesn't act her age. I
act younger than she is. Now she only wants to play with younger kids and she doesn't act her age. I
act younger than she is. Now she only wants to play with younger kids and she doesn't act her age. I
act younger than she is. Now she only wants to play with younger kids and she doesn't act her age. I
ned by carrying cards around for when he starts acting up so we can get him to focus on something els
attitude. A week after he graduated, his dad made him leave because of the same issues. All four pare
attitude. A week after he graduated, his dad made him leave because of the same issues. All four pare
at do I do? I lied to my mom, then felt bad and told her the truth,"You felt bad when you lied, so you t
at do I do? I lied to my mom, then felt bad and told her the truth,It sounds like you've already learned
at do I do? I lied to my mom, then felt bad and told her the truth,"Hey! Sounds like the part of you tha
anymore. I don't know if I should punish him or make him do something. I've tried talking to him and
anymore. I don't know if I should punish him or make him do something. I've tried talking to him and
r toes, as well as coloring and writing very messy. This all happened very suddenly. She has never walk
r toes, as well as coloring and writing very messy. This all happened very suddenly. She has never walk
youngest is one. I have a great relationship with the oldest two children but I haven't developed the sa
youngest is one. I have a great relationship with the oldest two children but I haven't developed the sa

youngest is one. I have a great relationship with the oldest two children but I haven't developed the sa
she isn't honoring boundaries set for her?,"Well, first let's identify what factors are involved in the sit
she isn't honoring boundaries set for her?,This is something you will have to discuss with your husbar
she isn't honoring boundaries set for her?,"It may be helpful to first have a discussion about what you
was caught looking up porn. Iâ€™m worried about him. How do I address my nephew's sexual behavi
hen trying to talk when sheâ€™s calmer, and now calisthenics. However, nothing is working. How do I
esults. I feel like everyone else puts their needs in front on mine. I give intil it hurts and I'm afraid that
esults. I feel like everyone else puts their needs in front on mine. I give intil it hurts and I'm afraid that

y ill upon adopting the baby and died when the child was just over one year old. The adopted father th
. Is it healthy to embarrass a child as punishment?,"Parents are to teach discipline toÂ children, not pu
. Is it healthy to embarrass a child as punishment?,"Absolutely not!Â It is never in a child's best interes
lk to my mom although My dad tells me that I'm no allowed to. I'm scared I will make the wrong decisi
lk to my mom although My dad tells me that I'm no allowed to. I'm scared I will make the wrong decisi
ter overdosed today. My daughter blames me. I told her to stay out of it. I'm scared of all three kids no

e wants to come live with me, but my current living situation is not the best for her. She refuses to see
r in fact or because the little things represent much more serious matters in your life.Take your own fe
on.If they're really small things that you actually want to let go, try looking at it on a continuum Â of th
erything will start to find more balance. Our brains are fine tuned to focus on and highlight all the icky
olving a minor. He, by his own admission, is addicted to child pornography. My step-daughters are nov
olving a minor. He, by his own admission, is addicted to child pornography. My step-daughters are nov
olving a minor. He, by his own admission, is addicted to child pornography. My step-daughters are nov
and the problem is mostly food. She is now overweight, and we just don't know what to do anymore. S
s, it is strange.Find out if the person has a reason for his preference and what this is.Are they studying
er. It's almost like she scolds me. We get into all out war. She's said I don't support her in what she doe
om that has not talked to him since before last year. How are we to handle this? Our grandson wants to
e 20, continues to call me crazy and favors her dad. He was abusive to me, and I left with injuries. He r
e 20, continues to call me crazy and favors her dad. He was abusive to me, and I left with injuries. He r
e 20, continues to call me crazy and favors her dad. He was abusive to me, and I left with injuries. He r
are Hispanic and talk to my daughter in their language. Sometimes they overstep their balance betwe
ent the weekends with me and my mother. Now she doesn't think her son should have any interactio
nd out of psychiatric hospitals for about 40 years. She has voices in her head that tell her to cut herself
because she remember really bad things from him such as domestic violence and child abuse. The visit
because she remember really bad things from him such as domestic violence and child abuse. The visit
has a child from a previous relationship. We do not live together. I live with my mother currently while
hild urinated in his mother's drink,"Well it's certainly unusual, and potentially could be cause for alarm
y time she leaves, he gets into these funks like when his mom died. When sheâ€™s here, sheâ€™s dis
re desperate to hold on to the magic of Christmas, but I don't know if it's right for me to lie to them an
wits end. How can I get them to stop and get along? How can I help my kids get along?,"That is a good
poop. He gags and will not go on the toilet. We have tried a toilet chair and ring that goes on the big-b

nvicted in Louisiana. I lost custody of my daughter and served 5 years. When I was released, she was 5

ll always love them no matter what and when I'm with them nothing else matters. I love them more th
ıg on for 4 years. The boy tells my daughter not to tell on him. He knows it's wrong; we have did time c
vas difficult and frustrating. We argued a lot, and due to that, there was a lot of tension between us. W
vas difficult and frustrating. We argued a lot, and due to that, there was a lot of tension between us. W
e more confident? I Sometimes I feel like I hate myself,"Sending you positive vibes âœ¨ Self Esteem is
e more confident? I Sometimes I feel like I hate myself,"Aside from seeing a therapist to help you work
e more confident? I Sometimes I feel like I hate myself,"You are valid and you are enough, starting to a
e more confident? I Sometimes I feel like I hate myself,"I think it would be helpful to process these em
e more confident? I Sometimes I feel like I hate myself,"One of the ways that can help you practice acc
e more confident? I Sometimes I feel like I hate myself,"Sometimes we can be our own toughest critic.
e more confident? I Sometimes I feel like I hate myself,"You've already taken the first step. You want t
e more confident? I Sometimes I feel like I hate myself,Self-doubt and self-hatred are such common an
e more confident? I Sometimes I feel like I hate myself,"Self love and self acceptance is something that
e more confident? I Sometimes I feel like I hate myself,"The most important word here is ""sometimes
e more confident? I Sometimes I feel like I hate myself,"The answer would require a more in-depth kn
e more confident? I Sometimes I feel like I hate myself,"This happens slowly and can be done.You alre
, I've worked on all of my family relationships, I'm doing great in school, I'm kind to those in need and
, I've worked on all of my family relationships, I'm doing great in school, I'm kind to those in need and
, I've worked on all of my family relationships, I'm doing great in school, I'm kind to those in need and
, I've worked on all of my family relationships, I'm doing great in school, I'm kind to those in need and
, I've worked on all of my family relationships, I'm doing great in school, I'm kind to those in need and
had found out about a month before, but I hadn't told him I knew because I didn't want us to break u
ıt when I finish it, they always think that they should have picked someone else to do it. I feel like they
ıt when I finish it, they always think that they should have picked someone else to do it. I feel like they
ıt when I finish it, they always think that they should have picked someone else to do it. I feel like they
heart, and we have an excellent sex life. She recently moved in with me partially because she wanted
heart, and we have an excellent sex life. She recently moved in with me partially because she wanted
heart, and we have an excellent sex life. She recently moved in with me partially because she wanted
ound a job. I've been binge watching television and binge eating. I feel like I failed myself,"Hello!I writ
ound a job. I've been binge watching television and binge eating. I feel like I failed myself,"Wow, you
ound a job. I've been binge watching television and binge eating. I feel like I failed myself,"Please prac
e wise once said, mistakes are our teachers. None of us areÂ perfect, and we all make mistakes at on
atever lessons are possible from your mistakes. Â This is the best way to ensure you won't repeat the
ally upset every time they hook up. How can I get into a relationship with a girl?,"If you mean â€œho
well, it kind of scares me. I spent most of my life feeling unwanted and figured I would be alone. I rec
well, it kind of scares me. I spent most of my life feeling unwanted and figured I would be alone. I rec
well, it kind of scares me. I spent most of my life feeling unwanted and figured I would be alone. I rec
well, it kind of scares me. I spent most of my life feeling unwanted and figured I would be alone. I rec
3 times. Now can I try but don't stop. At school I get bullied about my weight and my ugliness and I hav
3 times. Now can I try but don't stop. At school I get bullied about my weight and my ugliness and I hav
especÃ-ficas para tu cuidado personal.Â A travÃ©s de sesiones familiares, puedes atender dinÃ¡mic
f I'm not worthy of happiness, and Iâ€™m always afraid I'm doing something wrong. It's as if I create li
f I'm not worthy of happiness, and Iâ€™m always afraid I'm doing something wrong. It's as if I create li
f I'm not worthy of happiness, and Iâ€™m always afraid I'm doing something wrong. It's as if I create li

have been bullied for five years, and for some reason, it is now sinking in, and I can't stop it. For some
have been bullied for five years, and for some reason, it is now sinking in, and I can't stop it. For some
eel less self-conscious about my weight?,"One way may be to take some sort of physical movement cla
eel less self-conscious about my weight?,"Have you spoken to your health care provider about your we
with understanding what gets in the way of you liking or loving yourself.Â And more often than not, it
with understanding what gets in the way of you liking or loving yourself.Â And more often than not, it
to others - ie: I'm not as good looking as Jaime, I'm not as cool as Corey~ the person you might do bett
ything and she usually jumps to conclusions, which are usually wrong on how I feel. She is very family-
a boy in class that my top was displaying everything. I was very embarrassed. How do you overcome a
a boy in class that my top was displaying everything. I was very embarrassed. How do you overcome a
a boy in class that my top was displaying everything. I was very embarrassed. How do you overcome a
a boy in class that my top was displaying everything. I was very embarrassed. How do you overcome a
a boy in class that my top was displaying everything. I was very embarrassed. How do you overcome a
a boy in class that my top was displaying everything. I was very embarrassed. How do you overcome a
did that the whole school year and my parents never found out. But now I can never hang out with my
did that the whole school year and my parents never found out. But now I can never hang out with my
did that the whole school year and my parents never found out. But now I can never hang out with my
ts of helpfulness!
confidence?,Check out my latest blog on: Â Four-ways-add-self-esteem-friends-listI hope this offers yo
heck out my blog post on: Â Four-ways-add-self-esteem-friends-list/I hope this offers you some nugget
stressing me out. I don't trust my parents enough to tell them and I don't know what to do. I hate the
stressing me out. I don't trust my parents enough to tell them and I don't know what to do. I hate the
not being good enough. Even when I am walking, I worry about my appearance and facial expression
not being good enough. Even when I am walking, I worry about my appearance and facial expression

veryone to take care of her. The next morning, she apologizes constantly until she feels validated. She
g to consider is that they each had their own reasons for not wanting a child at that moment. It is poss
people. I know that no matter what I do or how I change, there will always be some people who hate
people. I know that no matter what I do or how I change, there will always be some people who hate

tuck. I've never had a serious relationship. I had worthless jobs. I do a lot of meditation to try to fix it. V
d, I feel ashamed and guilty even though my loved ones forgave me. How can I forgive myself?,"Hello,
d, I feel ashamed and guilty even though my loved ones forgave me. How can I forgive myself?,"A lot o
d, I feel ashamed and guilty even though my loved ones forgave me. How can I forgive myself?,"Realiz
d, I feel ashamed and guilty even though my loved ones forgave me. How can I forgive myself?,"What

uble forgiving ourselves we sometimes forget

ot full

owing up. And when

d, I feel ashamed and guilty even though my loved ones forgave me. How can I forgive myself?,"Hi Oh
mood and even my whole self. I have trouble sleeping, and I keep having sleep paralysis while dreamir
ings and forgetting. I also feel like nobody cares for me and they never will. I feel truly alone. Am I goir

Â Â Â Â Â BÂ Â Â Â Â Â

ings and forgetting. I also feel like nobody cares for me and they never will. I feel truly alone. Am I goir
ings and forgetting. I also feel like nobody cares for me and they never will. I feel truly alone. Am I goir
plode. I feel pathetic, stupid, and worthless. I just can't take this anymore. I can't focus when I'm doing
think that you hold little self worth and feel that you are not worthy of better. Â I would suggest that
lf down into an asthma attack. From weapons, to words, I can't help but self harm. What am I suppose
ebook because everyone else has kids and a great husband and great paying jobs. I work in retail, and
orrying what someone else thinks about us without directly approaching them in an open minded way
o matter what. I'm engaged, and I still feel ugly. I don't like to take pictures of myself. How come I fee
n if this is the case, and I donâ€™t want to hurt him. How can I be sure that I'm not choosing my relatic
tease, I like for men to chase me, and I like to feel wanted. I'm desperate for attention, and I don't kno
ng to throw up so I'm not fat. Everything I do is wrong, and I can't seem to do anything right! No one e
xcited enough to have sex with my wife. How do I get my sex drive back after my rape?,"Hello Utah, th
xcited enough to have sex with my wife. How do I get my sex drive back after my rape?,"I am very sorr
xcited enough to have sex with my wife. How do I get my sex drive back after my rape?,"I'm sorry for
ctures and then hung out with her once, but nothing happened. I didnâ€™t find out about the message
lp. All I can do is cry and hate myself,"Crying due to a dissolution of a marriage, is normal. Â Hating you
miss her as much as I used to but I just don't trust people anymore, not even my friends who I have kr
miss her as much as I used to but I just don't trust people anymore, not even my friends who I have kr
ex-boyfriend. How do I cope with the feelings like I'm not good enough?,"I recommend that you seek
ce regarding approaching girls I like. How can I be more confident around girls?,"I recommend that you
or hours and she told me time and again that I was a great guy. She told me I was attractive, and have
ors have discussed very good points about your situation so I would like just to confirm what seems es
tioning if you should end your relationship with your boyfriend tells me that you are unhappy with hin
y challenging decision, and it may take time for you to sort through all of your feelings about the relati
ro relationship and con relationship list about if this person promote happiness or headaches in your li
cing of ending it is a partial clue as to how you feel. Another suggestion is to weigh the pros and cons o
rd place to be. Usually when we ask that question, we are struggling with weighing the ""good"" from
ion to end a relationship is never an easy decision. However, here are three signs that it may be time t
erapy can help.Â Also consult a spiritual advisor like myself who can give you some incite on what is g
in any form, one needs to end the relationship !"
u've already decided. But if you want to really figure it out, do a pros and cons list or talk to someone t
a relationship is a big question that deserves your full care and attention.Â One of the first questions y
d, thereâ€™s no two-ways about it. The emotional toll is enough to send many people into the fetal p

youâ€™re having this dilemma.Â I wish I knew a little more about the situation to give a better answer
y difficult question to answer. Without knowing anything else about the situation - it makes me wonde
onal decision that you make when you have evaluated the issues in your couple that you feel are affec
cision to make for anyone that has ever been involved in a relationship.Â My advice is for you to consi
uestion.Â Typically, if we are contemplating if we should or not, it is for a reason.Â To really come to
nd a relationship is difficult. There are a few questions you might want to ask yourself like, ""Why am
nd a relationship is often very difficult. It is important that you are aware of your personal ""deal brea
a relationship is never easy, especially if there is not any strong reason or incident standing out to help
big question and really something no one can answer except you. Here are some things to consider to
the details, it would be very difficult to say! But, that's also the point of my response. Because even w

he question, then probably you are pretty close to ending your relationship.Make a list of what you do
ɔ I move on?,"You canâ€™t drive lifeâ€™s road without sometimes hitting bumps like regrets, disappo
ɔ I move on?,"A large part of moving on is taking time to grieve the loss of the relationship, practicing s
ɔ I move on?,"Moving on is the right question. Everyone's different in moving on. First, what can I learı
ɔ I move on?,The termination of a relationship can be a challenge to heal from. Having obsessions afte
ɔ I move on?,"Initially, everything is a reminder because there is a trace of that other person present ir
ɔ I move on?,"Dealing with a breakup is difficult. We have high hopes and then those hopes and dream
ɔ I move on?,"Relationships can be extremely enjoyable and satisfying. Â When relationships end, how
ɔ I move on?,"Breaking up can be a very difficult thing. Â I'm sorry you're feeling badly. Â Â The first th
ɔ I move on?,"Hi,Â Break ups can be very devastating and even traumatic. Recovering from one is a pro
ɔ I move on?,"The best way to move on is to give yourself sufficient time and space away from your ex
ɔ I move on?,"Let yourself know what you feel. Â Â There is no timetable or known length of how mucl

ɔn and move on? How to get over somebody?,"What about this person do you miss most?Â What par
ɔn and move on? How to get over somebody?,"I think giving yourself the space to realize that this was
ɔn and move on? How to get over somebody?,"What you're most likely trying to get over is to be attra
:heir ups and downs but I don't understand why she can't tell me why she wants a divorce. Should I figl
the family up. How can I let go of a relationship when the woman is married?,"What changed that afte
finally told me what happened. But I dont think he is telling me the whole story. He works with her ar
finally told me what happened. But I dont think he is telling me the whole story. He works with her ar
e anymore, but I would do anything to get him back. Is there any hope? How do I get my husband back
e anymore, but I would do anything to get him back. Is there any hope? How do I get my husband back
e anymore, but I would do anything to get him back. Is there any hope? How do I get my husband back
e anymore, but I would do anything to get him back. Is there any hope? How do I get my husband back
e and it broke my heart. I miss her so much and can't seem to get over being so heartbroken. How do I
e and it broke my heart. I miss her so much and can't seem to get over being so heartbroken. How do I
ve been experiencing. Both of us agree we have an uncanny, unbreakable bond. Heâ€™s been unfaithf
ties. We've tried to reconcile our differences but it never works out. Since we've been separated, I've c
ties. We've tried to reconcile our differences but it never works out. Since we've been separated, I've c
engagement due to an opportunity to go to college. After that, I found out she had been cheating on
e, "That relationship is definitely over. I love you, but that girl will always be in my mind." It just didn't
e, "That relationship is definitely over. I love you, but that girl will always be in my mind." It just didn't
have separated but still live in the same house. He says he despises the sight of me, wants to be with c
have separated but still live in the same house. He says he despises the sight of me, wants to be with c
â€œin loveâ€ part of a relationship but doesnâ€™t want to lose me. Should I wait or start over new? S
â€œin loveâ€ part of a relationship but doesnâ€™t want to lose me. Should I wait or start over new? S

low he says all he wants is be with me. I'm pushing him away mentally now because he cheated on me
low he says all he wants is be with me. I'm pushing him away mentally now because he cheated on me
ter never defended me. Now that I showed the truth, she's shutting me up and saying she doesn't care
ter never defended me. Now that I showed the truth, she's shutting me up and saying she doesn't care
y miss her, and she told me she still likes me. How can I get my ex-girlfriend back?,"Given the short am
y miss her, and she told me she still likes me. How can I get my ex-girlfriend back?,"It sounds as if your
used meaningless fights when she didn't do anything, I feel remorseful, and I'm willing to do whatever
very move. He got tired and left. How can I deal with a break up?,"Cheating on you shows a lack of cor
very move. He got tired and left. How can I deal with a break up?,if he as cheated on you multiple time
very move. He got tired and left. How can I deal with a break up?,"There is a grieving process after losi
has moved in with another lady. I think she is just cheating on me to make me miss her. How can I find
daughters. They wanted him to try to work it out with their mom (his ex-girlfriend of 20 years). He and
nship of only roommates would require to constantly be watchful to keep the relationship businesslike
at you are having.This may be a good time to talk about what kind of relationship you want to have (w
do this is by creating your own narrative around what happened. Chances are, you were not fully getti
he continues to hurt me. He and his wife were separated when we met. Now he's going through a r
he continues to hurt me. He and his wife were separated when we met. Now he's going through a r
tionship. He was a caring, friendly, and charming guy up until three and a half years in. He started cont
s son. Iâ€™m having problems moving on,"You didn't ask a direct question because I feel from what yo
g about divorce, but he hasn't filed. Now he has a girlfriend and he abandoned me and his kids. He has
ants another chance to make things right. I'm not sure if I trust that he will not go back to his old ways
gnancies with her. One was an abortion, another was a miscarriage, and then she had the third baby. T
lot and see my kids, and he has not filed yet even though he still said he is. What does that mean for o
lot and see my kids, and he has not filed yet even though he still said he is. What does that mean for o
ce. We have always been together sexually and both have experienced sleeping with others. I stopped
ent to our son. I was abused as a little girl and that has made to be very abusive to men. What should I
hey've found is pretty awesome. There are 4 things that,Â when added together and built up over time
ally and emotionally abusing me for 11 years. I have moved to a different state and after giving up my
o the point where I had to go to the restroom and cry. She didn't see me, and I'm glad, but when I wen
o the point where I had to go to the restroom and cry. She didn't see me, and I'm glad, but when I wen
even when I don't mean it like that. For example, she gets offended when I call someone at work "swe
even when I don't mean it like that. For example, she gets offended when I call someone at work "swe
even when I don't mean it like that. For example, she gets offended when I call someone at work "swe
even when I don't mean it like that. For example, she gets offended when I call someone at work "swe
nd/or coupleâ€™s

orth is not based on othersâ€™ estimations
and value"
even when I don't mean it like that. For example, she gets offended when I call someone at work "swe

or feedback. I assured her that I did my utmost for customer service, and asked if I was deficient. She t
or feedback. I assured her that I did my utmost for customer service, and asked if I was deficient. She t

since meeting him four years ago. We made out once after years of flirting. I was hoping for more, but
pect my beliefs. His co-worker sent him an inappropriate video. He got mad because he does not think
pect my beliefs. His co-worker sent him an inappropriate video. He got mad because he does not think
pect my beliefs. His co-worker sent him an inappropriate video. He got mad because he does not think
pect my beliefs. His co-worker sent him an inappropriate video. He got mad because he does not think
er. I think she knows, and we both admitted there was some type of vibe, but the overall discussion wa
er. I think she knows, and we both admitted there was some type of vibe, but the overall discussion wa
ne weekend. Before I got paid, I told him I would have $25.00, which I thought I would. But when I saw
ve no proof to back it up. Can my employer make me see a therapist of their choice? What can I do if r
ve no proof to back it up. Can my employer make me see a therapist of their choice? What can I do if r
several things you can do to manage burnout at work. Depending on your specific work environment,
ship with a fellow counselor?,"Generally, the ethical codes only prohibit relationships with clients.Â Th
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
eryone's lying. How do I know if God is one of those lies? I'm struggeling with the idea of if God real or
w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
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w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
w" once before. He is having a hard time accepting my past, especially that I'm not a virgin. He has a h
't accept me. What do I do? I want to be a boy but I can't because of my religion,"I'm so sorry to hear t
't accept me. What do I do? I want to be a boy but I can't because of my religion,"I encourage you to re
't accept me. What do I do? I want to be a boy but I can't because of my religion,No religion stops a pe
't accept me. What do I do? I want to be a boy but I can't because of my religion,"If you want to get so
't accept me. What do I do? I want to be a boy but I can't because of my religion,Itâ€™s painful to wan
't accept me. What do I do? I want to be a boy but I can't because of my religion,"Hello,Â This is a reall
't accept me. What do I do? I want to be a boy but I can't because of my religion,"I understand that thi

't accept me. What do I do? I want to be a boy but I can't because of my religion,"Desire to inhabit the
't accept me. What do I do? I want to be a boy but I can't because of my religion,"It is really important
't accept me. What do I do? I want to be a boy but I can't because of my religion,"Chances are your fam
't accept me. What do I do? I want to be a boy but I can't because of my religion,"Spirituality for those
't accept me. What do I do? I want to be a boy but I can't because of my religion,"Ultimately, to suppre
't accept me. What do I do? I want to be a boy but I can't because of my religion,"First of all, I want to s
it that you are looking for? Different people define themselves in different ways. For example, one pe
the deepest question that one can ask of themselves and the answer is as elusive as the deepest enign
t this under the category of spirituality, I'm not sure whether you are asking how you find yourself as f
ler that you have is something you can easily explore. There is a part of you that you can access anytim
the more I believe that our real task isn't to 'find' ourselves. We're already 100% ""there."" What we d
I attended a week long meditation retreat. By the fifth day I noticed I was light headed and felt very s
an effective way for you to get a stronger sense of who you are. A competent therapist will work to cre
ourself enough quiet and time to remember about yourself what feels steady and consistent in your n
ame issue... I think you need to consider your morals and what you really want out of life. If there's so
away, but changes in ways that are manageable for your life.Â When most people lose someone, othe
things just got out of hand between us in a sexual manner. I planned to abstain from sex but I guess I v
things just got out of hand between us in a sexual manner. I planned to abstain from sex but I guess I v

nd family has different views about religion. How do I resolve these differences?,"I think the best thing
nd family has different views about religion. How do I resolve these differences?,"You have an opportu

fe and my sexual relationship with my partner. I'm trying to learn to cope with them. How do I cope w

fe and my sexual relationship with my partner. I'm trying to learn to cope with them. How do I cope w
fe and my sexual relationship with my partner. I'm trying to learn to cope with them. How do I cope w
fe and my sexual relationship with my partner. I'm trying to learn to cope with them. How do I cope w
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fe and my sexual relationship with my partner. I'm trying to learn to cope with them. How do I cope w
fe and my sexual relationship with my partner. I'm trying to learn to cope with them. How do I cope w
lked to him in months yet somehow this hurts me more than I could ever imagine. It's been about thr
lked to him in months yet somehow this hurts me more than I could ever imagine. It's been about thr
lked to him in months yet somehow this hurts me more than I could ever imagine. It's been about thr
d, I have been having trouble feeling emotions. It's almost as if I'm a sociopath lacking any feeling. Wh
d, I have been having trouble feeling emotions. It's almost as if I'm a sociopath lacking any feeling. Wh
d, I have been having trouble feeling emotions. It's almost as if I'm a sociopath lacking any feeling. Wh
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d, I have been having trouble feeling emotions. It's almost as if I'm a sociopath lacking any feeling. Wh
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,Often people
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"Sounds like y
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"Hi there,I car
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"There's so ma
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"This is a grea
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"Your feeling
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"Slowly is the
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"It is brave of
en lost my job month ago. How can I get my life back? PTSD is impacting my whole life,"Hi there,Â I h
o I stop the nightmares and flashbacks? It is creating a wall in my current relationship. I have nightmar
o I stop the nightmares and flashbacks? It is creating a wall in my current relationship. I have nightmar
o I stop the nightmares and flashbacks? It is creating a wall in my current relationship. I have nightmar
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o I stop the nightmares and flashbacks? It is creating a wall in my current relationship. I have nightmar
o I stop the nightmares and flashbacks? It is creating a wall in my current relationship. I have nightmar
if she is being abused as a child. What might be going on? My girlfriend can't stand it when I touch he
if she is being abused as a child. What might be going on? My girlfriend can't stand it when I touch he
if she is being abused as a child. What might be going on? My girlfriend can't stand it when I touch he

previous ex-wife and is unable to see them. Should we put off kids until my husband is mentally cured
nger, and at times depression. I feel like I'm always on the edge or just apathetic. Can I fix this by myse
nger, and at times depression. I feel like I'm always on the edge or just apathetic. Can I fix this by myse
nger, and at times depression. I feel like I'm always on the edge or just apathetic. Can I fix this by myse
handle this better? What is the best way to cope with the loss of someone to suicide?,"I'm so sorry to
handle this better? What is the best way to cope with the loss of someone to suicide?,"Suicide is not a
handle this better? What is the best way to cope with the loss of someone to suicide?,"First of all, I am
handle this better? What is the best way to cope with the loss of someone to suicide?,"Let me begin b
handle this better? What is the best way to cope with the loss of someone to suicide?,"Suicide is a ver
handle this better? What is the best way to cope with the loss of someone to suicide?,"I urge you to se
handle this better? What is the best way to cope with the loss of someone to suicide?,First I am so sor
ago, I had a car accident. Could this experience add more problems? Could a car accident add more pr
ago, I had a car accident. Could this experience add more problems? Could a car accident add more pr
ago, I had a car accident. Could this experience add more problems? Could a car accident add more pr
ago, I had a car accident. Could this experience add more problems? Could a car accident add more pr
ago, I had a car accident. Could this experience add more problems? Could a car accident add more pr
ago, I had a car accident. Could this experience add more problems? Could a car accident add more pr
ago, I had a car accident. Could this experience add more problems? Could a car accident add more pr
other mental health issues. She is weeks away from moving in with me, my husband, and our three ch
ic experiences affect my present and future?,"Sorry that your growing up years in the family were so u
ic experiences affect my present and future?,"Hi New York, There's no way to keep your past from affe
ic experiences affect my present and future?,"I can imagine how incredibly difficult this must be for yo
ic experiences affect my present and future?,"In general, our past is always somewhat alive and does i
n such a loss, but it never goes away. Â I would encourage you to seek out a grief support group or a th
mportant to moving on and getting better, but Iâ€™m terrified to get better because I don't even know
ave this lingering fear of pain during sex after having two partners previously who weren't careful. Ho
lt sick. He came out to see if I was okay, and I said no. I said I wanted to go home, and he told me to co
pened with two "friends" at nineteen, I didn't even report it. How do I get over rape trauma syndrom
lon't feel anyone honestly believes me. There are so many other factors I deal with on a daily basis. I ig
lon't feel anyone honestly believes me. There are so many other factors I deal with on a daily basis. I ig
from 35 years ago?,"I'm not sure that I have the answer to your question, but I can tell you that it woul
r others in the same financial position as you.Â Many have sliding scale fees based on your income wh
s pro-bono anymore and quite often charge exorbitant prices for sessions, however I would ask potent
that can help provide you with referrals for therapists or clinics in your area who may offer pro-bono
s available in you area. You could try an Internet search for ""free counseling"" + the name of your con
help you. For example, if your experience was related to your military service, the VA may be able to a
d to me in the past. I start hysterically crying and freaking out when my boyfriend obviously has done
d to me in the past. I start hysterically crying and freaking out when my boyfriend obviously has done
t, but I can't seem to remember. I also can't remember being with them quite well. It's a blur. How ca
t, but I can't seem to remember. I also can't remember being with them quite well. It's a blur. How ca
teenager. If I said one thing that he thought was wrong, I always got degraded. He never said â€œI lov
lant a fantasy other people are having, but to me, it's a nightmare. I lost my kids, my job, and all that. I
self? Can someone help me remember my past? How do I remember and deal with things I did as a ki
she's mad, she calls me all kinds of names and is verbally abusive. She says it isnâ€™t abuse, itâ€™s jus

she's mad, she calls me all kinds of names and is verbally abusive. She says it isnâ€™t abuse, itâ€™s jus
she's mad, she calls me all kinds of names and is verbally abusive. She says it isnâ€™t abuse, itâ€™s jus
er vehicle before to prevent her from leaving. He has held her a prisoner in her home. He has choked
f prison exactly a year ago and a half ago, and we have a infant. I love my boyfriend, and I don't want t

y with my marriage,Iâ€™m sorry you are experiencing this and Iâ€™m glad that you are looking for he
y with my marriage,"Good for you on recognizing your own feelings. Â Often in an abusive relationshi
again. But our kids are with Child Protective Services: thatâ€™s why we broke up. He started to talk to
and actions, and my siblings are getting treated horribly. Is there anything I can do to help my siblings
ole nightmares. I wake up in sweat, and the dreams feel so real. How do I overcome the nightmare fro
ole nightmares. I wake up in sweat, and the dreams feel so real. How do I overcome the nightmare fro
ussed her assessment of borderline personality disorder with me. She then told my abuser the results
him about stupid stuff. I recently stupidly lied to my husband about an accident because I was afraid t
t, he and I had the opportunity to interact quite a lot and instantly sparked a deep connection with on
. My anger has never been expressed physically until the past year. My girlfriend has had to endure th
. My anger has never been expressed physically until the past year. My girlfriend has had to endure th
hysically and mentally abusive towards me. I have attempted to talk with him in order to resolve our is
ng I have not found anything but she always putting me down, telling me to get out and telling me she
elationship, and he even asked me to move in with him since I lived out of state. I planned to move in
buse by my brother as child,"I will assume that for whatever reason, you either do not want to or are
ce. That is the first time he has ever done that, but I would be lying if I said that didn't scare me. I locke
ce. That is the first time he has ever done that, but I would be lying if I said that didn't scare me. I locke
or my family. She made me lose my temper today to the point where I was using swear words in front

or my family. She made me lose my temper today to the point where I was using swear words in front
or my family. She made me lose my temper today to the point where I was using swear words in front
or my family. She made me lose my temper today to the point where I was using swear words in front
I have a problem? Why do I get angry so easily?,"You easily get angered because you haven't trained y
I have a problem? Why do I get angry so easily?,"Itâ€™s important to think to yourself about what it is
I have a problem? Why do I get angry so easily?,"Anger does have its place.Â When anger is experien
I have a problem? Why do I get angry so easily?,"I don't like the word ""problem"".Â It is such a strong
I have a problem? Why do I get angry so easily?,"Anyone who asks whether or not they have a probler
everyone. I'll be mad for nothing at all and have a attitude with everyone for no reason. How can I stop
everyone. I'll be mad for nothing at all and have a attitude with everyone for no reason. How can I stop
ustration which cannot be expressed directly to people in your surroundings.How someone can be les
ad thing. If you are angry and you can talk about your feelings, that would be very helpful. Anger usua
yself and my anger?,"Death of someone with whom we had fond involvement, is sad. Â Accepting tha
yself and my anger?,"Meditation may be able to assist you in dealing and looking at your anger differe
yself and my anger?,"Awareness is the first step.Â Now that you know that you snap and push people
emotion, no different than joy, elation, or sadness. It's not anger that gets us in trouble it's the overtne
e it scares them.Â They see someone they love behaving is frightening ways.Â That's a good reason to
ou cannot control your temper, who can?Â You have more power of your emotions, thoughts and fee
n't know how to deal with violent outbursts. How do I deal with my alcoholic boyfriend with a dark pas

n't know how to deal with violent outbursts. How do I deal with my alcoholic boyfriend with a dark pas
s. She asks open-ended questions but always has to turn my own answer against me. She's seven mor
es with a lot of other emotions. Consider what else you may be feeling at the same time and keep trac
trolling my anger,"I need help controlling my anger.Anger is like a blanket that contains other emotior
ing someone, but violent thoughts like horrible things happening to his loved ones. He explained one
ing someone, but violent thoughts like horrible things happening to his loved ones. He explained one
ot be like this until I got with my soon-to-be husband. I think his mood and rage/anger problems have
ot be like this until I got with my soon-to-be husband. I think his mood and rage/anger problems have
feel like I have anger inside of me. I have a little family, but I can't open up to them like I want to. I ha
te to the direct stressor. It causes violent thoughts, but I never act. I stay lucid enough to know the rag
ling the person I am confronting. I say mean things to let my anger out. Whenever people tell me stuff
ling the person I am confronting. I say mean things to let my anger out. Whenever people tell me stuff

ling the person I am confronting. I say mean things to let my anger out. Whenever people tell me stuff
can I be less confused about my feelings towards anything?,"Well, then give yourself some credit for
akes me angry, and I want to solve it myself. I need to know how to cope with misophonia before I go

that way, but I can't help it. How can I control my anger?,"A lot of times the anger someone expresses
and I don't know what to do. I want to sit down with a psychologist, but I cannot afford one, nor do I ha
and I don't know what to do. I want to sit down with a psychologist, but I cannot afford one, nor do I ha
e me. When I acknowledge it, it ruins my mood and takes over. I get angry at the littlest things. Even if
helming and depending on what we have been taught about it and how to express it. A competent the
quickly. How can I control my anger?,"Sometimes we react to situations immediately, without thinkin
y at me. I feel like weâ€™re so distant from each other now. We used to laugh all the time, and I feel li
others notice it too. I get self-destructive. I used to cut but stopped. Now when I get mad, I bite my arr
osed to such treatment. Oftentimes, people don't recognize how serious this type of abuse can be. It's
anger issues. I am extremely explosive about the simplest things,"I suggest that you work on emotion
ne of the ways to decrease nightmares is to document your dreams. In addition to keeping a dream jou
ere's a narrative approach that we call nightmare ""rescripting"" that may be helpful.Since we can't re
e you facing any type of overwhelming situation in your waking life?Dreams and nightmares are the n
no more than a minute or two. It usually happens in bed at night, but I occasionally experience this du
me out. He can be picking me up from basketball practice or piano lessons, and half of the time, I don't

pending on things like our relationship to that

ng with being eaten by a monster, and I often wake up frightened and unable to breathe. I believe I st

g dreams."
ng with being eaten by a monster, and I often wake up frightened and unable to breathe. I believe I st
re making use of your mind to solve problems. Â I find that change states, while sometimes difficult, a
ır waking lives.If you've got a lot going on in your life then your dreams are your assistants in understa
c practitioner""), I do a lot of dream work with clients; and they gain great insights from our exploratio
Dreaming is a normal (and healthy) part of the sleep cycle. The current thought is that we all generally

ms
ılking to a local

ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
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ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıe trip he got me tested for stds. In the aftermath he has provided multiple versions of what happenec
ıen me. He and I talked about it afterwards and it made me feel better, and now I'm craving more of
ıen me. He and I talked about it afterwards and it made me feel better, and now I'm craving more of
ıen me. He and I talked about it afterwards and it made me feel better, and now I'm craving more of
ıen me. He and I talked about it afterwards and it made me feel better, and now I'm craving more of
ıen me. He and I talked about it afterwards and it made me feel better, and now I'm craving more of

wrong for me to be attracted to my girlfriend?,"Wait what?Â Normal teenage experiences.Â Â A pedc
wrong for me to be attracted to my girlfriend?,"You are not a pedophile. You are both under 18 and yc
wrong for me to be attracted to my girlfriend?,"It is very natural for you to be attracted to someone th
wrong for me to be attracted to my girlfriend?,"A pedophile by definition is anyone who is sexually att
wrong for me to be attracted to my girlfriend?,"The short answer is, NO! It is not wrong for you to be a
wrong for me to be attracted to my girlfriend?,"Nope! In fact you are NOT a pedophile. That term is re
wrong for me to be attracted to my girlfriend?,"You wrote that each of you is under the age of 18. Â A
wrong for me to be attracted to my girlfriend?,"No. You are not a pedophile. You are both under the a
wrong for me to be attracted to my girlfriend?,"No, that's perfectly normal. You're under 18, too. You'
times we tried to have sex I couldn't get an erection. We've only had sex once and it was a long time a
times we tried to have sex I couldn't get an erection. We've only had sex once and it was a long time a
times we tried to have sex I couldn't get an erection. We've only had sex once and it was a long time a
times we tried to have sex I couldn't get an erection. We've only had sex once and it was a long time a

your

e areas it

several. Â I hope this helps."
times we tried to have sex I couldn't get an erection. We've only had sex once and it was a long time ag
times we tried to have sex I couldn't get an erection. We've only had sex once and it was a long time ag

y issue we had was that he felt like he wasn't getting enough sexual attention from me. I recently fou
y issue we had was that he felt like he wasn't getting enough sexual attention from me. I recently fou
y issue we had was that he felt like he wasn't getting enough sexual attention from me. I recently fou
y issue we had was that he felt like he wasn't getting enough sexual attention from me. I recently fou

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y issue we had was that he felt like he wasn't getting enough sexual attention from me. I recently fou
y issue we had was that he felt like he wasn't getting enough sexual attention from me. I recently fou

touch me I almost always push him away. I'm on birth control and it has killed my sex drive. I love h

touch me I almost always push him away. I'm on birth control and it has killed my sex drive. I love h
touch me I almost always push him away. I'm on birth control and it has killed my sex drive. I love h
touch me I almost always push him away. I'm on birth control and it has killed my sex drive. I love h
date or ask out. How can I approach them about it? should I hold back and keep it a secret, or should
date or ask out. How can I approach them about it? should I hold back and keep it a secret, or should
date or ask out. How can I approach them about it? should I hold back and keep it a secret, or should
date or ask out. How can I approach them about it? should I hold back and keep it a secret, or should
date or ask out. How can I approach them about it? should I hold back and keep it a secret, or should
date or ask out. How can I approach them about it? should I hold back and keep it a secret, or should
date or ask out. How can I approach them about it? should I hold back and keep it a secret, or should
every day. Then it slowed down to once a month right away. I love my husband, but I am struggling wi
every day. Then it slowed down to once a month right away. I love my husband, but I am struggling wi
every day. Then it slowed down to once a month right away. I love my husband, but I am struggling wi
every day. Then it slowed down to once a month right away. I love my husband, but I am struggling wi
rk.Â Find a moment to talk to your husband about

er but there is very little personal interest in each other. I often feel that my husband has "friends" at
er but there is very little personal interest in each other. I often feel that my husband has "friends" at
er but there is very little personal interest in each other. I often feel that my husband has "friends" at
er but there is very little personal interest in each other. I often feel that my husband has "friends" at
er but there is very little personal interest in each other. I often feel that my husband has "friends" at
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er but there is very little personal interest in each other. I often feel that my husband has "friends" at
er but there is very little personal interest in each other. I often feel that my husband has "friends" at
er but there is very little personal interest in each other. I often feel that my husband has "friends" at
:, and basically, she feels bad because she never wants to have sex. She doesn't have the desire. She's
:, and basically, she feels bad because she never wants to have sex. She doesn't have the desire. She's

:, and basically, she feels bad because she never wants to have sex. She doesn't have the desire. She's
:, and basically, she feels bad because she never wants to have sex. She doesn't have the desire. She's
:, and basically, she feels bad because she never wants to have sex. She doesn't have the desire. She's
ive times. Others have told me that most men would have left me by now. Honestly, I think I have a lo
ive times. Others have told me that most men would have left me by now. Honestly, I think I have a lo
ive times. Others have told me that most men would have left me by now. Honestly, I think I have a lo
ive times. Others have told me that most men would have left me by now. Honestly, I think I have a lo
ive times. Others have told me that most men would have left me by now. Honestly, I think I have a lo
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ive times. Others have told me that most men would have left me by now. Honestly, I think I have a lo
ive times. Others have told me that most men would have left me by now. Honestly, I think I have a lo
ght be cheating on me even when I know he isn't. I have full access to his phone, social media, and e-m
nitely a topic which affects both of you. Â You need to gently ask your boyfriend this question directly.
like it to be, perhaps you can have a discussion about it. There could be a difference in preferences. Pe
little about your situation. For example, we don't know how old you are or if you have previously had
ny she is always on social media, checking her phone records, and going through her phone. I do this k
mily or friends. How do I know who to trust?,"Start by trusting yourself.This is harder to do than it may
friend of five years?,Probably what you should do is decide whether you can continue having a romant
friend of five years?,"Sexual attraction is often discussed on a continuum. If you are saying that you ar
always accusing him of things. It hit me that I still hold on to every bad thing my mother has ever said
k. Recently, he has caught on, but I lie to cover it. He use to talk to girls online, but I have caught mysel
k. Recently, he has caught on, but I lie to cover it. He use to talk to girls online, but I have caught mysel
k. Recently, he has caught on, but I lie to cover it. He use to talk to girls online, but I have caught mysel
k. Recently, he has caught on, but I lie to cover it. He use to talk to girls online, but I have caught mysel
addicted to a few substances. What's the best way to handle my spouse's narcissism and bipolar disor
addicted to a few substances. What's the best way to handle my spouse's narcissism and bipolar disor
v do I hold onto my marriage when there is no common bond or intimacy?,"It is hard to hold onto a pa
v do I hold onto my marriage when there is no common bond or intimacy?,"How recent is your awarer
that he thinks is "too much." He comes across as acting like whatever it is I'm talking about is nowhere
sive when I ask him stuff. We haven't had sex in two months. He says it's because he's not working, I'r
. When I offer compromises in our disagreements, he does not seem to understand. We cannot resolv
r since she was born, my husband has "shut down." We have no intimacy; he doesn't even kiss me. I've
I want to talk more on the phone. He plays video games while talking to players, so often I feel ignore
trust in anyone. It took me four years to finally open up a little to my best friend. Every time I realize t
. We talked and flirted for a while, then we gave our numbers to each other and left. We talked for a f
ow since he's busy 12 hours a day, we can't really be Intimate, even over the phone. Is it normal for me
with their daughter. I wasnâ€™t aware of this until after 11pm when I asked where he was. He had bee
with their daughter. I wasnâ€™t aware of this until after 11pm when I asked where he was. He had bee
t talk much because of it. Also, we have little fights. We want to work it out but we don't know how. H
t talk much because of it. Also, we have little fights. We want to work it out but we don't know how. H
uicide. When I went to him to reach out to his high school friend, he told me that I put him in a terrible
uicide. When I went to him to reach out to his high school friend, he told me that I put him in a terrible
tried to fix things, the worse it got. I want to make us better again, but I don't know how. My long-dist

?Maybe she'd be very turned on by your fetishes.Try to not mix up your hesitancy to speak about your
ally passive and insecure"" I can't help but wonder that there may be more going on within the couples
decided to meet her. That made the situation worse because they were even closer than what I though
decided to meet her. That made the situation worse because they were even closer than what I though
making the decision to marry.This way you'll know if he ever would like to be married and if the terms
ay also be helpful to look at what is making marriage so important to you right now.Maybe this is some
e. It started as a once in a while thing, but itâ€™s been happening a lot. I don't know what to do. I'm so
e. It started as a once in a while thing, but itâ€™s been happening a lot. I don't know what to do. I'm so
e. It started as a once in a while thing, but itâ€™s been happening a lot. I don't know what to do. I'm so
e. It started as a once in a while thing, but itâ€™s been happening a lot. I don't know what to do. I'm so
e. It started as a once in a while thing, but itâ€™s been happening a lot. I don't know what to do. I'm so
e. It started as a once in a while thing, but itâ€™s been happening a lot. I don't know what to do. I'm so
e is concerning because she has fake photos, phone calls, and text messages, and itâ€™s with a marrie
e is concerning because she has fake photos, phone calls, and text messages, and itâ€™s with a marrie
e is concerning because she has fake photos, phone calls, and text messages, and itâ€™s with a marrie
ne can't be there for me or love me anymore and wants nothing to do with me ever again. Why is he d
etely over him, but I just can't break down my walls and let someone new into my life. How do I open u
g, I get nothing: no reply, no phone call. If he does reply, it is something very sarcastic and hurtful. He r
g, I get nothing: no reply, no phone call. If he does reply, it is something very sarcastic and hurtful. He r
g, I get nothing: no reply, no phone call. If he does reply, it is something very sarcastic and hurtful. He r
g, I get nothing: no reply, no phone call. If he does reply, it is something very sarcastic and hurtful. He r
g, I get nothing: no reply, no phone call. If he does reply, it is something very sarcastic and hurtful. He r
ere married. We split and eventually worked things out. I thought I trusted him so we got married. Now
y back to each other. He had a baby with someone else he's with but still shows the same love he show
him. I try so hard to stay strong for her, but at this point, I am completely broken. I am holding on to no
want opposite things sometimes. I do a lot for him: I take care and protect him, and in the end, he still c
pushing him away and I don't want to. I need to learn to open up. How can I open up to the ones I love
ent from good to bad when I met his family who treats him like he is their man. They expect him to tak
doubts. I have no idea if I should stay or go, but I hate this feeling. I don't trust him all too much, but ye
this and what you feel is necessary in order for the person to regain your trust.Since the person broke
is kindness. We're about to get married this Saturday, but I feel like he is always gonna put them first i
guys to get back at my boyfriend for breaking up with me. Now anything I say to him he won't believe
d to please the person, but I always fall short it seems. Can someone love you and say hurtful things?,"
necks on me, and tells me sweet things. However, when it comes to making life decisions, I feel he is ve
S. Ever since her boyfriend flew from Oregon to Scotland, I've been angry at him. Ever since he came in
said it wasnâ€™t him and that the phone was hacked. It has since happened two other times. He says
said it wasnâ€™t him and that the phone was hacked. It has since happened two other times. He says
hat you would like to celebrate your anniversary tighter with her. Â Maybe she doesn't know this."
oral sex with me. I know he has done this things with other women in the past. I don't know why he w
oral sex with me. I know he has done this things with other women in the past. I don't know why he w
gh patch in our relationship a few months back, and my mom had a few choice words with him. My bo
ay, she kicked me out. She let me move back two days later. Yesterday, she said she wanted a divorce t
ay, she kicked me out. She let me move back two days later. Yesterday, she said she wanted a divorce t
ay, she kicked me out. She let me move back two days later. Yesterday, she said she wanted a divorce t

ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
ise to me. I don't think he cheated. Last month, I asked what women work with him, so he told me. Yes
h when itâ€™s about her feeling or when she is having an off day. How do I handle my fiancÃ©e alwa
h when itâ€™s about her feeling or when she is having an off day. How do I handle my fiancÃ©e alwa
his automobile insurance. He no longer has one of the vehicles on the policy. He realized he was still
his automobile insurance. He no longer has one of the vehicles on the policy. He realized he was still
ng in bed sleeping beside him. We have sex once a week. He is rough and worries about his needs. He
ng in bed sleeping beside him. We have sex once a week. He is rough and worries about his needs. He
ng in bed sleeping beside him. We have sex once a week. He is rough and worries about his needs. He
ed to be unusually fatigued and losing weight. He also began to be distant and sexually selfish. We hac
ed to be unusually fatigued and losing weight. He also began to be distant and sexually selfish. We hac
do anything with other people because of me. To keep our relationship going, I know I have to stop bei
the sweetest guy until recently. He has made comments such as â€œyou would look better as a Tumb
the sweetest guy until recently. He has made comments such as â€œyou would look better as a Tumb
on posts. It causes me to get jealous because I'm afraid they might reconnect somehow. I've attempte
eating on me?,"I wonder if you are having some of these thoughts related to something that has neith
intimacy we used to have. We don't have sex anymore, which bothers me tremendously. I have becor
contributes to our family financially. There is no other support given. He comes home when able, sle
m talking to other girls. I have never been this way before. I don't like these feelings. He said that my j
to penalize me for things I did before I met him? My boyfriend wants to know every details of my sex
to penalize me for things I did before I met him? My boyfriend wants to know every details of my sex
me but is not in love with me. He was going to leave me, but he said he thought about it and decided
she will not do now. I end up thinking about it all day. I feel rejected and think I married the wrong pe
she will not do now. I end up thinking about it all day. I feel rejected and think I married the wrong pe
one time thing, and I never see them twice. Is it wrong to cheat on my husband?,"Hello, and thank you

ienced. I think he thinks I'm not a virgin. I am also scared that he will be disappointed with my naked b
ienced. I think he thinks I'm not a virgin. I am also scared that he will be disappointed with my naked b
ienced. I think he thinks I'm not a virgin. I am also scared that he will be disappointed with my naked b
y? It's my body, and I have full rights to do what I like. I cheated on my partner, and I don't know how t
y? It's my body, and I have full rights to do what I like. I cheated on my partner, and I don't know how t
y? It's my body, and I have full rights to do what I like. I cheated on my partner, and I don't know how t
ing to affect my relationship now and end it sooner then I want to. I try not to let it affect me, but I car
e or four months. We have been to counseling, and I have been told over and over again she will com
eens, and I have been living with him for most of our relationship. I have been talking to a guy friend, a
her, and I get to stay home with him. He says I complain too much about what he's doing. We've been
her, and I get to stay home with him. He says I complain too much about what he's doing. We've been
n,"Does he tell you a reason as to why he feels you don't love him?Ask him this so you will clearly know
n,"Hi Savannah, This is a pretty common issue; one person feels that they are doing a great job of bein
attention and little to no intercourse. He works a lot and goes to the gym a lot (he's a football player f
attention and little to no intercourse. He works a lot and goes to the gym a lot (he's a football player f
attention and little to no intercourse. He works a lot and goes to the gym a lot (he's a football player f
e since gotten back together and are trying to make it work. I don't know how to trust him now, but I r
happen. There may be issues, of course and there are many things to consider there, such as ""why do
st love. We used to talk for the whole day and night over the phone and on Facebook. I thought she ha

family and friends. I believe it's because I'm not as social as him. Is it wrong to be antisocial around pec
is,Oh, that's a powerful idea, isn't it? It burrows into your head. Let's figure this out. First, has your part
nmitted to each other and are planning a very long life together. However, he recently was very open
nt. We are both married with problems in our marriage. We never have sex; we just send a lot of pictu
s been one of the best relationships I have been in for a short period of time, but he has lied to me so
vent to work and told everyone I was cheating on him. I moved out of the house. There have been prev
nd that he was dating before me. He gave her a promise ring when they were together, and he still ha
e, I let life stress me out. I became depressed. When I finally woke up, he felt I had pushed him out. Ho
me very upset when he pets his cat. I want to throw out the cat. I feel very jealous. How can I like pets
/ issues. After she thought things through, she came to the realization that she is no longer "in love" or
erest in helping you, believes you have positive qualities such as kindness, and are generally a likable p
s, and I am always the one texting people and bothering people. I feel invisible, like someone that no c
ate it. I don't know why, but I just want it to be over. I feel like crying. I don't know why I donâ€™t like i
ate it. I don't know why, but I just want it to be over. I feel like crying. I don't know why I donâ€™t like i
I investigated him before I found out that he was gay and that there was nothing going on. Now all my
I investigated him before I found out that he was gay and that there was nothing going on. Now all my
s not. Everything is very up and down; there's no trust. Recently, he went on a trip, and I promised him
wife no longer wants sex,"Hi Hampton,Although I'd bet your wife also wants the attention and compan

thankful he loves my kids even though theyâ€™re not his. Now we are having problems in our relatior
cles. I have been wanting to have sex with him for a while now, and it drives me crazy not to be able to
he neglects his family. If I have anything I want to do, I have to find a babysitter, but he does what he
he neglects his family. If I have anything I want to do, I have to find a babysitter, but he does what he
oughts you are having are just thoughts. Â Not actions. Â It is your choice whether you act on these thc
e really hard to muster the courage to do alone. It may not feel emotionally safe to dive into. This is wh

ated. Any suggestions? My Doc doesn't want to discuss it. Any suggestions for erection problems?,Wh
ated. Any suggestions? My Doc doesn't want to discuss it. Any suggestions for erection problems?,"Hi
ly her lack of libido. She's on an anxiety medication, of which diminished libido is a side effect, but I thi
e're tired of having sex,"To begin with, what's normal for one couple isn't going to be normal for the ne
er 14. What do you think? I tell my husband I love him. But I don't believe it or feel it,"Sustaining passic
ird fetish I'm afraid of opening up about?,"This is difficult to answer because you donâ€™t tell us what
st is disgusting and a sexual distraction. He says he should have had more sex with different people. I c

t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"I'm sorry your
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"You have my c
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,Hi! There are s
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,Prayer online r
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"I'll help you! L
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"Grief can be c
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"My condolenc
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"It's really adm
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"Feeling profou
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"If you connect

t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"Y'know, to see
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"I am sorry for
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"Losing someo
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,Your local hosp
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"Hello,I'm very
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,I am so sorry to
t I donâ€™t think I can pay for counseling. Where Can I get help? I just lost my grandpa,"I'm sorry you
:h year from the time he is born to the time he passed. I break down into a spinning depression. Nothin
ly requires. Â You won't feel this way forever, and the feelings will dissolve by themselves once you've
ng the loss of their babies: allow yourself to feel all your feelings no matter how big or scary they may
ıre whether you mean that you lost your baby through miscarriage, stillbirth, very young after being b
o end a pregnancy.Even the most detailed thought out decision to end a pregnancy, has mixed emotio

occur in stages. Elisabeth KÃ¼bler-Ross proposed the concept of the five stages of grief:Denial - Unable
e that there are lots of changes in mood and different emotions that you feel about the abortion itself
ng while thinking about the good memories we had but won't have ever again. I can't sleep at night wh
ng while thinking about the good memories we had but won't have ever again. I can't sleep at night wh
recently, and that really added to my sadness. My sister always brings up how I was never close to my
recently, and that really added to my sadness. My sister always brings up how I was never close to my
ne feels so amazing; almost like I'm high off nostalgia. But in the end it just makes me feel sadder know
e only one that helped with his health issues. I feel if I hadn't left he might still be alive. I need help de
:ion to the loss, you are also feeling invalidated by your parents and alone with your grief. Grieving is a
n do it. We buried our first born in Jan 13 years ago. She never got past it. So every year around this tin
ork through. When you lose someone you love, you are forever changed. The goal of working through
ng to apply for our apartment. I'm not handling it well. I moved to a new town and started a new life b
ave anyone to talk to. I need help; I am still cry over her. Will I ever stop crying? Itâ€™s been 3 years. H

st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if

st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
st, I have even cheated on my boyfriend while I was under the influence of alcohol. But now, even if
nd drugs in my moms drawerâ€”what should I do?,"Are the drugs themselves illegal or the method o
nd drugs in my moms drawerâ€”what should I do?,I would suggest having a conversation with your d
k. Â Often along with this the alcoholic person minimizes or dismisses your concern that they're drinki
chological Associationâ€™s Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (known
the following conditions is present: a person drinks large amounts over a long time period, has difficul
oblem. Â They can use various scales as well as the diagnostic manual ICD-10 to assist them in making
well or becomes sick if they do not have it.There is also this acronym that may help:Have you ever fe
lp my dad stop drinking?,"More information would be needed for me to accurately answer this questi
lp my dad stop drinking?,Your dad needs to be aware that he has a problem and be willing to make so
ace. He completely deleted me out of his life. He does have an opiate addiction. He claimed he was s
ls, I found she has prescriptions for anxiety medications. Is it okay if I take my friend's pills away?,Your
ls, I found she has prescriptions for anxiety medications. Is it okay if I take my friend's pills away?,"You
ls, I found she has prescriptions for anxiety medications. Is it okay if I take my friend's pills away?,"Hel
my mom and my grandparents. He's sick in the head. Now he moved his girlfriend into the house bec
ough it's harming myself and others. How can I stop abusing alcohol?,"What an important question. I'm
ough it's harming myself and others. How can I stop abusing alcohol?,"You may feel hopeless but YOU
ough it's harming myself and others. How can I stop abusing alcohol?,"Anyone who wants to change th
ough it's harming myself and others. How can I stop abusing alcohol?,"This relationship with your step
ough it's harming myself and others. How can I stop abusing alcohol?,"The first step to change is to adm
ough it's harming myself and others. How can I stop abusing alcohol?,"You are not hopeless, as you can
er morning sickness. Iâ€™m in shock and I donâ€™t know how to respond. I just lost my mom, and sh
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I
for unrealistic, silly or meaningless items. I get so frustrated and angry, but then I feel guilty because I

ds of time. He lets himself into our home when we aren't there on a daily basis and takes our dogs to h
ds of time. He lets himself into our home when we aren't there on a daily basis and takes our dogs to h
ated. Is this cruel? Why must blood mean we have to be friends? Am I being unreasonable and is there
ated. Is this cruel? Why must blood mean we have to be friends? Am I being unreasonable and is there
ated. Is this cruel? Why must blood mean we have to be friends? Am I being unreasonable and is there
re not physically together at the moment. I've been thinking about being transgender soon too, but m
re not physically together at the moment. I've been thinking about being transgender soon too, but m
re not physically together at the moment. I've been thinking about being transgender soon too, but m
matter what I do, she does not have one nice word to say to me. She is always hateful towards me an
matter what I do, she does not have one nice word to say to me. She is always hateful towards me an
matter what I do, she does not have one nice word to say to me. She is always hateful towards me an
don't want to hear it anymore. How can I avoid family members who stress me out?,"It is understand
don't want to hear it anymore. How can I avoid family members who stress me out?,"Then one day w
don't want to hear it anymore. How can I avoid family members who stress me out?,"This sounds stre
don't want to hear it anymore. How can I avoid family members who stress me out?,"This sounds ver
don't want to hear it anymore. How can I avoid family members who stress me out?,"Both you and yo
don't want to hear it anymore. How can I avoid family members who stress me out?,"It is difficult to i
don't want to hear it anymore. How can I avoid family members who stress me out?,"Buy the book ""
don't want to hear it anymore. How can I avoid family members who stress me out?,"This sounds like
don't want to hear it anymore. How can I avoid family members who stress me out?,"Set firm bounda
don't want to hear it anymore. How can I avoid family members who stress me out?,"It sounds as tho
don't want to hear it anymore. How can I avoid family members who stress me out?,"Heard of Voice
don't want to hear it anymore. How can I avoid family members who stress me out?,"Learning how to
don't want to hear it anymore. How can I avoid family members who stress me out?,"An easy answer
don't want to hear it anymore. How can I avoid family members who stress me out?,"Creating health
don't want to hear it anymore. How can I avoid family members who stress me out?,"It can really be
don't want to hear it anymore. How can I avoid family members who stress me out?,"These are com
don't want to hear it anymore. How can I avoid family members who stress me out?,"It is important t
don't want to hear it anymore. How can I avoid family members who stress me out?,"Sounds like it is
don't want to hear it anymore. How can I avoid family members who stress me out?,I just want to un
ello, and thank you for your question. I am very sorry that this was your experience with your family. I
nding you healing vibes as you endure their being unaccepting. I wanted to share this video about co
be able to accept, they need to be sensitized that being bisexual isnt wrong ! After sensitization too, t
ceptance is something we cannot control. I would work with someone who can do family systems, ev
ming out to our family can be one of the scariest and bravest things we as LGBTQ do. Sadly, sometim

m sorry to read that this happened to you. If your family is not supportive of you, this can be a huge c
m so sorry to hear this has been your familyâ€™s reaction. It is truly heartbreaking to hear. The impor
sounds like your family responded out of fear! Â They may need some time to digest the information.
s most important that you accept yourself and surround yourself with a group of friends who are kind
at has to be incredibly difficult because you were very vulnerable and open about what you were feeli
n sorry your family had such an upsetting response to your news.Maybe eventually they will come aro
ere are a lot of ways one could go about handling this kind of conflict. It is hard to know which way m
ants to cut it off because people are giving him a hard time that our kids will be related to my ex. Is it o

er stupid stuff. How can I deal with the stress of my mother?,"This sounds like a pretty difficult dynami
er stupid stuff. How can I deal with the stress of my mother?,"This is a common issue. You grow up gra
t it's okay, but I can't. I feel like even if I did forgive her, I wouldn't be able to say it to her face. How ar
t it's okay, but I can't. I feel like even if I did forgive her, I wouldn't be able to say it to her face. How ar

ebook posts about how great her life is. I feel so angry. How can I handle this? My sister and my husba
ebook posts about how great her life is. I feel so angry. How can I handle this? My sister and my husba
ebook posts about how great her life is. I feel so angry. How can I handle this? My sister and my husba
ebook posts about how great her life is. I feel so angry. How can I handle this? My sister and my husba
ebook posts about how great her life is. I feel so angry. How can I handle this? My sister and my husba
w they are deciding which place is best for me. I can't choose. How can I choose if I love both places? H
w they are deciding which place is best for me. I can't choose. How can I choose if I love both places? H
research and have identified myself as male but don't know how to tell my dad. How can I tell my dad
research and have identified myself as male but don't know how to tell my dad. How can I tell my dad
research and have identified myself as male but don't know how to tell my dad. How can I tell my dad
r me?,"I'm sad for you to feel hated by your parents.Only they would know the reason for the discrepa
's breakup?,"The possible pathways for you depend on whether you'd be wiling to be straightforward
ıgh I know this disease is not her fault, Iâ€™m still finding it difficult to separate my own feelings of dis
ıgh I know this disease is not her fault, Iâ€™m still finding it difficult to separate my own feelings of dis
nd live my own life, but it feels like as long as I do what my mom wants our relationship is okay. It's ne
nd live my own life, but it feels like as long as I do what my mom wants our relationship is okay. It's ne
ıeir aunt. On Halloween 2014, I lost my mom to cancer. My mom and dad were still married when she
ıeir aunt. On Halloween 2014, I lost my mom to cancer. My mom and dad were still married when she
ıeir aunt. On Halloween 2014, I lost my mom to cancer. My mom and dad were still married when she
egarding whatever I say. I tried explaining my side to her calmly, but she eventually gets angry and do
does not understand boundaries. Theyâ€™ve been dating for a few months, and she's talking marriage
does not understand boundaries. Theyâ€™ve been dating for a few months, and she's talking marriage
ı I put in my best effort, my family thinks I have done zero effort in total. What can I do? I feel like I'm p
ı I put in my best effort, my family thinks I have done zero effort in total. What can I do? I feel like I'm p
y parents refuse to take action, and I'm tired of it. Is there any way I can get out of this myself? How do
y parents refuse to take action, and I'm tired of it. Is there any way I can get out of this myself? How do
veo servicios de tele terapia. Â Para una cita puedes llamar al 787-466-5478."
What's wrong with me for going to summer school?,There is nothing wrong with going to summer sch
What's wrong with me for going to summer school?,"Your mom is telling you cruel words.The fact tha
isit my mother out of state he will be gone when I get back. He and my mother do not get along. What
isit my mother out of state he will be gone when I get back. He and my mother do not get along. What
ɔices and he is currently hospitalized. I'm barely eating or sleeping because I'm constantly worried abo
my father will need to go into a nursing home. If that happens I think I'm going to be on my own to ha
l War 3. She treats me like I have no right to an opinion and never really lets me speak. My real mothe

ıes to my siblings, she talks to them. Iâ€™m always crying in my room. How can I make my mom love r

butt that he hits. He always comments on my outfits and always scans me head to toe when I walk int
y call to fight for them. I do this even though I have a tough time trusting the people Iâ€™m fighting fo
y call to fight for them. I do this even though I have a tough time trusting the people Iâ€™m fighting fo
s complain, hit me, call me names, and say things happened that didnâ€™t. When I tell her, she exploc
can do to me or my siblings on this drug. It has affected me tremendously in my life. Itâ€™s even cause
100% codependent on me and is extremely manipulative. She suffers from type 1 diabetes, which she
ve a somewhat reasonable relationship with family members, their views may give you insight on your
ime. However, more times than not, I'm afraid to tell her anything personal because she either doesn'
ime. However, more times than not, I'm afraid to tell her anything personal because she either doesn'
hould I deal with it? She is always stressed about her work and doesn't put her family first. Is it normal
hould I deal with it? She is always stressed about her work and doesn't put her family first. Is it normal
do talk about bisexuality, they say things like â€œthey'll do anythingâ€ or things that make me very u

ou can consider

do talk about bisexuality, they say things like â€œthey'll do anythingâ€ or things that make me very u
do talk about bisexuality, they say things like â€œthey'll do anythingâ€ or things that make me very u
ıse I'm afraid they'll not want me anymore. How do I tell my parents that I'm gay?,"Hello, and thank yo
very devastating. My father isn't the same, and my family fights every day. I have been kicked out the
'esterday, I saw her texting dirty things to the same guy. Should I talk to her again? I don't want my pa
:hing because he is always rude to me. How can I be more open and honest with my dad?,"Hi Troy, I to
ldren, we need our parents approval, and as adults, we often still desire it. Some things I am wonderin
ıasn't worked in all this time. My daughter is in her 30s, not married, and pregnant. How can I break th
ıasn't worked in all this time. My daughter is in her 30s, not married, and pregnant. How can I break th
ıd of conclusion that it is because my mother is mean to me all the time. Could that be a cause? Can a
ave a better relationship with my mom?,"The best way to work on a relationship is for both people to
ever hangs out with me anymore. We were really close, and it is making me really sad. My brother ne
ever hangs out with me anymore. We were really close, and it is making me really sad. My brother ne
family is against me. There is a Mass today for a family member, and he never asked me to go. I'm to s
ıring her stay here in the city. I know she comes from a place of love, but she has always been short-fu
ıring her stay here in the city. I know she comes from a place of love, but she has always been short-fu
him so much. Weâ€™re both teenagers. The week after his birthday, my mom made me stop talking
him so much. Weâ€™re both teenagers. The week after his birthday, my mom made me stop talking
I also play on a team that I've hated since the beginning, and I finally want to quit before the season g
ıf voice that seems very demanding and seems more like yelling. I get upset often at this. Am I too sen

e respect to my brothers than me, but only my brothers fight her while I respect her. Why does my m

er from a previous marriage. We also have 3 grandchildren. Now this event is tearing us apart. I want
ıg. He took a plea to always register as sex offender and he did two years. That was more than two de
'e family structure which can transfer down to your own family if you have one together in the future.

that does happen I might dig hole in the ground with a paper that says "here lays my emotions. R.I.P."

ɔm because I don't want to hurt them. But I'm not sure how long that I can keep the secret to myself. V
d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
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d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
d to listen to me instead of me listening to him all the time? How do I get my husband to listen to me?,
e to wear a strap on and have anal sex with him. I have tried this for him, but I donâ€™t like it and hav
e to wear a strap on and have anal sex with him. I have tried this for him, but I donâ€™t like it and hav
my husband for six years and married for almost five. I just don't feel that connection anymore. I feel r
and she said she will do it for me. The idea excites me to no end, but I donâ€™t want to because it disg
ıs, but sometimes, I feel I am getting tired of the same thing over and over: that I am messing around,
ıs, but sometimes, I feel I am getting tired of the same thing over and over: that I am messing around,
ıs, but sometimes, I feel I am getting tired of the same thing over and over: that I am messing around,
ıs, but sometimes, I feel I am getting tired of the same thing over and over: that I am messing around,
ne sentence, I would say the following:Recognize that while you and your partner probably have comn
answer of what makes a ""good marriage"" are as varied as there are marriages.Basically, similarity, lil
eat read from 2016 (but feels timeless):https://www.nytimes.com/2016/05/29/opinion/sunday/why-
e (or any long-term committed romantic relationship) is never easy. Ups & downs, doubts and fights a
earn more about ""what makes a good marriage"" and steps toward doing so is Dr. John Gottman's bo
you together, they often will say ""because we love each other!"" Well, that's great, but it's not enoug
lk too much on the subject;It's the same three things that make all relationships work:HonestyTrustRe
A good Marriage is one that takes hard work and commitment.Â Being in a good marriage does not al
has two participants, meaning both people participate equally in the intimate connection of marriage.
ı relationship. However, I do believe their are some basic fundamental areas that are beneficial for a h
to change, such as looking up from his iPad long enough for me to tell him the grandbaby almost pulle
to change, such as looking up from his iPad long enough for me to tell him the grandbaby almost pulle
to change, such as looking up from his iPad long enough for me to tell him the grandbaby almost pulle
ıse you argue, does not mean your marriage is not worth it. Couples disagree. They are different peop
arguing been occurring and does it relate to a specific incident or circumstance in your relationship?Ar
n I have proof. When I beg her to tell the truth, she yells, cusses, and gets a huge attitude. My wife is c
ing worse. How can my marriage be fixed?,"One key factor to consider is, are you able to repair after y
ing worse. How can my marriage be fixed?,"At the begin g of marriages, we expect to be living on an e
never has anything to say about me until I tell him something about himself. What makes my husband
k up the family. However, now I am struggling to forget and forgive what happened. I feel like I cannot
k up the family. However, now I am struggling to forget and forgive what happened. I feel like I cannot
k up the family. However, now I am struggling to forget and forgive what happened. I feel like I cannot
k up the family. However, now I am struggling to forget and forgive what happened. I feel like I cannot
husband if he is mean?,"What you are describing is a state of abandonment like no other; a direct lac
husband if he is mean?,"Hello, and thank you for your question. Loving someone who

/ husband if he is mean?,"So many questions comes to mind when I read your words...Do you love you
Iy husband keeps getting mad at me for things that I said. How do I deal with my husband being mean
orked and slept, and on off days, he'd stay home because he didn't want to do anything else. Now he's
orked and slept, and on off days, he'd stay home because he didn't want to do anything else. Now he's
getting over the situation. I don't feel it is fair that she expects me to sit on that couch and wonâ€™t l
en years, and we have three beautiful children. A few weeks ago, my husband decided he need some ti
her birthday. Shortly before, he told me he wanted a divorce. He has four other children, three of whi
e a hard time moving on. How do I move on from my husband's cheating?,"How has your husband acte
er. I had always been clear that I wanted to get married and I sadly would drop hints about how i want

t is the clients who get to decide what type of treatment they want.If a therapist believes that their cli
and have a client involuntarily admitted to a treatment center. The therapist would have to believe th
er is part of a larger psychiatric facility, and the diagnosis which the therapist states describes your psy
rapist without having healthcare?,Openpath.com is a great resource for therapists that offer affordabl
rapist without having healthcare?,"There is an organization dedicated to helping individuals find afford
rapist without having healthcare?,There are plenty of online providers within the mental health field t
rapist without having healthcare?,"Depending on your area and location, there may be therapists who
myself 2-3 times a day and cut down on my food intake. Am I anorexic?,"Anorexia Nervosa involves se
ome an RN, and I really need to get better once and for all. I lose control of myself and become angry
med with shame and disappointment that I end up going to the gym and trying to exercise the calories
med with shame and disappointment that I end up going to the gym and trying to exercise the calories
med with shame and disappointment that I end up going to the gym and trying to exercise the calories
med with shame and disappointment that I end up going to the gym and trying to exercise the calories
hich may explain an answer to your question.If medically, there is no condition to explain why you gai
pleasure of it. Especially with sweets - I'm never done eating dessert. How can I train myself to stop e
pleasure of it. Especially with sweets - I'm never done eating dessert. How can I train myself to stop e
the people he texts the most and one of them was a female coworker. I don't know how to approach t
the people he texts the most and one of them was a female coworker. I don't know how to approach t
the people he texts the most and one of them was a female coworker. I don't know how to approach t
the people he texts the most and one of them was a female coworker. I don't know how to approach t
the people he texts the most and one of them was a female coworker. I don't know how to approach t
the people he texts the most and one of them was a female coworker. I don't know how to approach t

, but with time it becomes more and more clear that there is a barrier to moving forward to deeper int
t the best way to find out for certain is to ask him. Â If your desire is to have a permanent relationship
s, is that your boyfriend's ideas for the relationship are not similar to yours.Really, you will only find t
admitted to me that she has feelings for another guy. She says itâ€™s â€œjust a crushâ€ but I don't kr
admitted to me that she has feelings for another guy. She says itâ€™s â€œjust a crushâ€ but I don't kr
admitted to me that she has feelings for another guy. She says itâ€™s â€œjust a crushâ€ but I don't kr
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admitted to me that she has feelings for another guy. She says itâ€™s â€œjust a crushâ€ but I don't kr

sits, and has not moved on with anyone else. His words do not match his actions. I love this man, but it
sits, and has not moved on with anyone else. His words do not match his actions. I love this man, but it
sits, and has not moved on with anyone else. His words do not match his actions. I love this man, but it
sits, and has not moved on with anyone else. His words do not match his actions. I love this man, but it
l. They say it will all be okay, or they don't listen to me st all. Everyone says they are here for me but it
l. They say it will all be okay, or they don't listen to me st all. Everyone says they are here for me but it
l. They say it will all be okay, or they don't listen to me st all. Everyone says they are here for me but it
l. They say it will all be okay, or they don't listen to me st all. Everyone says they are here for me but it
l. They say it will all be okay, or they don't listen to me st all. Everyone says they are here for me but it
l? Why is it hard for me to express myself?,"I wanted to share these two short books (see below). You
l? Why is it hard for me to express myself?,""""Practice makes perfect""!Simply by expressing yourself
l? Why is it hard for me to express myself?,"<!--

licated. He said he's not going to find someone else, but I'm afraid. How do I keep our relationship goi
licated. He said he's not going to find someone else, but I'm afraid. How do I keep our relationship goi
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licated. He said he's not going to find someone else, but I'm afraid. How do I keep our relationship goi
licated. He said he's not going to find someone else, but I'm afraid. How do I keep our relationship goi

her. When she would call me I wouldn't answer the phone. This made my girlfriend really suspicious.
her. When she would call me I wouldn't answer the phone. This made my girlfriend really suspicious.
her. When she would call me I wouldn't answer the phone. This made my girlfriend really suspicious.
her. When she would call me I wouldn't answer the phone. This made my girlfriend really suspicious.
verything else is perfect about him, but I find myself lusting over more attractive men. The next step is
verything else is perfect about him, but I find myself lusting over more attractive men. The next step is
verything else is perfect about him, but I find myself lusting over more attractive men. The next step is
verything else is perfect about him, but I find myself lusting over more attractive men. The next step is

im of having a secret phone. Is he trying to make me crazy on purpose, or is he really talking to himse

here's this other guy who I've had feelings for for awhile now. He gives me butterflies when we talk, ar
here's this other guy who I've had feelings for for awhile now. He gives me butterflies when we talk, ar
like five years now with two kids. He has a lot of narcissistic behaviors. He lies and cheats, but I love hi
like five years now with two kids. He has a lot of narcissistic behaviors. He lies and cheats, but I love hi
want to help, but I cannot find him. How can I handle my boyfriend being reported missing?,"If you me
co-worker. I was very upset none the less. I understand what she did was wrong, but I want to spend
co-worker. I was very upset none the less. I understand what she did was wrong, but I want to spend
co-worker. I was very upset none the less. I understand what she did was wrong, but I want to spend
co-worker. I was very upset none the less. I understand what she did was wrong, but I want to spend
would do anything for me and my kids. The man I love is their father, and no matter how many times th
high school. We left off on a good note. Should I message him and see how he is doing, or is it too late
high school. We left off on a good note. Should I message him and see how he is doing, or is it too late
eirdly of me. How do I be with him and tell him and tell my friends? How can I be with the boy who lik
question everything he does from loving me to if my body is good enough. I'm super jealous for no rea

or anything like that, but I always feel like a part of my heart is missing. I try to fill it in with objects or
or anything like that, but I always feel like a part of my heart is missing. I try to fill it in with objects or
or anything like that, but I always feel like a part of my heart is missing. I try to fill it in with objects or
n I learn how to listen and get myself together? I want to become a better man,"What an important q
n I learn how to listen and get myself together? I want to become a better man,"Hello, and thank you
n I learn how to listen and get myself together? I want to become a better man,"Thanks for your ques
n I learn how to listen and get myself together? I want to become a better man,"The best tool for bec
n I learn how to listen and get myself together? I want to become a better man,"I love that you are so
n I learn how to listen and get myself together? I want to become a better man,"The first step for mak
n I learn how to listen and get myself together? I want to become a better man,"Let go of your ego, th
n I learn how to listen and get myself together? I want to become a better man,"I'm glad to read abou
n I learn how to listen and get myself together? I want to become a better man,"Hard to say a whole l
. I know I'm bipolar and can be selfish. He called me today and says he can't go through with the break
veo servicios de tele terapia. Â Para una cita puedes llamar al 787-466-5478."
would always flirt with me. Should I wait for this guy to make a move, or just move on?,"Well, as disap
since. It's been a few years. We had a very good and friendly relationship, and we seemed to have a lo
distant. I don't know what to do to fix the relationship. How do I fix my relationship?,"My empathy go
distant. I don't know what to do to fix the relationship. How do I fix my relationship?,"I'm sorry you ha
distant. I don't know what to do to fix the relationship. How do I fix my relationship?,"I would first sug
ed on my self, was in a relationship, and I did everything a healthy girlfriend does and it didn't work ou
nt, he's still here. He wakes up in the morning, acts like nothing happen, and repeats this every night. W

five months ago I can't move on. I want to get back together but he won't talk to me. What should I do
ıer I have a crush on her brother she would loose it. I once told her I thought her brother was cute and

end assumes that the words of the song mean something negative about our realationship. I don't w
family support. It's hard for me to stay positive. I get very emotional and take it out on the people I lo
found out his ex has that exact same hair. I feel like he must know she has that hair style. Am I nuts, or

ry open and straightforward person, so he is getting upset with me for my lack of proper communicati
e me. It's hurtful because I am all about resolving the problem, and he dwells on the issue even if I dro
e me. It's hurtful because I am all about resolving the problem, and he dwells on the issue even if I dro
e me. It's hurtful because I am all about resolving the problem, and he dwells on the issue even if I dro
e me. It's hurtful because I am all about resolving the problem, and he dwells on the issue even if I dro
ıg. My ex-boyfriend, Paul, broke up with Jennifer, and she's devastated about it. Peter and I are going
d me this and I'm just completely done with giving him chances. He knows how much it bothers me. I j
while he's in Ireland?,"It sounds like you and your boyfriend are very close. Â Do you typically spend r
n with someone. I have even accused him of having a secret cell phone. I ask so much, I feel like I am lo

soon as I felt the difference, I was scared to lose him. I started freaking out if he did not answer, thinki
soon as I felt the difference, I was scared to lose him. I started freaking out if he did not answer, thinki
ıt me. I left my ex due to an abusive situation, and they are making me look like I was the bad one. Wh
ı he is drinking alcohol. I get anxiety over having fights with him. What can I do about my boyfriend's v
ıted everyone nice. For girls I liked, I would spend every second with them. It always ends the same wa
: told me that I will never find anyone else, and that's lingering in the back of my mind. Am I unworthy
ss insecure and needy with my girlfriend?,"We humans are social beings. We learn how to BE in relati
ss insecure and needy with my girlfriend?,"How did you come to the conclusion that you are acting ne
ɔ work. My girlfriend of 3 years is very sexually frustrated. I told her that it is okay for her to have sex v
ɔ work. My girlfriend of 3 years is very sexually frustrated. I told her that it is okay for her to have sex v
my separation from my wife of 15 years. How can I rebuild the trust I destroyed from my porn addicti
:d. We started counseling, and he participated in one or two individual sessions, but we broke up agair
:d. We started counseling, and he participated in one or two individual sessions, but we broke up agair
:d. We started counseling, and he participated in one or two individual sessions, but we broke up agair
vill say and not talk to me. We have our great moments, but I just need to focus on my personal situati
vill say and not talk to me. We have our great moments, but I just need to focus on my personal situati
vill say and not talk to me. We have our great moments, but I just need to focus on my personal situati
ıind, and he needs time to think about us. We've only been dating 3 weeks but I like him a lot. My boy
ıind, and he needs time to think about us. We've only been dating 3 weeks but I like him a lot. My boy
ıind, and he needs time to think about us. We've only been dating 3 weeks but I like him a lot. My boy
ted to work it out. But with time he started asking others and they told him to leave me. Now he want
feel like they are talking about me and making fun of me. I have felt this way for years. When I look pe
about the other girl? My boyfriend isn't sexually performing like he did before I found out he was che
; a mistake. He got married a few months after we broke up, and now he is divorced. I forgave him for
He has a lot of gay friends on social networking sites. He would not help pay for the room. When I ask
/e both fell in love and have been together for eight months. He left the house and filed for divorce. He
ıven't talked to our parents. What should we do? I'm a teenager, and I want to have a baby with my bo

l just stay friends because he doesn't want to ruin anything. We both just got out of relationships. His v
divorce process. Itâ€™s especially when the mother of his kids keeps making him feel bad and using th
ason of hers. I have been trying to get her back, but it isnâ€™t easy. She is in her 50s and I am in my 40
man year, we dated for about a week before his parents ended it because they said he is too young to
v. Since then, he has still been in contact with me every day. We spent some time together over the ho
Ve recently just broke up again last night on New Yearâ€™s Eve. When we break up, the very next day,
e had a rebound relationship. He says he loves and misses me but refuses to see me. He says it's going

ess and guilty. I want it to go away, and I want to make my woman happy again. I feel like I can't contro
y day we get home, there is a huge mess on the floor, and several things will be ripped up (including th
there and wait with me. Instead, he wanted to go do things for his friends while I waited. When I was c
there and wait with me. Instead, he wanted to go do things for his friends while I waited. When I was c
and has been texting his ex-girlfriend, who he has two kids with. What should I do? My fiancÃ© is tryin
nt to her and it hurts. She just wants me to support the sorority, but it's so hard. I try every day to show

aying goodbye. My heart is burning, and I can't take this pain. I'm older and just experienced heartbrea
aying goodbye. My heart is burning, and I can't take this pain. I'm older and just experienced heartbrea
trust issues and assumed I was cheating. When I found out I was pregnant, we had just broken up. Fiv
trust issues and assumed I was cheating. When I found out I was pregnant, we had just broken up. Fiv
s help to move on. His accusations are angry lies. But I think he may believe them to be true. Is it possi
. The next, he's mean and blames me for everything. He can't admit faults. He thinks he's perfect and
ng on me. Whenever I try to talk with him about it, he always turns it around on me by telling me wha
s because he was with his ex for 8 years. He wants to see his step daughter and ex makes it so he has to
nion tells me he wants nothing to do with me,Your partners obviously very confused when it comes to
nion tells me he wants nothing to do with me,"Yes, I agree with your view about the ""rollercoaster""
ve, and I still love her dearly. I am in my late teens and so is she. She says she has lost her connection w
tion!Good for you on clearly knowing your priorities.If I was sitting with you now, I'd ask you to list you
s, but I can't stop thinking about her. She's always on mind and I want her back. There's this girl I've be
ometimes during a disagreement he tells me that my communication is having a harmful impact on hin
oth stay emotionally connected in a healthy respectful way!Step 1: Start with I...+ feeling (For example
ommunication patterns that many couples find themselves in that create conflict: criticism, defensiven
Or I couldn't have many friends because of who I am. It's strange I want to be loved but I'd hate to be
Or I couldn't have many friends because of who I am. It's strange I want to be loved but I'd hate to be
Or I couldn't have many friends because of who I am. It's strange I want to be loved but I'd hate to be
uld I be concerned that my boyfriend will not introduce me to a female friend,"Would you have the sa
e died. Things kinda returned to normal few weeks later. Last month it feels like we hit a brick wall. Int
ally like him. He says he cares about me and is willing to fight to make things right. He has been very ap
d do all I can and the relationship still fails. How do I learn to not get in relationships with men in bad s
out 8 months. Just when we were all together and our spouses were out of the room. Once I met him f
do? My ex-boyfriend and I broke up about 3 months ago and now he wants me back,"Finding the right
ave our family. Me and my girlfriend of 7 years are looking for some free couples counseling in Modest
e out what triggers me to do this? And how do I help overcome this problem? I would like to become r
e importance to my two dogs over her. How do I get over this problem and prioritize my girlfriend over
'm obsessed when I'm not at all. I give him his space and I make sure he's okay but sometimes I think i

ngs? I'm having a lot of conflict in my relationship,"Being able to accept your partner's influence is a ke
the situation? How do I start talking again after a fight?,"In any relationship, it is important to be able

hat I'm in love with a guy that I've been talking to for about 2 years but I've never met him in person. H
was ok. Then things started to change, we'd break up and reconnect, and he cheated on me numerou
f nowhere. We seemed so happy together. It all started when she went to Missouri to visit her family.
sider the relationship to be a hurtful one, Iâ€™m sure there are some aspects about it that are hard to
be an incredibly fulfilling experience for you and your partner! This could be a aspect of your sexuality
bsolutely normal to have fantasies of a sexual natureÂ about other people, whether they are real or ir
awareness out there about trans now. Â Read different stories and find a support network so you do r
e to give you an answer.Instead, I'd look to whether you're in a happy and healthy relationship, have fr
en's clothing in private. I am torn on how to feel about it. I enjoy it very much. I have had a pantyhose,
en's clothing in private. I am torn on how to feel about it. I enjoy it very much. I have had a pantyhose,
en's clothing in private. I am torn on how to feel about it. I enjoy it very much. I have had a pantyhose,

meone who

en's clothing in private. I am torn on how to feel about it. I enjoy it very much. I have had a pantyhose,
ave had a few same sex encounters of my own doing. How can I be interested in the same sex after ne
ave had a few same sex encounters of my own doing. How can I be interested in the same sex after ne
ave had a few same sex encounters of my own doing. How can I be interested in the same sex after ne
ave had a few same sex encounters of my own doing. How can I be interested in the same sex after ne
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ave had a few same sex encounters of my own doing. How can I be interested in the same sex after ne
ave had a few same sex encounters of my own doing. How can I be interested in the same sex after ne
l association for Transgender Health, new standards of care say the therapy before hormones and a let
or everyone. For some folks, transition means hormones, surgery, voice work, electrolysis, and other m
n Dara Hoffman-Fox's blog. Dara is a gender therapist like myself, and everything Dara says is very acc
e worked with within Washington State, have had to attend therapy while undergoing hormone thera
there are requirements for counseling at the practitioner, clinic or state laws about this."
o counseling at some point. Transitioning is a long process and there are many steps. I do not know fo
lly know. How do I know what my sexual orientation is?,"I think longevity has a lot to do with arriving a
lly know. How do I know what my sexual orientation is?,"I would ask you, ""do you feel like you need t
lly know. How do I know what my sexual orientation is?,"Sexual orientation is not always something th
d. Â Sharing a part of your private life without your permission can be so painful. Â I might suggest (de
sorry, she shouldn't have. Hopefully, you will have a conversation (or, in reality, several conversations)
opened. Â Nobody deserves to be outed without their permission. Â I would encourage you to get in to
hat to say if someone asks my gender. I just get really confused and usually say my birth gender. What
hat to say if someone asks my gender. I just get really confused and usually say my birth gender. What
hat to say if someone asks my gender. I just get really confused and usually say my birth gender. What
hat to say if someone asks my gender. I just get really confused and usually say my birth gender. What
out men until a week ago. Iâ€™m very upset and depressed about this. It's not normal to me. I looked
out men until a week ago. Iâ€™m very upset and depressed about this. It's not normal to me. I looked
out men until a week ago. Iâ€™m very upset and depressed about this. It's not normal to me. I looked
sisted for 10 years already but I don't know where to start. I do not have the soundest information eith
forge-forward.org/wp-content/docs/Lets-Talk-Therapist-Guide.pdf. It is about seeking help through th
feelings would likely help you feel more comfort and have a safe place to talk.
r area. Â They can help you make good decisions and feel good about who you are. Â Good luck!
ey wouldnâ€™t believe me. It almost feels like they wanted me to be. Now Iâ€™m actually starting to b
ey wouldnâ€™t believe me. It almost feels like they wanted me to be. Now Iâ€™m actually starting to b
t were born with. So, for example, if you are genetically and biologically female, but you feel as though
annot speak to the personal experience of realizing that I am transgender. What I can do is tell you son
nor guys?,"It doesn't sound like you are finding yourself attracted to anyone. Â It could mean that you j
nor guys?,"Hi, and thanks for your question. I agree with my colleagues about researching asexuality, b
nor guys?,"No, it does not necessarily. Â Your sexual preference is based on who you ARE attracted to,

een imagining what it might be like to date a girl, and I like the idea. I also find guys cute too. Does this
about a week later, I started having this desire to be female. I never had this desire before. All I can thi

len rush of questions have come over me, and I don't know anymore. I'm questioning my sexuality,"Be
len rush of questions have come over me, and I don't know anymore. I'm questioning my sexuality,"Hi
ome a transgender, but how can I be sure?,"Hello Frostproof,Thinking about becoming transgender ar
in a guy body. I imagine myself as a girl too. I think this more because my friends say that if I was a girl
in a guy body. I imagine myself as a girl too. I think this more because my friends say that if I was a girl
el that is great. Â if you simply enjoy wearing the clothes I would work on self acceptance. Â Take care.
n.
t something bad is going to happen to me. Once it starts, the thought continues going through my hea
t something bad is going to happen to me. Once it starts, the thought continues going through my hea

ritic"
t something bad is going to happen to me. Once it starts, the thought continues going through my hea
t something bad is going to happen to me. Once it starts, the thought continues going through my hea
t something bad is going to happen to me. Once it starts, the thought continues going through my hea
t something bad is going to happen to me. Once it starts, the thought continues going through my hea
t something bad is going to happen to me. Once it starts, the thought continues going through my hea
ɔ your sensitivities, whether these are specific interactions, specific people in your life, specific situatic
ınges between feeling angry and depressed or any number of other things. Sometimes major and sudc
. How can I be happier and healthier?,"Maybe you need more motivation to avoid eating the junk in yc
. How can I be happier and healthier?,"I know some people do better when they don't have as much ju
'm worried or upset. She "gives me advice" and comforts me and tells me it'll be okay. I've given her a
'm worried or upset. She "gives me advice" and comforts me and tells me it'll be okay. I've given her a
'm worried or upset. She "gives me advice" and comforts me and tells me it'll be okay. I've given her a
ed her phone. Within seconds, the situation escalated to her kicking me out on the curb, saying horrific
ed her phone. Within seconds, the situation escalated to her kicking me out on the curb, saying horrific
: anything. I cry and cry, then next morning, I'm happy. I'm so confused. Why do I have dramatic mood
ıeir own terms. Is that correct? Do narcissists get healed by rationalizing?,"I doubt that they believe th
n others. They are also grandiose with a sense of entitlement. As they are also arrogant, it is doubtful t
·oaches are concerned.Â Approaches in which the individuals feels validated
nature of the disorder makes it tough for them to even be in therapy as it would be hard for them to a
ıeir own terms. Is that correct? Do narcissists get healed by rationalizing?,"It is not correct because sor
y OCD and anxiety?,"Absolutely!Â Exposure techniques in counseling have shown to be extremely eff
y OCD and anxiety?,"Counseling can be very effective for OCD. In particularly, a kind of therapy called
y OCD and anxiety?,"Possibly yes, and definitely worth a try.First read about different types of therapy
: is a psychopath's thought process?,"Good question!I have only a guess to it.Psychopaths feel no emp
/our mind starts to wonder then remind yourself to bring your attention back.Start with short time spa
:al times. I want to stop doing this but I don't know where to start. How do I stop? How do I stop sneak
:al times. I want to stop doing this but I don't know where to start. How do I stop? How do I stop sneak
:al times. I want to stop doing this but I don't know where to start. How do I stop? How do I stop sneak
:al times. I want to stop doing this but I don't know where to start. How do I stop? How do I stop sneak
:al times. I want to stop doing this but I don't know where to start. How do I stop? How do I stop sneak
:al times. I want to stop doing this but I don't know where to start. How do I stop? How do I stop sneak

of something that I want to do. When I start to make it happen I get irritated by other people if they ir
of something that I want to do. When I start to make it happen I get irritated by other people if they ir
of something that I want to do. When I start to make it happen I get irritated by other people if they ir
They're not random voices, but rather, the voices of those I care about. How can I make the dreams ar
They're not random voices, but rather, the voices of those I care about. How can I make the dreams ar
They're not random voices, but rather, the voices of those I care about. How can I make the dreams ar
They're not random voices, but rather, the voices of those I care about. How can I make the dreams ar
They're not random voices, but rather, the voices of those I care about. How can I make the dreams ar
They're not random voices, but rather, the voices of those I care about. How can I make the dreams ar
an episode. I have been formally diagnosed with bipolar type 1. What is a psychotic seizure?,"I do not
an episode. I have been formally diagnosed with bipolar type 1. What is a psychotic seizure?,"The bes
an episode. I have been formally diagnosed with bipolar type 1. What is a psychotic seizure?,"I will ad
cribe themselves.And, this description is broad enough to describe the way many people feel when go
happen with folks who have bipolar disorder. To a certain extent, all people experience dissociation at
ng like they rule the world, so perhaps.There are also some other things that come to mind when you
ot a symptom of a medical condition.Ask your healthcare practitioner their opinion on this question.If
rst suggest meeting with your primary care physician. They would probably be able to refer you to a sp
a symptom of feeling insecure and imagining control of an action will somehow create a feeling of pea
g and judgmental?,"I agree with you and this is emotionally painful to watch or be on the receiving sid
form while guest starring on a television show. I try, but I can't get her out of my mind. What should I
lerlying issues? The Underlying Causes of Being Possessive,"Hi there. It's great you are able to realize t
ome serious changes in my life, but I just can't seem to even though I really want to. Why can't I force
ome serious changes in my life, but I just can't seem to even though I really want to. Why can't I force
that my legs are moving. I feel like Iâ€™m watching my life be lived by someone else. Why don't I fee

t or kill him. It makes me sad because I love him, but I always think about how helpless he is. There've
as an attachment issue also; her mother just moved to a much nicer home, and she gets angry and der
in the back of my mind at all times. Do feelings of depersonalization go away?,"Best answer that I can
sad and cry and then I feel better. But then I get upset with people so quickly, and I hurt their feeling
been diagnosed with OCD, it is important that you learn to identify the symptoms, the triggers and how
et research on psychosis symptoms and see if you have several of the symptoms.Â If you do, seek a m
I cry, pull at my hair, plug my ears, hit myself, and throw things. In loud public places, I get on edge an

think about what would happen if I died or if someone I loved died. I imagine how sad everyone I kno
reason. How can I stop being so emotional all the time over worthless stuff?,"Hello Vancouver, It's re
to shake the habits. I try to think of what it is doing to me and my future, but no matter what, I keep c
to shake the habits. I try to think of what it is doing to me and my future, but no matter what, I keep c
mething, but I'm concerned. I have a compulsion to fill in holes in my skin with ink,"Hi Houston, The fa
mely difficult. How do I know if I have bipolar disorder?,"It sounds like you are experiencing a great de
f recovery....and it can't be just your motivation!Â Â When a loved one is immersed in their addiction,
using drugs and alcohol. Family members can offer support by helping to research and schedule treatr
force people to make changes hoping that they will see that we are right, even when they may not be
ng the pattern of his substance use, I'll accept your description that he is an addict.Â The short version
ce, have tremendous emotional pain they are covering up. Â The only action someone who would like

ecting our relationship. I'm not sure why I do it, but I want to stop. How can I find the willpower? How
the fact that I may run into a peer there. I am a peer counselor in the small community that I grew up
the fact that I may run into a peer there. I am a peer counselor in the small community that I grew up
the fact that I may run into a peer there. I am a peer counselor in the small community that I grew up
the fact that I may run into a peer there. I am a peer counselor in the small community that I grew up
m playing games and trying to find out how to make my phone fun to use so I don't feel like I wasted r

on before disclosing any information about you to your current therapist.Depending on state law, there

it I would like to begin counseling again. The social workerâ€™s voicemail message says that he return
it I would like to begin counseling again. The social workerâ€™s voicemail message says that he return
ing on.In general, both Federal and State confidentiality laws prohibit health care providers from givin
her parent's custody visitation? Unethical Therapy Practices,"This sounds like a potentially serious situa
her parent's custody visitation? Unethical Therapy Practices,"I will admit I am confused about this ques
arenia. Is it a normal practice for a team of doctors who are connected by state or profession to discon
m seeing other psychologists at the same clinic (which takes my insurance), which is also where I get m
estrict Â a Â mentalhealth Â provider from disclosing your confidential information to your parents. Th
ver again. She told me she would get me a therapist, but she never did. I just found out that my mom
ent with my doctor. I was very upset, and I shared with him about that particular drug. I told my family
means that in most cases it is legal to record a conversation as long as consent has been granted by at l
wing edge of the field.There are a few things you'll want to look into before starting an online practice
How does counseling end?,"There are typically three reasons why therapy is terminated:1) Client has
How does counseling end?,"It is usually time to end counseling sessions when it is clear to both the cli
How does counseling end?,"Hello. The end of the counselor/client relationship is one of mutual respe
How does counseling end?,"Hopefully both the client and counselor would together decide when to te
How does counseling end?,"There are different reasons why a counselor may seek to terminate with a
How does counseling end?,"From the very beginning of counseling sessions I emphasize that the work
How does counseling end?,There can be many reasons why?Client has reached their goals they hired
How does counseling end?,"Counselors should consider ending counseling sessions or terminating the
How does counseling end?,For most:Â When the money/insurance runs out.When best:Â When the
How does counseling end?,
How does counseling end?,"To be able to identify a clear ending to a counseling relationship, we must
Â establecidos para la terapia. Â Â Tanto el consejero como el cliente pueden terminar la relaciÃ³n de
How does counseling end?,"As a therapist who believes in client self-determination above most other
How does counseling end?,"Ideally, termination should be a mutual process. It's not that the therapist
How does counseling end?,"For a therapist, deciding to end counseling sessions or terminate working
How does counseling end?,"In general, I usually let the client decide when this should occur, sometim
How does counseling end?,"I will work with clients and continually review progress with them and de
How does counseling end?,"There are several reasons for a counselor to decide to end counseling. Â A
How does counseling end?,"Counseling ends when the client has received the maximum benefit from
How does counseling end?,"Goodbyes can be hard.

usually

How does counseling end?,"In the best case scenario, it's a mutual discussion and decision. If not, Â I'v
How does counseling end?,"In my therapy practice the decision to end therapy is mutually made toge
How does counseling end?,"Hi there,Â There are a number of reasons why a therapeutic relationship
How does counseling end?,"This is a question that is very specific to each person. There are definitely

ok. I also wanted to know if they enjoy their job and how long they were in school. I'm in high school, a
ok. I also wanted to know if they enjoy their job and how long they were in school. I'm in high school, a
ed a cultural shock, and I was so depressed when I arrived here. My counselor in the university was my
ed a cultural shock, and I was so depressed when I arrived here. My counselor in the university was my
ed a cultural shock, and I was so depressed when I arrived here. My counselor in the university was my
they require ongoing support and the therapist is no longer able to continue working with them. This
to complete a release of information so I could discuss your child's case and send records so that the
a new practice. Â If the practice is in the same general area and the therapist does not have a non cor
st, on this question so try googling your question for your State.Generally, the therapist should have g
ou a referral. Â They also will help your child with the transition. Â If that fails, ask the agency where y
here are several ways a counselor can avoid abandoning a client. First, the counselor can refer the clier
s a child, addiction, and abusive men. I have been in therapy for five months and get no feedback from
s a child, addiction, and abusive men. I have been in therapy for five months and get no feedback from
f how to ask my doctor about seeing someone. How do I approach my doctor about seeing a therapist
f how to ask my doctor about seeing someone. How do I approach my doctor about seeing a therapist
essed?,"How can we handle stress in healthy ways?
oo much. Try and find if you do certain things or are there triggers when you do.
verful stress reliever. ...
. ...
nd to protect the body from the effects of stress. Lastly channel your creative energy try my adult colo
essed?,"In case you feel some relief to know you're feeling the tone of our times.We live with crumbli
essed?,"Part of handling stress is making sure that your perception of the stress is accurate. Sometime
essed?,"Unfortunately we can't escape stress in this life.Â Some stress is good and it motivates us to t
essed?,"As a general disclaimer, in any area of mental health there is no ""one size fits all"" response,
essed?,"There are many causes for feeling stressed out. Between a demanding job, family responsibili
ways to reduce stress?Here Are 5 Important And Effective Ways To Reduce Stress And Anxiety 1.Â Pr
root of your stress, what stresses you most? Finding techniques to combat that, and many have found
stress busters are: any type of physical exercise that you enjoy, journaling, reading, doing things you e
different works for each of us.There are the outward answers of self-pampering and making your hom
acts to stress typically by breathing more shallowly, increasing our heart rate and tensing our muscles
meditate. I recommend a Mindful Based Stress Reduction MBSR program.
lt right now. I get stressed out really easily. I tend to worry and over-think. I'm just worried about mon
er colleagues may add other types of information. I want to talk about fantasies (an internal behavior
ay to secretly satisfy your own wish to be or to live life gay.
guess.Maybe the reason is because she looks attractive to you. Â Whether this means anything more

ally intensified the guilt/shame). However, I've been attracted to much older men since I was even you
nagining having sex with them. I have never had sex before, nor have I had a boyfriend. I feel lonely ar
it now because it's so weird. We didn't even realize how messed up it was at the time. One time, it esc
ke this has become a behavioral addiction for you.Â A therapist can help you identify the underlying r
ople will read my messages but then they won't answer me. Could it be that there is something they
ople will read my messages but then they won't answer me. Could it be that there is something they

ople will read my messages but then they won't answer me. Could it be that there is something they
ople will read my messages but then they won't answer me. Could it be that there is something they
ople will read my messages but then they won't answer me. Could it be that there is something they
ut everything. It's not funny, just awkward. Why do some people try to make a joke for everything and
r relationship. My friends don't put effort into our relationship,"One thing I would ask is ""why are you
r relationship. My friends don't put effort into our relationship,"Interpersonal relationship (either posi
visitors. I suggested setting aside some time, but she has made it very clear she has no intention of ch
, but I forced her. After she told him, he told her that he likes her too. Their friendship is ruined becaus
, but I forced her. After she told him, he told her that he likes her too. Their friendship is ruined becaus
was just weird. I try not to think about it too much, but a lot of manipulation and lying happened, yet no
was just weird. I try not to think about it too much, but a lot of manipulation and lying happened, yet no
e comments are so vague, but I know that they are meant for me. Even when I confront her, she messa
u would like to let other people get close to you and at the same time you are finding yourself compell
eek away. I don't know what to do. The girls at my coming-of-age party don't like their dresses,"How d
ast problems and live one day at a time?,"Staying present is an attitude most of us aspire

prepare to inhabit the expanded present that awaits us.He offers three helpful steps to making any imp

ve

ast problems and live one day at a time?,"Would you describe yourself as sensitive to your surroundin
ast problems and live one day at a time?,"Hi Chapel Hill,Â I like your goal; research is telling us more a
ast problems and live one day at a time?,"Take one day at a time!!!Â Each day do things that make yo
ast problems and live one day at a time?,"Remember, the past no longer exists and the future is just a
you are and what direction your life must take in order for you to feel comfortable and fulfilled.Unde
write an email, then I'll read it again from the receiver's perspective and sprinkle a bit more understan
like I'm being attacked and that is making me blow things out of proportion and taking the role of the
m tired of being called names. What should I do? My friends accusing me of having problems,"It sounc

to reach my husband at this time. He is only one who can take me on base in order to get a new ID so
to reach my husband at this time. He is only one who can take me on base in order to get a new ID so
to reach my husband at this time. He is only one who can take me on base in order to get a new ID so
harm.Â There are many ways you can get help, including talking to a friend, family member, school co

symptoms and draw a diagnosis.Â In CounselingÂ we useÂ an interview evaluation that considers pe
formation gathered, reported and observed from the client."
lers.Gathering patient data also includes doing an intake interview usually at the first session. The inta
y tools for this purpose, including but not limited to: self reporting/surveying from clients, diagnostic
at to decide what type of personality the client has? I've read about this online, but I'd like to underst
at to decide what type of personality the client has? I've read about this online, but I'd like to underst
at to decide what type of personality the client has? I've read about this online, but I'd like to underst
at to decide what type of personality the client has? I've read about this online, but I'd like to underst

e looking for, or what has worked with you before if you have had prior counseling. If you just like a th

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it's normal to cry in therapy sessions. Sometimes clients have stories they never shared with anyone c
·ally very normal to cry in therapy, and for many reasons. Therapy should be a safe space to explore er
than just normal, it's expected! Quite honestly, there are a very few days where at least one client has
ɔsolutely normal!Â A good therapist can help your feel safe enough to really identify painful wounds.Á
many times we are not able to cry in our day to day. When you are able to open up the tears come to
ery normal to cry in therapy. Often times this is

le, and

a natural emotional. You are not alone. Crying can help you to feel relieved. Therapy is your journey, a
etely NORMAL and can be incredibly helpful. Some times we just need to let things out with a good cry
's normal to cry. It doesnâ€™t matter if it happens in the therapy office or at home. Some people feel l
often brings up big emotions - and generally ones that we may have been pushing down for a long time
nitely common for people to cry during a therapy session. For some folks, therapy is the safest place fo
! It is very normal to cry during a therapy session. During a session lots of different feelings will come u
y!!! Â Therapy is the place to be yourself! Â The messy self that most people donâ€™t get to see. Â Th
ıst you! If you are crying during therapy, or if you are crying outside of therapy, that is a good thing! It
y crying is very normal in therapy for many reasons. Some people after a good cry feel better , in other
aam it is ok and often good to do.Â Sometimes there are cathartic moments, or a sense of loss, emoti
al to experience many intense emotions in therapy. Sometimes those emotions lead to tears- so, long s
ing in therapy can be incredibly vulnerable at times, and can evoke lots of emotions that may or may r
hedding of Tears...9 Ways Crying May Benefit Your HealthDetoxifies the body. Reflex tears clear debris
st you... crying is one way our bodies attempt to heal. There could be many reasons why the tears com
Normal to cry during therapy !
ıcommon and you're not alone. Many people cry during therapy, it's one of the coping skills your body
herapy is a normal reaction to processing through complex emotions and trauma in life. I have often e
y! In fact it is encouraged to let it out and embrace the hurt.Â Trust me when I say this, ""you're not al
s a safe space where clients can allow themselves to experience feelings that they have not, otherwise
al to cry. Crying is a very healthy and cathartic process that allows for you to fully experience whatever
therapy may or may not be different than crying outside of therapy. Crying is something described as a
reason why I tell all of my clients that I have a lifetime supply of tissues in my office! Yes, it is complete
if your crying it means that you are releasing your emotions we counselors are trained to handle that
lutely it is appropriate to cry during a therapy session (or all of them). Crying is a physical representati
apy sessions and goals Â are for you and about you. They are not meant to be compared to anyone els
normal as conversations we have may touch on emotions, thoughts and feelings that have been cover
ɔu but everyone is different. Some people need to cry and others donâ€™t.
you how many times I've heard people talk about terrible things that have happened to them yet the
s a safe place where we address a host of different issues. Many times things come up that we may ha

ormal to cry in therapy.Â When opening up and talking about uncomfortable feelings or experiences t
s the most ""normal"" and human activity that any person has the freedom to exercise.Â Therapy is a
ying because you are sad? Perhaps this is your heart breaking open ready to cope with your issues. Wh
is! It is a natural thing considering the act of therapy can be really cathartic and release emotions in a v
utely normal to cry at therapy!Â It is common for a client to cry during a session.Â Crying can be thera
bsolutely it is! I half jokingly tell my clients if I don't make you cry at least 1x during therapy, I am not d
. We talk about vulnerable things and crying is a human response. I encourage my clients to cry and le
utely normal to cry during a therapy session and people do it all the time for a wide variety of reasons.
act of therapy is about purging that which you've been holding on to. Sometimes while we talk about a
rings people in for many different reasons. Most of the time it is because something in your life is not
ng in therapy is extremely normal, especially if it is your first time attending a counseling session. Very
out of the ordinary to get emotional during a session.Â Sometimes we will ask clients to talk about so
l to cry anytime you want to. Sometimes the tears don't make sense to us and that's okay. It is importa
therapy is a natural response, a relief to what you are going through. It is an expression of emotions, w
not everyone cries in therapy. In my opinion crying is a emotion that some express in therapy. Crying i
tely normal to cry in therapy. Therapy is a place to be honest about and explore your feelings without
y! Therapy is the best time to have the opportunity

earing. It is a release of energy and toxins. Crying is a good thing and a great way to let go and move fo
s such a personal process and often brings many emotions to the forefront, so yes, it very normal to cr
utely normal.Â Therapy provides a space where you can be free to express yourself and experience all
t it's normal, and even necessary at times.Weeping provides chemical shifts which also shift the exper
e of those cases where there is ""no wrong answer.""Many people DO cry, while others do not. Some p
people, crying is a stress-release valve. It is perfectly OK to cry in counseling!"
ee tears! There's an old saying, ""The eyes are the windows to the soul."" External emotions are a pret
urse you can cry!Therapy is a safe place where you can be who you are with no fear of being judged. E

y normal! Therapy should be a place where you can feel safe to explore and express all of your emotio
! There are some people who will never cry during sessions and some that always cry. In counseling yo
otally normal! Crying is a part of processing the tough stuff, no matter your age, gender or background
ring a therapy session is not unusual. When we are in a safe environment, such as a therapists office, i
ery normal. Some people cry frequently, but not fully. Theyâ€™re good at crying but never seem to he
people cry during therapy! Â Crying can offer a type of release as your body reacts to the input of you
ormal to experience many different emotions in therapy because you are dealing with issues and situa
ery normal to cry during a therapy appointment.Â When you meet with a counselor, you are opening
. Therapy helps us work through the tough stuff. Itâ€™s a safe place where we can let our guards dow
utely. In therapy you will be delving into topics and feelings that are often suppressed throughout dail
utely normal to cry in therapy. I imagine that you are being vulnerable and open to exploring some dee
about giving a new meaning to past experience, to allow for the emotions we stored in our body to be

ıseling can be very emotional at times. I've recommended to clients, on occation, that they allow them

ery normal to cry in therapy. Expressing your feelings is very cathartic and allows you togain a deeper
/ that's the whole point of therapy!Â Cry your heart out.Â Therapy should be a place where you feel c
al to feel an array of emotions in therapy. Most people use therapy as a way to process their life's stru
itely crying is normal during therapy. Â Anyone in the midst of new awareness of how they've been h
s by nature a safe place to discuss difficult, or painful memories or experiences and thereby it is norma
reat question! I often wonder about what normal really means. Counseling is a personal process wher
ormal to cry during therapy, it is a time of catharsis, letting things out, shedding our skin, dropping ou
outine to feel all of the different emotions in therapy.Â Â I have had clients cry in therapy out of happ
unseling provides an area for people to speak to an unbiased professional about their concerns to add
reat question. Â I believe counseling does help people! Of course, I am a therapist, so I would think tha
define the problem and gain a clearer understanding of where it originates. Many people seek counse
ng provides a safe environment for people to explore the beliefs about the challenges in life. The vari
unseling helps a lot of people, especially when there is a good rapport between the counselor and thei
ling definitely helps people!Â I have seen so many positive changes from those willing to engage in th
e! Thank you for your question. It's a great question and one that many people want to know the answ
lling offers a number of ways to help one to improve their situation. Â For some, this process can take
re multiple ways that counseling helps people. The most basic is that it gives you someone to talk to a
selor can do a few things that can be helpful:1) Give you a space where you can explore what's in your
the importance of counseling to believers today? With faith-based counseling, you can receive the ap
ling can be beneficial in many ways. For example, a counselor can help an individual identify the sourc
ve Behavioral Therapy (CBT) is an effective therapy for everyday struggles, as well as depression, anxie
really;And it's impossible for it to, anyway;And, this is isn't some sort of ""you did it all yourself"" kind
asking a room full of counselors, and so I am going to guess that we may be a bit biased :). My answer
ling is a collaborative process which involves the development of a confidential, unique, therapeutic, h
unseling can help people.How this happens is bc the counselor can guide the person or couple into dee
have defined counseling as a healing relationship that helps patients by providing a space to vent, pro
his question! Some people shy away from counseling because they think since they already talk about
Yes, counseling can be beneficial to many people. One of the effective components to effective therapy
e that counseling (and finding a GOOD therapist)

ling allows us to have a sacred space, a space that is set apart from the outside world, it is a space of n
ng can go a long way in improving your mental health.Â Counseling helps you to get new perspective
things affect how helpful counseling is for each person, including at least these things, but often many

There are many ways to approach a counselor and starting the process, however they all start with pi
place to start is at www.psychologytoday.com.Â You can search by location and identify therapists wl
ounselors are very approachable and many offer a 15 minute chat by phone to allow you to talk about
at question! My suggestion would be to google therapists in your area. Â One great website is called P
ounseling often begins way before the client ever actually calls the local therapist. There is often a tip
people call me by phone, they introduce themselves, we chat for a bit, then we schedule a time for th
interview counselors you may be interested in working with and gauge how experienced they are in
rapeutic relationship is such an important aspect of the process toward healing. Feeling comfortable e
t thing is to see if they have a consultation. Many therapists offer this to make sure both parties feel lil
t step in beginning the counseling process is to do some homework. I recommend that clients make sc
ou just did my good fello or fella
ling is voluntary. If one feels there is a need to talk, its at that time, they approach counselor."
call, email or contact them through their website. Or if you know the location, walk in and ask for the
, I want to tell you how proud I am of you for starting out in the process. It takes a lot of courage to se
re a number of online directories that can help a person get started with counseling. You can use them
y, don't :(Talk with your close friends, first (y'know, the ones you actually can tell sh*t to, not the more
uestion!Â You can find a counselor by doing an internet search or by asking your doctor for a referral.
uestion. Too often people search for the help they need via a phone book or a basic internet search. W
mmend looking on psychologtoday.com, reading the bio's of potential therapists who you think you w
aching out on this site was a great first step! To start counseling, I would recommend looking up couns
ound that if you go to my website and fill out the form, I can usually get back to you within 24 hours. I
Usually the person interested in therapy reaches out to the therapist, by telephone or email. Â I like to
uestion. The decision to pursue therapy can be a very difficult one and the fact that there seem to be s
entify the areas that you need help with. What are the issues that are most troubling you? Are these s
suggest that you find the right fit. You have every right to interview the therapist and ask as many que
the counseling process can be daunting but here are some ways that hopefully help make the proces
iest way to start the counseling process is to do a little research online. A quick search for the type of
ching a counselor can seem intimidating at first, but most mental health professionals want to help yo
is important that you are able to convey what you are looking for in a therapist even if that changes o
thing to do is to reflect on what you want to seek counseling. Search online and then set up a phone c
r email a counselor whose profile you've read and which feels right for you.Ask to get a feel as to the w
seling session?,"I think this question can vary based on the individual therapist, their style and theoret
seling session?,"Weeks 1-2: Intros and NormsYour facilitatorÂ or counselor will establish rapport nor
seling session?,"Counselor tries to build rapport and gets the client talking. When the client talks, shar
seling session?,"Youâ€™re nervous, perhaps scared.Â You have never been to a therapy session

ch thing as a dumb

ut
: with your therapist over time.Â It is a big step to begin therapy and I wish everyone healing and grow
seling session?,"For me, I want a client to feel like I understand what brings them to seek help from m
seling session?,"Hi. Â This is an excellent question ! Â I think that the answer probably varies dependi
seling session?,"There are probably no two therapists alike because first and foremost we are human
seling session?,"Each counselor may have a different process, so I'm not the end all authority here. Â I
seling session?,"After meeting a client, many Counselors will ask you lots of questions in order to com
seling session?,A good therapist will discuss what brought you to therapy in the first place and devise
seling session?,Great question which I imagine many other people have as well.The therapist will wan
."Some basic skills are empathy, you should feel heard and understood. The therapist should keep the
.Many skills and education and years of it plus experience.Â And many have done or went through the
."Counselors are actually required to have many skills before walking into the field.We need to know a
."1) An awareness of their own incompetence and inexperience with events in your life;2) An awarene
."Here is a list of skills I use every session, and a short explanation of what they are:Reflecting: Paraphr
."I think that the most important skill a good counselor has is the ability to empathize (whether that be
."To be non-judgemental, know who they themselves are, be able to step forward and ask questions w
ts more difficult than others?,"Each client brings their own style they like to a coaching or counseling r
ts more difficult than others?,"Although many clients have the capacity to be engaged in the therapeu
ts more difficult than others?,"I usually don't label a client as ""difficult"" because whatever they are p
ts more difficult than others?,"Dang right!Â :)Heh heh, and correct me if I'm wrong... and, if we are tru
ts more difficult than others?,"Yes, just like some relationships outside of our work are more difficult t
ts more difficult than others?,"Each counselor will have their own list of ""difficulties"" in doing therap

d address additional concerns. Before you even realize it the issues you are having will begin to feel mo

manager. They said I can't keep the ESD because I'm not disabled. What do you suggest I do? My apart
manager. They said I can't keep the ESD because I'm not disabled. What do you suggest I do? My apart
manager. They said I can't keep the ESD because I'm not disabled. What do you suggest I do? My apart
manager. They said I can't keep the ESD because I'm not disabled. What do you suggest I do? My apart
manager. They said I can't keep the ESD because I'm not disabled. What do you suggest I do? My apart
She constantly tries to instigate conversations where she asks me questions that I don't want to or car
She constantly tries to instigate conversations where she asks me questions that I don't want to or car
sed to be close, I feel like I'm just out with friends and I never go home. Why do I feel like I don't belon
sed to be close, I feel like I'm just out with friends and I never go home. Why do I feel like I don't belon
sed to be close, I feel like I'm just out with friends and I never go home. Why do I feel like I don't belon
ng to like my answer.Your question says a lot about what YOU want rather than what she wants or wh

bout her depression. The best thing you can do is let her know that you are there for her as a support
different values and opinions when they are drinking excessively and when they stop drinking so much
e of alcohol, depressive symptoms are common. She may benefit from exploring why she wants to mo
aking with her about what has her so down. Have their been some significant events in her life that ha
n i learn to be happy alone?,"The power of acceptance is key!Â Changing your attitude to one of mor

n i learn to be happy alone?,"Is it possible that even though your illness is chronic, that it goes through
n i learn to be happy alone?,"I'm so sorry you're feeling like things will never get better. Try to remem
tive Processing Therapy (CPT)!I'll also add that all you describe is very common in PTSD.Â Emotionally
ity to function, you may want to consider seeking treatment. PTSD, anxiety, and depression all typicall

per lonely. What should I do to make new friends? Because they moved and I have no friends now, I th
per lonely. What should I do to make new friends? Because they moved and I have no friends now, I th
up, what does that mean to you for you? When were you last feeling fulfilled?Â Â What brings or has
ean you are already so saturated with recent situations and their meaning that you are naturally witho
eaning or purposeâ€”areÂ experienced by most people at some point in life. However, chronic feeling
s asking yourself what would helps you feel full, what fills your cup, what does that mean to you for yo
erge. It would be important to identify the sources of emptiness.You may want to try to tap into more
omething otherwise you wouldn't want to escape or change these feelings of emptiness and nothingn
d acknowledgment for the things, the people, the places that you have in your life. The use of affirmati
elop for many different reasons.You're certainly not alone in feeling this way!Try to follow the logic of

ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing
ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing
ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing
ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing

ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing
ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing
ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing
ıs for my ego and it's diminishing my self esteem. This has resulted in ongoing depression and tearing

affected by the changing seasons, especially fall to winter. Â Everyone suffers with some form of this (
ın levels checked. Make sure you are eating well, exercising, and getting outside when you can. Take a
ery year it may also be impacting your quality of life and possibly relationships. What you report soun
sonal Affective Disorder (SAD). You might want to see a therapist to assist you putting in place a behav
share these two videos that could be beneficial in your search to combat your winter sadness.Â The F
the winter blues can be caused by a variety of things, if you have not been evaluated by your healthc
ıat every fight can be won with a plan. You can create a game plan for what do to or where to be durir
our depression. Winter depression (seasonal affective) is something that affects a lot of people both p
dled inside from the cold. Not to mention the sun is out for a much shorter time. It will be helpful to ge

to your moods. Many people suffer from the winter blues, which is called Seasonal Affective Disorder..
unt of daylight hours decreases significantly. Most times it is dark when you go to work and dark wher
er. Seasonal affective disorder or seasonal depression occurs during the same season every year. You
and work with them. Â Feeling sad may open many doors to reflect and make peace with the source o
ese cases it can be worth experimenting with a sun lamp, to boost your dose of vitamin D, when the su
oon.Â Sit outside for 10 minutes three times every day, use a therapy light during the day, aroma-ther
Understanding that we have very little control over the weather, therefore we can focus on the things
tips:Consider if you know anything about what specifically is making you feel sad? If you're looking fo

ı think they come from? Is there something - a statement - perhaps that repeats in your head over and

ıside, and it won't go away. I feel like I'm collapsing. How can I stop treating people badly?,"Give yours
e a more dark outlook on my life. How can I live a more balanced life? How do depression and PMS syn
e a more dark outlook on my life. How can I live a more balanced life? How do depression and PMS syn
e a more dark outlook on my life. How can I live a more balanced life? How do depression and PMS syn
e a more dark outlook on my life. How can I live a more balanced life? How do depression and PMS syn
e a more dark outlook on my life. How can I live a more balanced life? How do depression and PMS syn
e a more dark outlook on my life. How can I live a more balanced life? How do depression and PMS syn
e a more dark outlook on my life. How can I live a more balanced life? How do depression and PMS syn
xierty and depression? How do I overcome my anxierty and depression?,"It's hard to answer this witho
xierty and depression? How do I overcome my anxierty and depression?,"Sending your some positive
xierty and depression? How do I overcome my anxierty and depression?,"Consistent, quality, and effe
xierty and depression? How do I overcome my anxierty and depression?,"I have been where you are. I
xierty and depression? How do I overcome my anxierty and depression?,Have you used meditation or
xierty and depression? How do I overcome my anxierty and depression?,Working with a great therapis
xierty and depression? How do I overcome my anxierty and depression?,"Anxiety and depression is ca
xierty and depression? How do I overcome my anxierty and depression?,"Meditation may be able to a
xierty and depression? How do I overcome my anxierty and depression?,Anxiety and depression are o
xierty and depression? How do I overcome my anxierty and depression?,"Depression and anxiety can
xierty and depression? How do I overcome my anxierty and depression?,Life can bring us all kinds of s
xierty and depression? How do I overcome my anxierty and depression?,"Wanting to make changes a
xierty and depression? How do I overcome my anxierty and depression?,"First, be patient because anx
can't even leave my room because my family can't stand me. My family can't stand me,"I am so very s
can't even leave my room because my family can't stand me. My family can't stand me,"I'm so sorry y
can't even leave my room because my family can't stand me. My family can't stand me,"I am so sorry t

tyle and worldview. Many people reach out to their faith community and others to friends, family, or s
ould be in network for you.Â That means they can tell you what providers or clinics they cover, and if
o. There are lots of different options nowadays for therapists, as you can see them online or in an offic
ıelp. And there are therapists everywhere (there are even therapists online, so you don't have to be th
ression. After you've chosen somebody to try, feel free to call them for a consultation! A lot of counse
figure out how to find that person. Tons of good suggestions already but to add my two cents - you car
ıse by phone, then google ""depression hotline"" for where you live. Â And, if you have a specific topic
ı some numbers to call: Â https://psychcentral.com/lib/common-hotline-phone-numbers/ Â Â Â You
y today or goodtherapy.org who is in your area, then give that therapist a call to see if you would be a

gest I do? How can I get counseling if my primary care physician won't help?,"Telehealth has become v
gest I do? How can I get counseling if my primary care physician won't help?,"My first question is what
gest I do? How can I get counseling if my primary care physician won't help?,"If it is simply counseling
gest I do? How can I get counseling if my primary care physician won't help?,"Look up online what the
gest I do? How can I get counseling if my primary care physician won't help?,"I would check out agenci
ıtionally and sexually drained me. I lost my spirit. I used to be a very happy person but now I am a lone
angry, the urge to self-harm is all I can think of. I am trying to seek help. If I am trying to stop self-harr
angry, the urge to self-harm is all I can think of. I am trying to seek help. If I am trying to stop self-harr
angry, the urge to self-harm is all I can think of. I am trying to seek help. If I am trying to stop self-harr
eeling sad ""all the time"" could be a sign of depression. If you feel sad on most days, it is worthwhile
to control you, is good reason to feel sad.Your feelings sound like they are very strong and meaningfu
e is pointless. I really have no clue if I need help, or if I'm just tired or something. Is it possible that I ha
e is pointless. I really have no clue if I need help, or if I'm just tired or something. Is it possible that I ha
ion, which I have been struggling with since a young age. How can I get over my posttraumatic stress c
ion, which I have been struggling with since a young age. How can I get over my posttraumatic stress c

ion, which I have been struggling with since a young age. How can I get over my posttraumatic stress c
ion, which I have been struggling with since a young age. How can I get over my posttraumatic stress c
ıs every day for three years. Iâ€™m always alone with no friends. How can I manage my anxiety?,"See
ıs every day for three years. Iâ€™m always alone with no friends. How can I manage my anxiety?,"Firs
elationship issues, and was betrayed. I can't get a job. I have no friends. I feel lonely and isolated. I've
elationship issues, and was betrayed. I can't get a job. I have no friends. I feel lonely and isolated. I've
These. symptoms are all classic to the diagnosis of depression.A diagnosis itself doesn't help anyone ge
pression so I can feel normal again?,"Anxiety and Depression are challenging experiences to live with a
pression so I can feel normal again?,"It is challenging to maintain motivation at all times, anxiety and d
pression so I can feel normal again?,"One of the first steps is to manage anxiety and depression sympt
pression so I can feel normal again?,"You are so not alone in that.Â There's many, many people that st
ı because I don't feel I can. I just want a better life for my fiancÃ©e and the kids than I did. Why do I fe
ı because I don't feel I can. I just want a better life for my fiancÃ©e and the kids than I did. Why do I fe
v I feel unhappy and trapped, but I know I'd feel like worse without them. I loathe myself at times. I ha
v I feel unhappy and trapped, but I know I'd feel like worse without them. I loathe myself at times. I ha
v I feel unhappy and trapped, but I know I'd feel like worse without them. I loathe myself at times. I ha
v I feel unhappy and trapped, but I know I'd feel like worse without them. I loathe myself at times. I ha
v I feel unhappy and trapped, but I know I'd feel like worse without them. I loathe myself at times. I ha
together. I break down easily and find myself depressed. Do I have anxiety?,"Everyone has some level
together. I break down easily and find myself depressed. Do I have anxiety?,"Feeling neglected in a ror
to bed. I've tried night lights, ambiance, and warm baths. How can I be less paranoid at night?,"What k
to bed. I've tried night lights, ambiance, and warm baths. How can I be less paranoid at night?,"Would
to be in.Â It must be really hard to feel like you aren't able to help your son and the help you do try to
much money you'll give to him, tell these limits, and as you pointed out, expect him to not care or resp
e psychology, etc. I know it in my heart I have them. Is self-diagnosing okay with the right research? Is
e psychology, etc. I know it in my heart I have them. Is self-diagnosing okay with the right research? Is
e psychology, etc. I know it in my heart I have them. Is self-diagnosing okay with the right research? Is
e psychology, etc. I know it in my heart I have them. Is self-diagnosing okay with the right research? Is
I have self-harmed in the last and used to be suicidal. How do I tell them this and ask for therapy? Hov
I have self-harmed in the last and used to be suicidal. How do I tell them this and ask for therapy? Hov
I have self-harmed in the last and used to be suicidal. How do I tell them this and ask for therapy? Hov
I have self-harmed in the last and used to be suicidal. How do I tell them this and ask for therapy? Hov

elf or family, if you go to school/employed/unemployed, and what kind of things do you like to do with
ealize, since you seem to express some empathy toward yourself not feeling emotions.Try to understa
, and/or exhausted.Â Â Empathy is about accessing your own emotions in a way to understand someo
the ability to look at the world through someone else's eyes or ""walk a mile in their shoes."" There c

not think straight. I no longer feel like myself. How can I take care of my depression from a breakup?,"
not think straight. I no longer feel like myself. How can I take care of my depression from a breakup?,"
not think straight. I no longer feel like myself. How can I take care of my depression from a breakup?,"
:he cause of my depression and anxiety?,"The first thing I usually recommend to clients that are comin
:he cause of my depression and anxiety?,"Answers about our inner lives are most successfully reached
:he cause of my depression and anxiety?,"It could be really helpful to see a counselor/therapist about
n't mix well with the particular therapists with whom you've worked? Â If this is possible, interview a
:ult time finding what you need.Â Sounds like you have been trying super hard!It's common for people
d several different things and not had much relief.I will say that there are several different types of me
question. This is a very serious time. I don't mean to frighten you, but you are right to be concerned. T
then we often realize, and actually understandable, as he has gone through a trauma, an unresolved e
and found care and that his suicide attempt wasn't successful.Â Â While he was hospitalized, and pric
th of you. Â Watching someone you love suffer so profoundly can bring up lots of difficult feelings. Â
erned about your husband's emotions and want to support him as best you can right now. I imagine th
nmonly thought of as a â€œcry for help,â€ however it can also be a serious attempt to find a permane
out for help here is really helpful.The first thing I would suggest is that you consider seeing a local men
I want to cover some basics given that attempted suicide is veryÂ serious. I don't mean to scare you
ur lives are closely joined, how your husband feels greatly influences the way you feel.Give yourself so
eptive of your husbandâ€™s emotions and want to support him trough this time. Â But it is also import
feel out of control, sad and depressed on a daily basis. I am just going through the motions of life eve
feel out of control, sad and depressed on a daily basis. I am just going through the motions of life eve
our questions are good ones.Be prepared to surprise yourself with the answers which emerge. Â The r

eflect on situations in our lives.Even if nothing currently goes on in a particular moment, itâ€™s possib
pen each day. It could be that there are things that are affecting how upset you are, but because so m
cause you to have these feelings. Â Please contact us in whatever way is most comfortable for you ar
ning from chronic pain?,"Chronic pain at the back likely results from a few areas:L4-L5 kidney zone, m

ning from chronic pain?,"Maybe if you started to address questions of an inner nature of what change
nat like an addiction. Â According to new research within the field of neuroscience there is a valid expl
o method of coping. When we get stuck using self-harm as a way to deal and manage emotions, when
:ts of my life even if they aren't legitimate or I just make it seem negative. Why do I crave depression?,
:ts of my life even if they aren't legitimate or I just make it seem negative. Why do I crave depression?,
y lack of accomplishments. How can I find myself again?,"If you are a people-pleaser type or a natural
y lack of accomplishments. How can I find myself again?,"Give yourself credit for what you already kn
y lack of accomplishments. How can I find myself again?,"Thank you for sharing! It can be very disorie
y lack of accomplishments. How can I find myself again?,Check this blog out: Â Four-ways-add-self-est
y lack of accomplishments. How can I find myself again?,"It sounds as if you would benefit from talkin
s to know how to solve it.Be patient with yourself to discover answers.If you've been emotionally hurt
nrough life. For me, it's a chore, but I don't know if that's normal or a sign of something. Is wishing I wa
:ond youngest, and I'm not stable. My mother and sisters say I'm overdramatic. Iâ€™m just so hurt, an
:ond youngest, and I'm not stable. My mother and sisters say I'm overdramatic. Iâ€™m just so hurt, an
ssion and anxiety?,"Thank you for asking this important question. I find that there are three steps to g
ssion and anxiety?,"Certainly counselling can help. however, there is a caveat, namely, you will need t
l imprinting, development of awareness ability, ongoing development of the ability to attend to and st
ssion and anxiety?,My initial response: Â consider a more comprehensive MH assessment to determir
ssion and anxiety?,"From whom do you get anti-depressants?This person should be talking with you t
e told me he feels empty inside and the only emotions he feels are anger and sadness. I suggested to l

our attention and the best course would be to pay attention and follow them!If you're in an especially
:erting to feel as though you lost yourself.When you said that you are jaded, I'm not sure whether you
problems in my head or if there is something actually wrong. I've been feeling sadness,"Feelings are r

my fears, and I can't even bring myself to care if I live or die anymore. The problem is that I don't kno

k, the anxiety is back and still picking. Sometimes I find myself causing fights to have change. I have lo
k, the anxiety is back and still picking. Sometimes I find myself causing fights to have change. I have lo
)ften times people think depression is more about feeling ""sad,"" but depression can, in fact, express

lf more and treat yourself kindly, with empathy and compassion.Usually when people feel depressed
ally tough to tell someone - anyone - that you're feeling depressed. But finding that supportive person
ompletely understandable that you would not want people to know about your depression. I would firs
I make myself happy without someone who made me happy?,"Hello. So, someone made you happy b
I make myself happy without someone who made me happy?,"It sounds like you have been feeling pr
the internal screaming. It kind of feels like I'm a caged animal. Is this depression?,"It is hard to make a
the internal screaming. It kind of feels like I'm a caged animal. Is this depression?,"As far as the forma
the internal screaming. It kind of feels like I'm a caged animal. Is this depression?,"It sounds like you a
: I am going through a lot of my past garbage and trying to figure out when it all went wrong. Any time
: I am going through a lot of my past garbage and trying to figure out when it all went wrong. Any time
d,"It sounds like a tough time and it's normal to feel down when your family is going through a divorce
d,"Consider yourself quite normal for feeling overwhelmed and depressed about your parents divorce
ile she spoke to my classmates. I needed professional help for my stress because I was having crying s

ak up with me because of my depression. I cannot afford to see a therapist or anything, so he saw no h
ptoms of depression: low self esteem, difficulty sleeping, changes in appetite, sad mood, feelings of hc
on and block all kinds of other emotions too. Â I would wonder about your experience with anger and
, it becomes more uncomfortable to share emotions because it feels like it will lead to another flight o
sed (Iâ€™m a legal adult), calling me ungrateful, and telling me that if I can't handle things now, it's or
sed (Iâ€™m a legal adult), calling me ungrateful, and telling me that if I can't handle things now, it's or
n to leave because he can't handle what I'm going through and leaves me here crying and worried ever
n to leave because he can't handle what I'm going through and leaves me here crying and worried ever
n to leave because he can't handle what I'm going through and leaves me here crying and worried ever
n to leave because he can't handle what I'm going through and leaves me here crying and worried ever
n to leave because he can't handle what I'm going through and leaves me here crying and worried ever
n to leave because he can't handle what I'm going through and leaves me here crying and worried ever
y brain barely works anymore, and my memory so small, I forget in a moment. I serve no purpose. I'm
y brain barely works anymore, and my memory so small, I forget in a moment. I serve no purpose. I'm
oes not understand at all and is always making me feel so uncomfortable about sex. My husband make
ant. I have stretch marks on my stomach. How can I stop thinking so negatively about myself?,"If you a
yone's ability to work through things that make them sad, confused, or angry, among other emotions.
long everyday. How can I be happy as a stay-at-home mom?,"There are an infinite number of possibil
ing a lot of activities after school or that homework is overwhelming. Can you set aside a couple hours
o takes anyone. My family has been in the armed forces, and it has always been my dream. I can't do
illing myself and that my family deserve someone better than me. I just cry and write in my book all th
arents won't let me see a therapist?,"The answer here really depends upon your age and something ca
n be helpful.The more you can find out about when you want to cut, the easier it will be to figure out
€™t work. How can I resist the urge to cut?,"I've heard people say that they cut themselves as a way to
eople, and yet I'm sad all the time and feel alone. Why am I so sad?,"I wonder if you have moments w
side. Why can't I laugh anymore?,"If you look back to when you feel as though you were the ""funny g
of my daughter and live comfortably. How do I get rid of depression?,"Philadelphia, there is help out t
l of continuing because my depression is getting worse. I'm already humiliated working for temp agen
s. I don't feel like I'm good at anything anymore. I feel like less of a person. How can I get back to bein
ear opening up to family members about the topic of depression or mental illness. There are many diff
ith your parents, inviting them to have a conversation might be a good first step. Â If they consent the
. I do think it's a good idea to share your feelings with your parents and perhaps get some help connec
othing to do besides go on my phone. I miss talking to people in person instead of online. I don't even
ssion?,"What happens in your life on Wednesdays that you feel like crying? Â Crying is natural. Â Cryin
ach other on a level which reaches your emotions.Loneliness may show the absence of feeling a variety
re to establish a goodÂ self-careÂ routine.Â Start with the most basic things: Eating balanced meals, s
em to help a lot of people who struggle with anxiety. It's not the only type of therapy that can help, bu
art of life, it is a natural part of us, the longer we try to run from it the more it entangles us in its clutch
l? I am 20 and miserable,"Hello, and thank you for your question. It certainly sounds like you don't like
n the result of a blocked goal. Â Often people struggle with both anxiety and depression but have diffi
ider as depression Â social anxieties, even medical illness. Â For some, even grief creates a sense of is
ing to try something and agreeing to continue to do it. Have you ever been willing to try something an
fe which in and of itself can add to the depression. This process is simple but is challenging to explain
of water,Â take one flight of stairs,Â park farther away from store...Â Some changes help you take co

ds of how much to weigh.Are you actually too heavy for your height and bone structure?First be sure y
ef.Â Get help as soon as possible before you are feeling the same way 5 years from now.Â You will al
gave all of my focus on my children. Now my children are getting older, but I still don't know myself. I
iend away after Christmas, and I have no desire to fix it or make new friends. My aunt died, and I cry a
n't have any friends. Then a few years later, my grandma died. I really became depressed and stop goir
on't know what's wrong with me. I can't figure out why I'm afraid to say no. This is giving me a lot of g
n bad thoughts?,"It's sounds like you are feeling pretty overwhelmed with intrusive thoughts and are f
moments in which you feel other than ""empty""? Â Start with knowing the context of when you feel
ltâ€™s ruining my relationships with people. How do I know if I have depression?,"Maybe you have de
ltâ€™s ruining my relationships with people. How do I know if I have depression?,"Hi Loyal, This is a co
g him. Sometimes I am because the feelings of distrust are so strong. I feel they must be coming from
, then definitely there is a problematic situation happening within your awareness of who you are.if y
are so powerful that you can not sleep or they are constantly present, you shouldn't wait any time, but
eventually broke up. It's been a year now, and I still haven't lost my feelings for her. I still love her the
ry that I want to explode,"Hi Campbell River,Â You say you have anger but you don't mention how it sh
t or the front seat with the safety belt on. I have to lean the seat back a bit because the pressure on m
erge of just giving up. What can I do if I need to talk to someone but I have no money?,Good question.
e and after"" picture of how you felt with this partner.Knowing what is no longer part of your life show
sometimes it would have been easy just to tell the truth. I was in rehabilitation for four year. I have m
er, is natural.How you proceed depends a lot on whether she recognizes she has a psychological and er
partment so I can go back to work and get child care. I'm depressed because my mother kicked me out
of the medicine after the first week. A month and a half later, I decided that my depression was being
anybody to see. I get ticked off easy and overreact. At night, Iâ€™m very depressed and listen to sad m
ressed. As humans, we need connection and interaction with others in order to feel satisfied. Given th
to you, today, about your feelings, and to also seek professional help for your serious thoughts and fee

ed and have trouble functioning on a daily basis. I see no light at the end of this tunnel and need some
and I'm just miserable. I'm gaining weight, doing nothing, and crying for hours straight. Is it time to go

t I'm still in love with him. A couple days after our breakup, he was talking to someone new. He told m
der, wonâ€™t that go on my records? I will never be able to become a counselor along with a list of ot
't stand being alone?,"Having time all to yourself may be necessary so you have time to reflect on you
they pass through us more quickly if we have coping skills and healthy thought processes. If you're co
is normal. Â I'm glad you're aware of your feelings.The only reason to be concerned about your sadne
helping much. How do I fight inner loneliness from depression and a severe anxiety disorder?,"If you
other, who I've lived with for years. I am now back with my mother because I have nowhere to go with
happy? How can someone like me be happy?,"The ADHD and manic depressive episodes are terms oth
e teens (and adults) than let on. Â When I was about 15, I remember asking my parent's friend, Herma
ery depressed?,"A PTSD diagnosis requires an event which occurred at least 6 months prior to the sym
ery depressed?,"In general, the answer is no. Depression can not not generally cause PTSD.Â Your que
ople much less strangers,"Did you take the medication the way the psychiatrist prescribed it? Â Did you
Â successful relationship. My colleague andÂ co-host for this Friday's freeÂ relationship Q&A webinar
s just as true for dads as it is for moms) that if you are feeling off, seek help. Â Postpartum Support Int

s, I don't really have them. I feel nothing, worthless. I want to do nothing, I have no interest in anythin
st way to handle depression and anxiety is with a combination of appropriate medication given to you
/ou seen your doctor? If you have a chronic illness and pain, this can often lead to depression and is ve
ing as well as I would like. What do I do? I'm going through depression right now and my relationship i
very normal! I have a stack of kleenex boxes in my office. Cry away, therapist are very used to it:) First
efit Your HealthDetoxifies the body. Reflex tears clear debris, like smoke and dust, from your eyes. ...H
are expressing an emotion, then not only would it be normal, but hopefully encouraged, because it's a
uring therapy if you suddenly feel painful emotions arising when you describe some of your unsatisfyi
/ sometimes, but it's not at all necessary to cry in order for most kinds of therapy to be helpful. When
l to cry in therapy. I can understand wanting to keep everything together and put your best foot forwa
nend you for taking that tough, but important step in starting therapy. Thatâ€™s a brave commitment
session, but your therapist won't be uneasy with this. Â Crying is a natural response and it also release
ess when you talk about upsetting things especially in therapy when you are opening up and being so v
a bit nervous meeting your therapist (or another person) for the first time. Your therapist understand
icult issues, it is very normal to cry. Crying is a natural way for us to cope with the sadness that we exp
who has practiced as a clinical psychologist for 25 years , I would say that crying is NOTHING TO WOR
their therapy sessions. Actually most people cry in their therapist's office. I tell my clients that it's safe
out crying. People cry, laugh, rage, rant, and talk during counseling sessions. Part of the therapy proces
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
ch should be good), I feel overwhelmed. I don't like the thought of living forever and ever and ever. So
too bad not sure is it because of the one you are in therapy with or the counselor ?Â What feelings are
Thank you for your question. It's absolutely ok to feel nervous going to therapy. I have experienced a
e.Â You ask about being nervous and shaky walking in to your therapy session and want to know if its

generally okay to feel anxious or nervous about going into therapy, particularly in the beginning becau
are experiencing is extremely normal. Opening up to someone you don't know from a can of paint ca
t, I am so sorry you are experiencing these feelings. They can be intense, I will do my best to offer som
uncomfortable talking to someone about your life in the great detail that is normally necessary for cou
e only been to a couple of sessions, it makes sense that you might still feel apprehensive at first. Thera
for your question. It's completely normal and natural to feel nervous before a therapy session. Many
tely normal!Â For some people, it's scary to even make the appointment for therapy.Â It can be over
not!It's nerve-wracking to go to a man or woman you've never met before and who is a total stranger
ry normal to be nervous going into therapy. You are being vulnerable and honest, which is always scar
s on your definition of ""normal""!:) I would say that the average client I see feels some level of nervo
an feel very weird to begin with - think about it, how often do we go and tell a relative stranger our de
lot of courage to go to therapy.Â I have gone myself as a Counselor and know what that feeling is like
loes not work overnight, oftentimes it is a lifelong struggle, the therapists job is not to ""cure"" you or
ng nervous for the first few or several sessions of therapy, is completely normal.Therapy is an unusual

utely normal to be nervous about therapy. Â Many people take years to make the decision to start cou
ompletely normal to feel anxious about therapy. Therapy often explores topics and feelings that are u
people it's absolutely normal to feel nervous about coming to therapy. Â It's sometimes hard to share
uld love to know a little bit more about what's going on in your life but I will attempt an answer.Yes, yo
tely a typical response.Â Many of my clients are nervous the first couple of times we meet.Â This isÂ
al to feel a little anxiety--after all it's an important encounter for you. Â My suggestion is to discuss this
"" can be an insidious word to use because it can undermine your sense of worth. Â It implies there's c
has different experiences going to therapy. Being nervous can be a typical emotion one might feel. Em
e more concerned with how is this being addressed in therapy. Therapy can be a rewarding process, h
y normal - you have a lot riding on this and you're invested! Think about why you feel so shaky - is it sc
not realize it but I don't know how to stop or even why I'm doing it. How can I help myself to change
not realize it but I don't know how to stop or even why I'm doing it. How can I help myself to change
not realize it but I don't know how to stop or even why I'm doing it. How can I help myself to change
not realize it but I don't know how to stop or even why I'm doing it. How can I help myself to change
not realize it but I don't know how to stop or even why I'm doing it. How can I help myself to change
not realize it but I don't know how to stop or even why I'm doing it. How can I help myself to change
"I'm going to reframe this and you can decide if this is helpful!What I'm reading based on what you ga
erwhelmed,"My very first thought is this is so much to carry on your own!Â A mother's instinct is to ca
them all of the time. My last visit with them, I was quiet and uncomfortable, and she got mad. How ca
them all of the time. My last visit with them, I was quiet and uncomfortable, and she got mad. How ca
them all of the time. My last visit with them, I was quiet and uncomfortable, and she got mad. How ca
ax using some relaxation strategy, once you are able to employ that in your daily life, you then need to
ear and that you want to overcome it! ðŸ‘ðŸ½ðŸ‘ðŸ½Â Micro steps, doing a little bit each day to get cl
e thing that creates anxiety or fear into small steps. For instance, let's say you are afraid of speaking in
in a great direction!No matter if your fear is something rational (e.g., fear of spiders), or something th
u realize. Â Fears are sometimes irrational so that logic doesn't get rid of them.Think about whether y
ame, and anger. We tend to spend a lot of time and energy running away from or trying to get rid of n
and what it connects to.I wonder the following:On a scale of 1 to 10, how upset, anxious, or scared to
ad thing, and in fact can be quite healthy and appropriate depending on the situation.Â A phobia, how
everyone struggles with at one time or another. Sometimes we come across something that scares us,
p. They've been here so long and I want them gone. How can I make the voices stop? How can I make
p. They've been here so long and I want them gone. How can I make the voices stop? How can I make
p. They've been here so long and I want them gone. How can I make the voices stop? How can I make
p. They've been here so long and I want them gone. How can I make the voices stop? How can I make
p. They've been here so long and I want them gone. How can I make the voices stop? How can I make
. I can't get away because I fell in love with them. I fell in love with someone who bullies me,"Sending
culty with communication,"Wow, congratulations on being in a masters program. You are in a unique
culty with communication,"A good way to start is the language or ""self talk"" that is happening inside
culty with communication,"I wanted to share these two short books (see below). You could also look ir
culty with communication,"I was the very same way when I was in graduate school.Â It makes sense t
culty with communication,"First of all, way to go in stretching yourself out of your comfort zone! You a
culty with communication,"Have you tried rehearsing to yourself or a trusted friend what you will pres
culty with communication,"I can offer you hypnosis for confidence in presentations, via Skype, if you'r
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?

t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?
t I cannot shake the feeling that I'm going to be found out as a fraud. How can I get over this feeling?

about yourself, your own self confidence can be a Segway into why you feel others are judging you an
reason for why this fear happens for you.Â Most everyone has this fear because we are social animals
not so extraordinarily easy to make one appear stellar on social media today?Â Heh heh, I've long sinc
plicated answer to feel better about your situation.Maybe someone is judging you, maybe someone is

·adio seem to be about (or meant for) me, and people are talking about me when they whisper. Why d
ad a drinking problem for a few years. I feel the reason I drink is not just because I like to, but because
ad a drinking problem for a few years. I feel the reason I drink is not just because I like to, but because
ad a drinking problem for a few years. I feel the reason I drink is not just because I like to, but because
' why I do it. I started years ago when I lived with my dad then I stopped when I moved in with my mor
a very complicated traumatic relationship issue that is causing me severe anxiety and fear. How do I c
a very complicated traumatic relationship issue that is causing me severe anxiety and fear. How do I c
e anxieties about everyday stressors, i.e. finances, work, relationships, kids, and maintaining a househ
's a useful and necessary response to stressors, and we all have a level of anxiety that falls somewhere

ı can do (behaviors) to better manage anxiety and how can you change your thoughts (cognitions) that
d that can't relate to this question!Â To a degree, it's helpful to worry about all the things you listed so
ut with a proper detox, using the food built for mankind, and a herbal protocol;Maybe throw in some f
of why you'd feel insecure or have very little confidence in your ability to complete or be in relationshi
ı top to bottom which one gives you the greatest anxiety and ask the question how come? From there,
he sameÂ stressors, we know that the stressors are not causing the anxiety, our thoughts about the stı
person and feel safer not going so much out in public.Â I understand as a known person in my field d
er places, that may be an anxiety response.Â Not all people who feel this way have all the criteria for
ce panic attacks or physical anxiety symptoms. Often it begins with just avoiding certain places or activ
e from deeper exploration as to your fears, or anxieties, that you experience maybe just thinking of goi
ı the midst of severe stress, whether within your relationship or effort to establish a relationship, uphe

rs in my mouth. How can I calm my self down? I'm a wreck. Can I control anxiety without medication?,
an I deal with my best friend, whom I have a crush on, having a crush on someone else?,"That must fee
I'm too scared of change. I really want to work up the courage to lose my fear. How do I get over my a
I'm too scared of change. I really want to work up the courage to lose my fear. How do I get over my a
I'm too scared of change. I really want to work up the courage to lose my fear. How do I get over my a
oughts and feelings that sound exhausting. I can't image how this must feel, but I can assure you that y
ven though it is probably very miserable.Â Feeling burnt out is usually a sign that something is out of b
nce you are having? Where you first said, ""I've been upset for no reason and feeling anxious,"" you th
set for ""no reason""!The reason is not obvious, not that you are feeling upset in response to nothing a
ry well), those types of thinking patterns are energy suckers.Â I'm assuming you are often tired and d
essant, meaning it slows down your central nervous system functioning--including your heart rate, bre
vith is knowing that panic attacks are not going to hurt you and your anxiety will come down with time
k up with me. I have nowhere to go, and I feel like Iâ€™m losing everything. What can I do when I feel
k up with me. I have nowhere to go, and I feel like Iâ€™m losing everything. What can I do when I feel
tion now while it's early on.Â The first thing I wonder is what age you are.Â At different transitions an

stion.Â Â Social stuff is hard.Â Even for people that don't have diagnosed social anxiety.Â Some resea
ling on who you ask.Â It's actually born out of a good quality---prosocialness.Â When we care what ot
tendency. Human beings are social creatures and rely on feedback from the outside world of people,
ıse I feel embarrassed to go anywhere or talk to anyone. How can I stop repetitive thoughts and feel c
before a track meet and the morning of, I get sick and cry. What should I do about my stress before tra
before a track meet and the morning of, I get sick and cry. What should I do about my stress before tra
before a track meet and the morning of, I get sick and cry. What should I do about my stress before tra
ard, we can find someone in our lives that makes us feel like we matter.Â If you struggle with finding
me say foul language?,"It's definitely possible that your response to anxiety is to swear, though you dc
I never know if it was actually said. Can anxiety make me think I heard something about me?,"Sure car
I never know if it was actually said. Can anxiety make me think I heard something about me?,"Anxiety
I never know if it was actually said. Can anxiety make me think I heard something about me?,"It sound
you at night?Â Answering that question may give you the ""why"" of where that's coming from.Â If
y, anxiety is deep fear of not being able to handle what comes up in life.Â Â Somehow the person was
s focused on a black shape. I turned on the lights, but no one was there. Why do I see and hear things t
s focused on a black shape. I turned on the lights, but no one was there. Why do I see and hear things t
n you feel about living the way you describe?As long as you feel satisfied with how your life is unfoldir
at says, ""Wherever you go, there you are"" and the book by the same name by Jon Kabat-Zinn may be
least aware of what pushes you to seek change in your life.If you were in session with me, one of the f
become difficult to manage, is because we are getting out of our comfort zone, so we seek growth an
ce sense. It may be helpful to talk to someone who you trust to get a sense of whether the changes tha
ıake a list of all the reasons you should change your life and all of the reasons you shouldn't change yo
o wake. I hate falling asleep. The longest I've went without sleep is three days. How can I wake up wit
o wake. I hate falling asleep. The longest I've went without sleep is three days. How can I wake up wit
o wake. I hate falling asleep. The longest I've went without sleep is three days. How can I wake up wit
ımple, if you got some really bad news when you were carrying your child, your brain may pair those t
abilities."
night?,"That really sucks to go through.Â There are tons of ways to work with anxiety, both directly ar
night?,"Anxiety is usually a sign of a current problem to which familiar emotional patterns of feeling si
ow is that social anxiety exists on a spectrum.Â Some people experience very little, some more, and sc
.Â If you are suffering from social anxiety you may experience the following:Constant feelings of drea
ch to someone in the group.Social anxiety is a fear someone has about being treated poorly without ar
c speaking, etc.You can find more information here: https://socialanxietyinstitute.org/what-is-social-a
expected for someone your age!Â You are just moving into the phase of life where your ""job"" is to fi
learning to trust yourself to not be afraid other people!Reflect on what you believe would increase yo
to put together what is actually wrong with me. How can I learn to not shut down and say what's wror
to put together what is actually wrong with me. How can I learn to not shut down and say what's wror
. How can I get over my fear of public embarrassment?,"Hello, and thank you for your question. First,
. How can I get over my fear of public embarrassment?,"When I talk with clients about social anxiety s
. How can I get over my fear of public embarrassment?,"Why not accept and tolerate that you natural
chologist to up the dose to 1 mg twice a day without her thinking I'm abusing them. I just have very big
chologist to up the dose to 1 mg twice a day without her thinking I'm abusing them. I just have very big
chologist to up the dose to 1 mg twice a day without her thinking I'm abusing them. I just have very big
chologist to up the dose to 1 mg twice a day without her thinking I'm abusing them. I just have very big

chologist to up the dose to 1 mg twice a day without her thinking I'm abusing them. I just have very big
control and lose awareness of a lot of our environment.Â Â Has anything bad ever happened to you at
lly what keeps people awake or prevents them from falling asleep are worries about certain situations
my own home more so than anything. I have no access to the help I need so I'm desperate. How do I
my own home more so than anything. I have no access to the help I need so I'm desperate. How do I
vell. Why am I scared to touch a girl?,"Only going off of the information in your question, it seems like
vell. Why am I scared to touch a girl?,"Your question is a good one!The best way to decrease the fear w
e alarms even though you are probably safe.Â This is called the fight or flight response and part of the
nsecurity can sometimes feel overwhelming and this starts the sense of panic.Â One way to build your
der talking with your primary care physician. Sometimes that can be a hormonal imbalance or another
t now, it could be an opportunity to prepare this way.Â Notice what you may be thinking when eating
in public, then gradually this becomes your motivation to add more categories of food.Also, notice wh
ple starring at me because they don't know that I'm suffering from panic attacks and paranoia. They ju
ple starring at me because they don't know that I'm suffering from panic attacks and paranoia. They ju
ple starring at me because they don't know that I'm suffering from panic attacks and paranoia. They ju
about killing?,"Let me point a couple things out to you.Â Â These thoughts obviously go against your
about killing?,"Maybe because you have great emotional pain stored inside you of which you are not
about killing?,"Hello, and thank you for your question. Clearly this is something that has you very con
irrently I'm going through anxiety and my thearapist is not available. How do I handle this? I don't wan
irrently I'm going through anxiety and my thearapist is not available. How do I handle this? I don't wan
irrently I'm going through anxiety and my thearapist is not available. How do I handle this? I don't wan
irrently I'm going through anxiety and my thearapist is not available. How do I handle this? I don't wan
irrently I'm going through anxiety and my thearapist is not available. How do I handle this? I don't wan
irrently I'm going through anxiety and my thearapist is not available. How do I handle this? I don't wan
en to your specific worries and fears.Initiate this type of discussion at a time which is removed from the
orthiness or feeling desirable.There is also a difference between having self-doubt about the actual ph
ndred dollars. Unfortunately, by the time I returned, the other driver had seen my ersatz note and dro
ndred dollars. Unfortunately, by the time I returned, the other driver had seen my ersatz note and dro
an't go into stores (grocery stores specifically) on my own, and when I do, I have to be on the phone w
an't go into stores (grocery stores specifically) on my own, and when I do, I have to be on the phone w
."Social Anxiety is scary. You donâ€™t feel safe in relationships and prefer to isolate yourself from the
."It certainly sounds like you have some anxiety. Before deciding whether it was social anxiety or a mo
."Congratulations on your courage to ask this question!This shows you are willing to engage with other
ll, or make contact first, the same day of the morning I left his house? Do I text, call, or make contact fi
ll, or make contact first, the same day of the morning I left his house? Do I text, call, or make contact fi
Why do I feel anxious and uncomfortable at parties or big social situations?,"Hi! I'm Amelia. Oh, that is s
ther day, it took me almost 30 minutes of sitting in my car to find the courage to enter Target by mysel
ther day, it took me almost 30 minutes of sitting in my car to find the courage to enter Target by mysel
ther day, it took me almost 30 minutes of sitting in my car to find the courage to enter Target by mysel
ther day, it took me almost 30 minutes of sitting in my car to find the courage to enter Target by mysel
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ther day, it took me almost 30 minutes of sitting in my car to find the courage to enter Target by mysel

: dated for three years. He doesn't understand my anxiety. How do I stop myself from worrying so muc
l of your suffering.Is it actually permitted that people are able to take support animals to school?I see
eel like.Do you mean that this fear is on your mind more often than you would like?If this is the case, t
rts that one in five women (0r 20%) will be raped (http://www.nsvrc.org/sites/default/files/publicatio
ıal. How do I deal with all of my disorders?,"I am so sorry to hear that you are struggling. Â It sounds lil
at feels like, someone else. I donâ€™t know why I feel this way, but I hate it. Why do I feel like Iâ€™m
at feels like, someone else. I donâ€™t know why I feel this way, but I hate it. Why do I feel like Iâ€™m
at feels like, someone else. I donâ€™t know why I feel this way, but I hate it. Why do I feel like Iâ€™m
nd rock, I'm fine. Why am I sick to my stomach when I stand up?,"Hello, and thank you for your questi
cing for attention or that I'm a hypochondriac. I just want to get better. How can I convince my mother
cing for attention or that I'm a hypochondriac. I just want to get better. How can I convince my mother
d simply wants more sex, and honestly, I want to give that to her. How can I get over my fear of accide
d simply wants more sex, and honestly, I want to give that to her. How can I get over my fear of accide

d simply wants more sex, and honestly, I want to give that to her. How can I get over my fear of accide
d simply wants more sex, and honestly, I want to give that to her. How can I get over my fear of accide
ou can learn lots of skills/techniques to feel more confident in what you need to do that will decrease

ince anxiety usually about anticipating a bad result, or fear of being judged negatively, as though havi
ily life too. Can I make the nightmares stop? How do I stop my nightmares?,"Hello, and thank you for
nething from me. I am paranoid that my boyfriend hiding something from me,"Have you spoken to hi
nething from me. I am paranoid that my boyfriend hiding something from me,Paranoid is a mental dis
feeling he always wants to. I'm scared because my boyfriend is interested in BDSM,"Hello! Thank you

tion in my practice. Panic attacks typically emerge from an underlying issue (ex. Depression, low self-e
to your question are very good and I don't feel the need to repeat what has already been said quite w
m communicating to you that you are in danger. The issue that I see in most of my clients is that they
anxiety can be dealt with. One is an attempt to replace maladaptive thinking by examining the distort
uncle goes to my mom instead of talking to my cousin, and it upsets my mom. How can I avoid becom
uncle goes to my mom instead of talking to my cousin, and it upsets my mom. How can I avoid becom

light or freeze reaction

r or at less with less anxiety.Â Anxiety is normal for most when speaking in public.Â I hear this from e
wake up in a panic, and I cry really loud without knowing the reason. Why do I see the same dream, w
d, I have emotional breakdowns,I would suggest that you look up the word codependency and it's cha
eem thoughts and thinking he was hanging with his ex-girlfriend again. Itâ€™s all I think about. I am sti
te for social anxiety. Often in therapy, the things that tend to get in the way of our securing satisfying a
important here. It's not unusual to experience feelings that don't seem to match up with what your ra
ere you will go"". I forget who said this first, but it's very powerful. If all you think about and talk abou
that your friends say they like you.Trust your own sense of who you are which tells you that somethin
e is your own self-judging and how much of your perception is real?There are many ways to stop judgi
paranoia. I can't stand loud noises, like the sound of cars going by. The grocery store is too noisy, and I
our school dances because of all of the people. Not even when I am completely alone do these though
se of the event, and I am constantly afraid the whole ordeal will happen again. I have never really had
or that he has a girlfriend. I don't know, am I too obsessive? Every time we talk though, it's like magic.
my relationship. My boyfriend and I just moved in a few months ago. All of a sudden, I don't feel as co
my relationship. My boyfriend and I just moved in a few months ago. All of a sudden, I don't feel as co
w can I be less anxious when dealing with my toddler?,"Hi Biddeford,This is a super goal. Feeling powe
w can I be less anxious when dealing with my toddler?,"That's a good question. I would say learn to pic
w can I be less anxious when dealing with my toddler?,Trust that you are a good mother and that you l
tacks. How can I deal with flashbacks of trauma?,"I'm sorry for your suffering.There are therapy progr

y. It is how both of my parents have always been, and I feel like I'm doomed to that life also. It makes i
iencing anxiety attacks that last for hours. Is there something wrong with me and if so what should I d

iencing anxiety attacks that last for hours. Is there something wrong with me and if so what should I d
iencing anxiety attacks that last for hours. Is there something wrong with me and if so what should I d
eone who is more present and more of a life companion. Lately, he has had a very busy work schedule
eone who is more present and more of a life companion. Lately, he has had a very busy work schedule
ety. How do I know if I have social anxiety?,"If you are noticing that anxiety tends to be triggered arour
tell people everything,"Hi Kansas, I feel strongly that the help of a professional therapist is important
tell people everything,"Sorry to hear of your situation.Possibly you are overlooking that your own Sel
anxiety?,"While anxiety can come about for many reasons, trauma is definitely one of the factors that
anxiety?,"Hi. Even though (thankfully) your parents responded well to you telling them, and you recei
anxiety?,"It's not unusual for traumatic experiences that happened when we were younger to stay wit
es out. I don't know if I'm outgoing only to fill the void of not knowing what to say. I donâ€™t know if
no friends or other family to help me. I have no money for therapy, but I think I need therapy before I c
no friends or other family to help me. I have no money for therapy, but I think I need therapy before I c
a proven fact that Americans live in a fast paced environment compared to Europe! I often ask myself
company, this is normal. He has to be right all the time. He blatantly refuses to even try to see it from
eparated from my girlfriend,"Iâ€™m sorry to hear that you are currently experiencing panic attacks. I
ng to break her. I don't know if I should get her to a doctor or someone because this is not normal. I th
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as possible or very little? Is it more confusing for the child? How should I handle the child I had with m
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ıelp, but I just feel they have such a great opportunity to spend it with their kids. Is it ok ayto talk with ı
about my dad?,"You are valid.Â Your idea about â€œI want to move outâ€ may be the key to putting
about my dad?,"If you're actually able to afford to move out and support your own life, then this is a r
about my dad?,"Are you old enough to move out? Then by all means, what's stopping you?If not, is it
him to do this? My fiancÃ©'s ex-husband shows up unannounced,"The short answer to your question
him to do this? My fiancÃ©'s ex-husband shows up unannounced,"Do you know the reason your fianc
him to do this? My fiancÃ©'s ex-husband shows up unannounced,"The kids are actually her Property,
him to do this? My fiancÃ©'s ex-husband shows up unannounced,"The obvious answer is no, it's not c

ually tell when their child is happy. But kids who are unhappy may be masking disappointment, perhap
y on his own and you know he has some friends, I would not be very concerned. However, there may
g about it?Every mom is the expert on their childrenâ€™s behavior.Â First of all, I suggest checking wi
dults children are not the same and some children are more social than others, if he plays alone at rec
seem happy, playing alone during recess?Does he have friends in other social circles besides the stude
ult time expressing emotions accurately. It is also very likely that your daughter does not understand Â
so angry she wanted someone to die, but this seems to be heading into a dangerous realm. I think it w
ellectual capacity to conceptualize.Better to find out why she wants daddy to die than explain the futu
e? Is screaming and cussing at your child considered emotional abuse?,"Oh my goodness, my heart go
e? Is screaming and cussing at your child considered emotional abuse?,"I'm really sorry to hear that yo
e? Is screaming and cussing at your child considered emotional abuse?,"Yes, this emotional abuse. Â T
e? Is screaming and cussing at your child considered emotional abuse?,"Everyone deserves to be treat
e? Is screaming and cussing at your child considered emotional abuse?,"It sounds like your dad makes
e? Is screaming and cussing at your child considered emotional abuse?,"Yes, screaming and cussing at
f time as punishment, but after a few months of having then back, he pees his pants again. How shoul
f time as punishment, but after a few months of having then back, he pees his pants again. How shoul

se for child custody? If parents are divorced, is it acceptable for a counselor to allow an ex-spouse to b

n a family vacation?,"I imagine you are trying to figure out a way to be ""fair"" to your adult kids.Â The
n a family vacation?,"Of what do you feel you'd be guilty?Family vacations are not a basic human right
m, and I've seen no marks. Am I being paranoid or am I right to be? If my kids come back from their da
m, and I've seen no marks. Am I being paranoid or am I right to be? If my kids come back from their da
m, and I've seen no marks. Am I being paranoid or am I right to be? If my kids come back from their da
?,"Depending on your daughterâ€™s age, this could be a learning disability.Â I suggest contacting the
?,"At times when a child is not displaying milestone behavior at the same rate that is average for their
?,Kids develop in different ways and different speeds. It can sometimes feel like your kid has a delay b
?,"Contact your daughterâ€™s school and ask for an occupational therapy evaluation. An occupational
?,"Developmentally, there are ages where not coloring in the lines, writing words that are jumbled tog
?,It sounds like it might be worth asking the school for an evaluation to determine whether your daugl
?,"If your daughter is the same age as most of the other students in her class, and the other students e
?,"There could be a number of things going on here. For instance, have her eyes been checked by an o
?,"It's hard to tell from the information that you were able to provide here, but talk with her elementa
don't know why this is happening. Is this normal? My daughter isn't acting her age,"This is certainly ar
don't know why this is happening. Is this normal? My daughter isn't acting her age,"Your daughter is f
don't know why this is happening. Is this normal? My daughter isn't acting her age,"Hello.It sounds lik
don't know why this is happening. Is this normal? My daughter isn't acting her age,"Good for you to kı
e. The day camp administrator has told us not to yell at him because he will zone out and not listen, so
nts tried to talk to him, and he just refuses help all around. He is now living with his grandparents. He l
nts tried to talk to him, and he just refuses help all around. He is now living with his grandparents. He l
old the truth.Â I imagine your mom was really shocked and upset - both of those things tell me you ar
that just being honest is often the best approach.Â What do you think about telling your mom how yo
t knows the RIGHT thing to do won here! I am so proud of you for admitting that you lied to your Mom
asking if anything was wrong. I have grounded him, but nothing works. What should I do? I don't know
asking if anything was wrong. I have grounded him, but nothing works. What should I do? I don't know
ted on her tiptoes and has always colored and written very neatly. Is this something I should be conc
ted on her tiptoes and has always colored and written very neatly. Is this something I should be conc
ame level of attatchment to the youngest child. I rarely want her around and look forward to her nap ti
ame level of attatchment to the youngest child. I rarely want her around and look forward to her nap ti

ame level of attatchment to the youngest child. I rarely want her around and look forward to her nap ti
uation about which you wrote.Are you the only decision maker regarding your stepdaughter living wit
nd. Â It should be a joint decision if you value your marriage. Â You can mention your frustration about
u are expecting and put a timeframe on it that if she is not doing certain things by a certain date, she w
or?,"Your nephew's behavior sounds normal and developmentally appropriate. Â Masturbation is a he
help my 5 year old from horrible tantrums caused by a bully at school?,"There's two things this post re
I'm going to fail my babies I've been struggling for 5 yrs in a relationship with no communication and
I'm going to fail my babies I've been struggling for 5 yrs in a relationship with no communication and

hen remarried to a physically, psychologically, and emotionally abusive woman. The child was placed in
unishment.Â Â Punishment is another word for wanting to cause hurt.Â There is a different in discipline
st to use humiliation as punishment. This can lead to issues in the relationship between parent and chil
ion and that my dad will hate me. How do I tell him that I want to live with my mom? How do I tell on
ion and that my dad will hate me. How do I tell him that I want to live with my mom? How do I tell on
ow. They all blame me for their choices they made. All three have drug addictions. I had a stroke in 201

e any reason. She's being disrespectful. Her sexual curiosity is waking up. How can I deal with my daug
eelings seriously.Track the timeline of what is going on around the time you feel bothered by little thin
hings that really get attention (or correction) and things that really don't â€“ and everywhere in betwe
ugly stuff and file it away to try and avoid it in the future. We don't process the good stuff in the same
v all teenagers. They do not know. My husbandâ€™s ex-wife has kept this information from my step-d
v all teenagers. They do not know. My husbandâ€™s ex-wife has kept this information from my step-d
v all teenagers. They do not know. My husbandâ€™s ex-wife has kept this information from my step-d
she can be disrespectful and doesn't listen to or respect what we say. My daughter won't stop stealing
child development in school and observing your toddler in order to write a paper?Is your male family
es and that I've never loved her. She calls me horrible names, and she pushes my buttons to the point I
o talk to his estranged mom,"Hi Boone, This depends a lot on his age and the situation. The younger th
never wanted kids, and I did. He paid child support only through forced wage earners. Now my daught
never wanted kids, and I did. He paid child support only through forced wage earners. Now my daught
never wanted kids, and I did. He paid child support only through forced wage earners. Now my daught
een aunt and uncle and reach into my role as a parent. They neglect to see this. I do, and it reflects in r
n with us. How should we approach the situation? Is she doing the right thing for her child? My brothe
. She has had multiple shock therapy treatments, and sheâ€™s on enough medication to take down an
ation is with supervision, but she refuses to see him. Is it better to take my daughter to the therapist a
ation is with supervision, but she refuses to see him. Is it better to take my daughter to the therapist a
e I get on my feet, and he's living with some friends. My mother and I have an awful relationship that is
n. It's a passive aggressive act if done intentionally, so I would wonder if this child is trying to say some
respectful, and his answer is â€œWell, I donâ€™t know what to tell you.â€ She swears and talks back,
d tell them that Santa is real. I don't want to let them down and make them lose out on those memori
question. Unfortunately there is no generic answer with this one. Kids fight for different reasons - wa
oy toilet, but he refuses to use it. When he sits on the toilet, he just sits there forever and only will pee

and didn't remember me. Many many sad memories came from my having to leave her visit after visi

nen anything. I don't want another guy raising my kids. I want to get back with my kid's mother and be
out, spanking, taking away toys, and sitting on the wall. I am afraid for my daughters safety! How do I s
Ve stayed together because we love each other and wanted to make it work. I used to party a lot, and s
Ve stayed together because we love each other and wanted to make it work. I used to party a lot, and s
your new goal. I have a program that is amazing tool to start. And with talk therapy you could move fo
k through the feelings and events that might have resulted in the self-hatred, I recommend a few thing
actually believe that within yourself will be key!Â Releasing the thought that you are unworthy will be
otions with a professional. You may find it helpful to discuss what it is you feel, where these emotions
eptanceÂ of self is by using self-compassion. Researcher, Kristin Neff recommends that taking a daily
Acceptance starts first with acknowledging the things that you currently do well, positive qualities, et
o not hate yourself. Self-acceptance is hard! And it's on a spectrum. On one side we have self-hate, on
nd unpleasant experiences and really worth Â understanding! Therapy with the right person can really
t many of my clients struggle with, so I can assure you that you are not alone. We are bombarded by m
s."" I know it is quite painful, and I can imagine that at times this pain doesn't feel like it will subside. B
owledge of you and your situation.Â A lot of times, these feelings are the result of the people in your li
ady are at the first step of realizing that you hate yourself, not that the feelings of self-loathing are the
otherwise. I stick to my religious beliefs and leave room for mistakes and learn from others so I don't l
otherwise. I stick to my religious beliefs and leave room for mistakes and learn from others so I don't l
otherwise. I stick to my religious beliefs and leave room for mistakes and learn from others so I don't l
otherwise. I stick to my religious beliefs and leave room for mistakes and learn from others so I don't l
otherwise. I stick to my religious beliefs and leave room for mistakes and learn from others so I don't l
p. I used to have very low self-esteem, and I think it might have to do with my dad being an alcoholic. I
just want nothing to do with me. Why do I feel like I can never meet people's expectations?,"It sound
just want nothing to do with me. Why do I feel like I can never meet people's expectations?,"It is not
just want nothing to do with me. Why do I feel like I can never meet people's expectations?,As long a
to and partially because she had no place to go. We fight a lot. Itâ€™s mostly my fault, I must admit. S
to and partially because she had no place to go. We fight a lot. Itâ€™s mostly my fault, I must admit. S
to and partially because she had no place to go. We fight a lot. Itâ€™s mostly my fault, I must admit. S
e to respond to your recent inquiry for possible increase in self-esteem and positive behavioral chang
got hit with some serious stuff all at once. Work, relationships, and housing/security are major needs f
tice being kind to yourself!! You lost your grandmother, your home and your job! Â Huge changes hav
e time or another. Don't be hard on yourself, and find a way to practice self-acceptance. Fallibility is pa
same ones."
oked upâ€ as having sex with no care for the person, and youâ€™d like a girlfriend, then realize relatio
ently met a great woman who seems to really like me, and I don't know how to process this. It's bothe
ently met a great woman who seems to really like me, and I don't know how to process this. It's bothe
ently met a great woman who seems to really like me, and I don't know how to process this. It's bothe
ently met a great woman who seems to really like me, and I don't know how to process this. It's bothe
ve been bullied my whole life that I believe them. How can I stop thinking about them and don't let it g
ve been bullied my whole life that I believe them. How can I stop thinking about them and don't let it g
as familiares, negociar soluciones e identificar maneras de proveerse apoyo.Soy Consejera Profesional
ttle scenarios in my mind, and I start to believe them. My relationship is suffering from severe abando
ttle scenarios in my mind, and I start to believe them. My relationship is suffering from severe abando
ttle scenarios in my mind, and I start to believe them. My relationship is suffering from severe abando

e other reason, I can't find a hobby I can see myself doing without thinking bad about myself. Why am
e other reason, I can't find a hobby I can see myself doing without thinking bad about myself. Why am
ass in which you will be regarded by the teacher as one of the students, not the girl who weighs a certa
eight? Â You may not have a medical issue. Â A lot of times we try to have the ""perfect"" body when i
: is the messages our brain sends that have an extremely powerful affect on how we view ourselves.Â
: is the messages our brain sends that have an extremely powerful affect on how we view ourselves.Â
er to look at is you. What cool thing did I do today that I didn't do yesterday? how did I do my hair in t
oriented while all of my family left me on my butt, abused, ignored and messed up with me mentally.
an embarrassing mistake and forgive yourself?,"I also want to note that we, as a society, are especially
an embarrassing mistake and forgive yourself?,"First I think we have to acknowledge that you are doin
an embarrassing mistake and forgive yourself?,"As far as I can tell, you received unwanted attention, b
an embarrassing mistake and forgive yourself?,"Everybody does something or a few things in their life
an embarrassing mistake and forgive yourself?,"Sometimes we make ourselves feel worse with our ow
an embarrassing mistake and forgive yourself?,"First of all, congratulations to you on becoming a Wate
friends at my house or invite them over because it would be around my parents and my friends woulc
friends at my house or invite them over because it would be around my parents and my friends woulc
friends at my house or invite them over because it would be around my parents and my friends woulc

ou some nuggets of helpfulness!
s of helpfulness!
way I look,"This is so very common in this crazy looks-obsessed world! I meet so many beautiful peopl
way I look,Check out my latest blog: Â Four-ways-add-self-esteem-friends-listI hope this offers you sor
and such. Why am I so nervous talking to people?,"Hi. I'm glad you wrote, because I think a lot of peo
and such. Why am I so nervous talking to people?,"I want to add that one way therapy can help with s

also thinks everyone hates her all the time. If I don't seem anything other than happy, she asks me "D
ible that it had nothing to do with you.Did any of these significant others say anything about what ma
me. Why do I feel this way? How can I care less about what people think?,"My first reaction to this is t
me. Why do I feel this way? How can I care less about what people think?,"It is normal to seek otherâ

What can I do when I feel like I'm not using my potential?,"Being stuck in life is difficult, especially whe
, and thank you for your question. Guilt is one of those things that nearly everyone has experienced at
of times it is not about forgiveness but learning from experiences. As an example, as a child we contin
e that you are human, not perfect and will make the wrong decisions at times.Â Â That is OK, we all h
a beautiful discussion of guilt and shame Lynda offers! Those

io, I totally get how it can be more difficult to forgive ourselves than to forgive others. My guess is that
ng of others mocking and judging me. Why do I feel like everyone hates me?,"The problem you describ
ng to be alone forever?,"I can relate! When things are going badly, I feel like my life has

Â Â Â Â CGratitudeÂ ForgivenessÂ Â Â Â Â
Â Â Â Â Â Â Â Â Â Â Â Â PossessionsÂ Pe

ng to be alone forever?,"I'm glad you're aware of how you honestly feel. Â Knowing one's personal tru
ng to be alone forever?,"As social creatures, we humans all long for deep human connection. To know
; work, even when I try to force myself to do it,"Yeah I get the same problem... Look I'm not a professic
you get to know yourself. Â What do you NEED in a relationship? Â What is holding you to this relatior
ed to do, how do I stop this cycle? I don't know how else to cope or motivate myself without pain. How
I can't find a job. I have an Associate degree. No one is not giving me a chance, and I'm getting upset a
to see what actually are their impressions of us, will wear out the person who has the worry.Feeling r
l ugly?,"Sounds as though you're taking the blame for the bad actions of your former husband.He did a
onship out of fear of being alone?,"While not wanting to be alone may not be the best reason to be in
w what to do about it,"Hi Michigan, Good for you for recognising a destructive pattern. This behaviour
lse at school seems to feel the way I do! Is this normal teenage girls feelings? I don't think these feelin
nank you for writing with your question. Sexual assault or sexual abuse is a very traumatic event that a
ry to hear about your rapes. Â Traumatic events, such as rape, can have some lasting effects. Â Issues v
your being taken advantage of and for all the negative feelings created by being exploited.If you have
es until last month and that was six months after it happened. I canâ€™t trust him anymore and I'm jus
urself may be a sign of extreme sadness, feelings of loss and uncertainty.Do you know why you hate yo
nown since my childhood not even my family. I'm so terrified of being judged or dismissed. Instead of a
nown since my childhood not even my family. I'm so terrified of being judged or dismissed. Instead of a
professional services to address the trauma you experienced. EMDR has been proven to be very effect
u focus on the negative thoughts or irrational beliefs that are going through your mind at the time in w
a great personality, etc. I really started to feel better about myself by the time I woke up the next mor
ssential to me on this topic.Â When you ask yourself this question, it shows you are not happy or have
n. Spend sometime by yourself exploring the reasons for that unhappiness. Are these things likely to c
ionship and its possible end. Therapy can help you have a space to be completely honest with yourself
fe.
f staying vs leaving the relationship. You can also make a list of your ideal partner and see how much
the ""bad."" Here are some questions to ask yourself:1. Do I like myself when I'm with my partner, or
to end an unhealthy relationship.There are More Negative Interactions Than Positive OnesEvery relati
going on around and spirit guides ...then decide on your own.

o figure out if you getting the most out of the relationship and if not, if making it better is an option, w
you may ask of yourself and consider for your boyfriend is whether you are both willing to work on the
osition with one hand wrapped around a spoon and the other around a pint of ice cream.The problem

. Have you discussed what is causing you to consider breaking up with your partner? Based on the info
er - what makes you feel like you should break up with him? What brought up thinking about ending th
cting your happiness and well being in your couple. I recommend completing a compatability checklist
ider what is making you unhappy in this relationship.Â Sometimes we think we are ready to move on
a place of decision, you need to know where you are right now, what is not working, what the potenti
I asking myself if i should end it?"", ""What else am I looking for in a relationship that this one doesn't
kers"". Some common deal breakers are abuse of any kind (physical, verbal, sexual, or emotional) or s
define the unhappiness in the relationship, such as infidelity or abuse.Â All relationships go through l
help you make your decision.What is leading you to ask the question? Has something happened rece
with the details, it's very hard to say, as no one is experiencing the relationship in your shoes, except fo

ın't like and then decide whether you'd like to tell these topics to your boyfriend as a discussion about
intments, and tragedies. When you do, itâ€™s easy to get stuck there, gazing back into your rearview r
self-love, and learning to self-generate the love, acceptance, and validation you were receiving from th
n about myself because of this painful time? Caring non-judgmental family and friends who listen with
r a breakup are very normal and many of my clients experience them. It can help to create a distractio
ı everything in your life.Â When we lose someone, we're saying goodbye to what we thought our futu
ıs are dashed and we feel at a loss for how to deal with this sudden change in our lives. First, it is impo
vever, it can be devastating. Â It is normal to go through a grieving process after a breakup. Â Denial, b
ıing is to be really sure you are taking care of yourself --- that means eating well, exercising, getting go
ocess that is unique for everyone person and will take time. It's important that you don't compare you
so you can heal. Â That means no checking out your ex on social media platforms and no contact. Â In
h time a particular person requires in order to feel that the dissolved relationship is behind them.Prob

t of those things can you self-generate, give those things to yourself.Â Work thru the grief of losing th
a significant relationship and it really had an impact on you. I think you should honor that relationship
ıcted to the qualities which you felt attracted to in the person.The problem isn't releasing yourself fron
ht for my family (daughter and wife)? How do I fix my marriage?,"Chances are, if you really think abou
er six years you raise the question of what to do about this relationship?Had you hoped until now that
ıd sees her every day. I feel that I shouldn't stay with him , but he says he ended it long time ago. Sho
ıd sees her every day. I feel that I shouldn't stay with him , but he says he ended it long time ago. Sho
?,"Most important is to take care of your feelings regarding that he has left you.From your description
?,"There is always hope. So don't give up on hope.However, you knew I would say that, there is a lot w
?,"I believe there's always hope. I also believe that you are worthy of respect and love. I'm curious if y
?,"I would focus on YOU right now. We cannot control him, his actions, his love, or his decisions. But w
get over my heartbreak?,"Who takes care of your son, is a significant part of getting over your heartbı
get over my heartbreak?,"I recognize that you say you are missing being with the love of your life. At
ul many times, while he remains my only intimate mate. How can I learn to detach from him as he is n
dated someone, and we are expecting a baby girl. Is this something I should mention to my wife? The
dated someone, and we are expecting a baby girl. Is this something I should mention to my wife? The
me. I think about her all the time now, and we have been communicating on and off, but my friends/fa
feel like he appreciated all the things I've done to make him happy. Did I make a mistake breaking up
feel like he appreciated all the things I've done to make him happy. Did I make a mistake breaking up
other women, and divorce. What I don't understand is that he says constantly that I have no feelings fo
other women, and divorce. What I don't understand is that he says constantly that I have no feelings fo
Should I move on from my ex-husband?,"It's not uncommon for relationships to go cold over time. It is
Should I move on from my ex-husband?,"That's a tough one.Â Would you and your husband be willing

e again. I make plans with him that I don't keep. I really do love him still and I care about him. Should I
e again. I make plans with him that I don't keep. I really do love him still and I care about him. Should I
e about the fight. Why didn't she convey that to him from the beginning? Why did my sister not defen
e about the fight. Why didn't she convey that to him from the beginning? Why did my sister not defen
ount of time you know this girlfriend, there is no history on which to make a judgment about the likeli
ex-girlfriend is trying to figure out what type of relationship she is looking to have with you. There are
it takes to get her back. She's unhappy. When I called her, she was crying and said she will text me wh
nmitment, in addition to the emotional hurt it creates.Probably you didn't actually forgive him becaus
es it is not healthy for you to continue seeing him. Â However Â It takes time to heal your pain. You are
ing a relationship (or any other major loss, such as a job, a house, etc.). One of the things to consider is
out for sure? How can I find out I'm being cheated on?,"Has your former partner made any efforts to l
I split three months ago, but I have been seeing him pretty regularly despite the fact that he is living l
e and friendly and avoid acting on any romantic or partner feelings toward the other person.The best s
whether friends, just people who are sharing a living space, etc.) and what boundaries you both have as
ng what you wanted out of the relationship either. He just happened to be the one that called it quits
eally difficult divorce from her and is taking it really hard. I want to end this relationship, but I don't fe
eally difficult divorce from her and is taking it really hard. I want to end this relationship, but I don't fe
trolling me: who I hung out with, where I was at all times, and he had a huge hissy fit if I tried to ask hi
ou wrote you already know the answer.Â I hate to sound harsh but I am a therapist that call it how I se
s no financial help, and he has been out of the home for four months. He became very angry and mea
. I'm not sure if I want to trust my husband again,"I am glad he is seeing a counselor.Â That is someth
They are not together, but he continues to contact me and wants me back. He has nothing to offer me.
ur marriage? Iâ€™ve been separated from my husband for six months and he still has not filed for div
ur marriage? Iâ€™ve been separated from my husband for six months and he still has not filed for div
because I wanted my marriage to work out but he did not. If he stops sleeping with other women, ca
I do... My husband and I are separated. I'm so scared of getting divorced,"Major change frightens almo
e, predict divorce: criticism, defensiveness, contempt & stonewalling. These behaviorsÂ lead towards e
successful business am working as a server at a restaurant. Iâ€™m coping as best as I can. Is it normal
t to talk to her about it today, I let a tear or two come out. I hate it. I feel like they're not going to keep
t to talk to her about it today, I let a tear or two come out. I hate it. I feel like they're not going to keep
eetheart." I wish I had a penny for every time she accused me of cheating on her. She doesn't, and nev
eetheart." I wish I had a penny for every time she accused me of cheating on her. She doesn't, and nev
eetheart." I wish I had a penny for every time she accused me of cheating on her. She doesn't, and nev
eetheart." I wish I had a penny for every time she accused me of cheating on her. She doesn't, and nev

eetheart." I wish I had a penny for every time she accused me of cheating on her. She doesn't, and nev

:hen said this was me being co-dependent. How do I assert myself with a boss who called me co-deper
:hen said this was me being co-dependent. How do I assert myself with a boss who called me co-deper

nothing happened. I distanced myself a lot after. How do I get over a friend/coworker?,"Hello! Emotic
k he should tell his friend to not send him things like that. A friend of my child's father is sending him ir
k he should tell his friend to not send him things like that. A friend of my child's father is sending him ir
k he should tell his friend to not send him things like that. A friend of my child's father is sending him ir
k he should tell his friend to not send him things like that. A friend of my child's father is sending him ir
as vague. I think she could possibly be dating someone that works with us. It's driving me crazy. As an
as vague. I think she could possibly be dating someone that works with us. It's driving me crazy. As an
my paycheck, I could not pay the $25.00. He says I lied to him about it. He wants me to reimburse hin
my coworkers accuse me of mood swings?,"If this is a concern of a few coworkers, make sure it is not s
my coworkers accuse me of mood swings?,"I canâ€™t give you legal advice, but employers can sugges
some of these might be more realistic than others.Â It may help to set firm boundaries between your
here are however a few types of counselor-to-counselor relationships that are prohibited by the ethics
not?,As in Matthew 7:7Â Â Ask and it will be given to you; seek and you will find; knock and the door
not?,"Since no one can prove that there is a higher power (meaning we cannot observe ""God"" with
not?,"There are an infinite number of ways to look at this. Spirituality, religion, God, higher power, an
not?,"Thanks for posting. Â This is a significant issue for many people and can make us feel helpless; a
not?,"The way that I see it is that Humans have always been afraid of life and death, historically we ha
not?,"It is not a stupid question, it is very basic. To help answer your question, let me begin with the p
not?,"Your question is actually thoughtful and reflects a true interest to know more about life.No one
not?,"Believing in God is aÂ matter of faith.Â There are many opinions out there for and against God
ard time in general accepting himself and others. His insecurities are hurting our relationship. How c
ard time in general accepting himself and others. His insecurities are hurting our relationship. How c
ard time in general accepting himself and others. His insecurities are hurting our relationship. How c
ard time in general accepting himself and others. His insecurities are hurting our relationship. How c
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ard time in general accepting himself and others. His insecurities are hurting our relationship. How c
ard time in general accepting himself and others. His insecurities are hurting our relationship. How c
ard time in general accepting himself and others. His insecurities are hurting our relationship. How c
hat you don't feel as though your family would support you in embracing your true self. Because this is
each out to a counselor and get support. They can help you navigate your own feelings, and talk to you
rson from being themselves. Gender is self-identified and not the one assigned at birth. Few families r
me help in how to navigate what you want to do, contact a therapist and schedule sessions so that the
t to be what you are actually. God loves you. Despite your religious beliefs you need to be tru to yours
y tough question and there are no easy answers to this, however, I can recommend that first of forem
s must be a difficult time for you with

opposite sex's body derives from too fast of a re-entry into a new (feminine) body, after being release
for you to be comfortable with your identity. With that said, it is also so important for you to be safe. I
nily already knows, they are probably just waiting on confirmation from you to say it. A parent knows t
in the LGBTQ community can be one of the more difficult roads. Unfortunately, many unjustly ostraciz
ess your natural identity will work against you.However difficult, painful, frightening, it is to tell your fa
say, I am so sorry you are not feeling accepted by your family. I know how Â isolating and lonely this ca
rson may define himself by his values and morals while another identifies herself by her personality ar
na. We are fluid beings, we are never the same from day to day, we learn or unlearn, we evolve or son
ar as religious or spiritual beliefs or overall.If you are talking about learning more about religious or sp
ne, anywhere. It is the part that has always been with you. Find a quiet place where you can be alone fo
lo have to do is become more mindful of the times when we feel the most alive, most happy, most cre
trange. I began to realize within my own being an experience of no separation. I would see others at th
eate a safe and curious therapeutic relationship in which you can explore your identity. There are also
nature and interactions with others.Give yourself the freedom to your interest in having interests. Â Ar
mething you want to achieve, that's who you are. And you need to put yourself into that and immerse
ers offer a lot of support.Â After a while that support tapers off even though your need for support do
wasn't clear about this because I was also tempted and led him on. We continued to have sex. Does it r
wasn't clear about this because I was also tempted and led him on. We continued to have sex. Does it r

g you can do is be respectful of each family member's wishes. Although everyone may not agree with c
unity, but you haven't described a problem. Â (Are you creating one?) Â Many families have various me

ith posttraumatic stress disorder and its triggers?,"Have you tried counseling? Â Having PTSD from mu

ith posttraumatic stress disorder and its triggers?,Often people with extensive trauma have difficulty t
ith posttraumatic stress disorder and its triggers?,"When anyone has experienced a traumatic event, t
ith posttraumatic stress disorder and its triggers?,"Even if the triggers are having a negative impact on
ith posttraumatic stress disorder and its triggers?,Talking about it stops it from being a secret.Â It take
ith posttraumatic stress disorder and its triggers?,"I'm glad you're willing to keep optimistic about life
ith posttraumatic stress disorder and its triggers?,"I encourage you to seek out and work with a therap
ee months since his passing, and I'm still not sure how to cope with this. How can I cope with the loss o
ee months since his passing, and I'm still not sure how to cope with this. How can I cope with the loss o
ee months since his passing, and I'm still not sure how to cope with this. How can I cope with the loss o
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"Hi!This is a great ques
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"I'm so sorry you've be
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"Terrible things do hap
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"Itâ€™s common to fee
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"You have experienced
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"So believe it or not, th
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"The fact that you are o
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"I don't need to tell you
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"Iâ€™m sorry to know
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"I am so sorry this has l
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"You are describing a v
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"First and foremost, be
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"Sociopaths don't know
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"You're not a sociopath
hat can I do to change this? Is it possible for a person to stop feeling emotions?,"I am so sorry to hear a
with extensive trauma have difficulty talking about it. This lessens the impact of traditional talk therap
ou are really experiencing a rough time. I applaud you for recognizing the need for change. Healing is
sense the frustration in your post.Â PTSD can, and often does affect so many aspects of life. There are
any treatments for PTSD and trauma-related issues.Â Your path might look different than what somec
t question. PTSD can be very complex and debilitating. It must be very difficult for you at this time.Wh
overwhelmed by emotion and finding it difficult to trust people. Â This can be a really scary feeling. Â I
rate at which you'll get back your life.Being traumatized means not feeling safe in almost all areas of li
you toÂ speak out, PTSD is not a joke and it can quickly take aÂ toll on all aspect of life. Please, know t
ear you, PTSD has a veryÂ debilitating effect on your whole life. I know that from personal experience
es and flashbacks about a past relationship,"Ending an abusive relationship is often very difficult, espe
es and flashbacks about a past relationship,"From what you describe about yourself, I agree with you
es and flashbacks about a past relationship,"Thanks for sharing and asking for help.Â You mention tha
es and flashbacks about a past relationship,It sounds like you have not had the opportunity to process
es and flashbacks about a past relationship,"One thing you could try to do on your own is to focus on t
es and flashbacks about a past relationship,EMDR therapy has shown great results for work with PTSD
es and flashbacks about a past relationship,"A lot of times when you're experiencing nightmares and f
es and flashbacks about a past relationship,"Your challenge is called ""co-dependency."" People seek
r,"Was your gf always this way with you or did her withdrawal develop suddenly?Also, are there any o
r,"Sounds like she might be triggered and having a trauma response. This is normal for folks who've ex
r,"Thank you for your question. Â I think it's wonderful that you are approaching this with openness an

?,"Probably the more important questions to answer concern how much confidence you have in you a
elf? Can I get over PTSD on my own?,"I am so sorry to here about what you are experiencing.Â Your qu
elf? Can I get over PTSD on my own?,"When it comes to trauma, especially in the event that it has caus
elf? Can I get over PTSD on my own?,I will not say that you can't but I will say it will be much harder an
hear about your recent loss. Â There is such a large feeling of uncertainty that befalls those of us left t
natural way to pass from this Earth, so many times it can be EXTREMELY tough to deal with because o
very sorry for your loss, and I can understand the urge to drink and smoke to try and cope. As I'm sur
y offering my condolences for your loss. I can understand how difficult this time maybe for you especi
y traumatic loss and affects survivors significantly. Everyone deals with their grief in different ways. O
eek some therapeutic help for this, and also to connect with others who knew your friend, because the
ry for your loss. Â Most people go through the grieving process. Â I would get a better understanding
oblems to my posttraumatic stress disorder?,"You are right on to recognize that the effects of trauma
oblems to my posttraumatic stress disorder?,"The short answer is yes ,with a ""maybe"" tagged on the
oblems to my posttraumatic stress disorder?,"It depends on what you mean by problems however, a t
oblems to my posttraumatic stress disorder?,"A car accident can be scary and possibly trigger your syn
oblems to my posttraumatic stress disorder?,"There are many types of traumas, and they certainly car
oblems to my posttraumatic stress disorder?,"A car accident can be a traumatic event. Especially, Â if i
oblems to my posttraumatic stress disorder?,"Post Traumatic Stress Disorder can occur after any traun
ildren. I love my mother, but once she gets within her own area, she begins to tape all cracks and crev
insafe and painful.Everyone has family legacy patterns of behavior and ways of handling emotions, ha
ecting your present and future, because it's a huge part of who we are. The GOOD news is, though, tha
ou. Having past traumatic experiences creap up on you without warning can be very scary and stressful
inform our present experiences. Â All past experiences, both positive and negative are what have brou
herapist who specializes in grief and loss.I will just add that one thing that you can do is to create some
w who I am without the trauma. I've never gotten to be myself. I don't even know who I am. How do I
w can I stop projecting this onto my current boyfriend? How do I get over a fear of pain during sex?,"W
ome lay down. As I laid down on the bed, he started touching me. A friend called me, then I able to lea
e?,"Wow, I'm so sorry that this has happened to you. Â My heart goes out to you. Â Please find a thera
gnore my problems when I'm with my friends, but itâ€™s scary when Iâ€™m alone. How do I deal with
gnore my problems when I'm with my friends, but itâ€™s scary when Iâ€™m alone. How do I deal with
d be helpful to talk with a certified hypnotist. There are a list of them here:Â http://www.natboard.co
hich can be $0.
tial therapists if they do take any cases on pro-bono, I usually reserve some hours for people who simp
services. When going through the list of referrals they provide you with, you can call around and see v
mmunity. In addition, in many communities your can dial 211 for access to information about many fre
ssist you. If your experience is related to 9/11 and you meet certain criteria, there are ways to get free
nothing to hurt me. How can I have a normal sex life with my significant other when I keep having trig
nothing to hurt me. How can I have a normal sex life with my significant other when I keep having trig
n I unblock my memories?,"It's important to know that there are counselors who are trained in workir
n I unblock my memories?,"Sorry to hear of having witnessed violence within your family when you w
e you.â€ He never gave us hugs. Heâ€™s always called me horrible names. I feel he's an evil man with
was an unwilling participant. I no longer trust a therapist. I'm too afraid to go under hypnosis or anyt
d?,"I'm very sorry to hear this. Hypnosis can be a valuable tool that a trained therapist can use to bring
st angry verbal bashing, and that itâ€™s different. It gets worse each time. The names are very vulgar r

st angry verbal bashing, and that itâ€™s different. It gets worse each time. The names are very vulgar r
st angry verbal bashing, and that itâ€™s different. It gets worse each time. The names are very vulgar r
her, hit her, etc. She has almost divorced him a couple of times but always makes up with him, thinkin
o leave without fighting for this first. He's an emotionally disconnected person. We never say â€œI lo

elp and support. Iâ€™m not sure of all the details so take from answer what you can. If you are feeling
p, the person who is being abused, starts doubting themselves and starts tolerating, then accepting ab
other women, and he put his hands on me. I'm falling for my abusive and cheating ex-boyfriend,Wha
escape our emotionally abusive father?,"Yes you can help!Â Emotional and verbal abuse can cause a
m the domestic violence of a past relationship?,"Nightmare are actually very common for survivors of
m the domestic violence of a past relationship?,"Hello, and thank you for your question. First things fir
of my tests. Is my therapist telling my abuser the results of my test a HIPAA violation?,"It sounds like i
o tell him what happened. Ever since then, he gives me the cold shoulder. He gets so mad and ignores
e another. That same night, he and a friend stayed over at my house (without my mom's acknowledgn
ese episodes. I love her, and I think Iâ€™m about to lose her, if I already havenâ€™t. I throw things at l
ese episodes. I love her, and I think Iâ€™m about to lose her, if I already havenâ€™t. I throw things at l
ssues; however, he never wants to talk and often blames me for everything. Iâ€™m always there wher
doesn't love me, but then the next day after our fight she says she does. I'm having a hard time becau
with him in 2014 after I finished school and he found a job. However, during this time we had a few ar
not able to seek counseling for this. However, I highly urge you to do so because long-term childhood
ed myself in the room. Why did my boyfriend hit himself in the face during an argument?,"Sounds scar
ed myself in the room. Why did my boyfriend hit himself in the face during an argument?,"Seeing your
of my mom and brother. How do I not be angry all the time?,"Anger is a Â secondary

of my mom and brother. How do I not be angry all the time?,"Anger is a natural and healthy emotion
of my mom and brother. How do I not be angry all the time?,"You must be feeling frustrated about ho
of my mom and brother. How do I not be angry all the time?,"Must you keep this roommate in your li
your mind to ration how your brain interprets the events you experience. As a result you act after an e
about losing the comb that gets you so angry. What are the thoughts that go through your mind wher
ced often or the magnitude of it does not fit the scenario, such as your losing comb, the question beco
g word.Â However I would say that you have an issue that needs to be addressed and controlled befor
m, usually feels at least partly, that they do have a problem.Your answer to the question is what matte
p overthinking and getting upset easily?,"It sounds like you have had difficulty in processing what happ
p overthinking and getting upset easily?,"You're definitely not mad at ""nothing"".I agree with your po
s angry is by directly saying your thoughts and feelings.One approach is to to tell either or both parent
lly comes along with something else, like feeling sad, worried, overwhelmed, confused, and many oth
t a person is permanently gone from this earth, is unsettling and can feel painful.That you had no curr
ntly. Anger is not usually just anger. Behind our anger may lie rejection, grief, loneliness, a longing to
away, you can look into ways to control your anger.Â If you give yourself the time to analyze why you
ess of the emotion or how we allow it to manifest that gets us in trouble. Being able to control your ter
o want to manage your emotions differently...butÂ what are your thoughts on your anger?Â Do you t
ling than you are giving yourself credit for.Â If this is scaring your wife and child, you need to get cont
st?,"You shouldn't need to educate yourself on violent outbursts. Â He is the one in the position to cha

st?,"First, let me extend my compassion to both of you -- it sounds like you have a lot on your plates. C
nths pregnant. I have drank in the past, but I'm not dependent on alcoholâ€”I only drink at social event
ck of your different mood changes. You may be able to notice patterns, such as being more frustrated
n from bursting out and serves as a shield to protect us when we are not able to manage external issue
of his dreams the other day and it was so violent it was sickening. It was far beyond anything in a horro
of his dreams the other day and it was so violent it was sickening. It was far beyond anything in a horro
rubbed off on me a lot. I don't get nearly as bad as he does, but I yell almost constantly and I can't see
rubbed off on me a lot. I don't get nearly as bad as he does, but I yell almost constantly and I can't see
ve a son, and I feel that I take my anger out on him by screaming at him. How can I stop being so angry
e is violent, not me. I don't want to drown myself in anger and resentment. Why am I so mad?,"Knowi
about my relationship (like starting rumors or saying negative things about me or my relationship) I la
about my relationship (like starting rumors or saying negative things about me or my relationship) I la

about my relationship (like starting rumors or saying negative things about me or my relationship) I la
noticing that you recognize at least one feeling that you have!What is your own theory as to what is di
completely insane,"Probably good to know in what type of situations you are, in which you are hearin

is from feeling a deep level hurt within themselves. Â Â A surface situation, like, a store told you they'
ave my own health insurance. I can feel myself starting to get violent. I throw things of value when I st
ave my own health insurance. I can feel myself starting to get violent. I throw things of value when I st
f I think someone said something they didn't, it infuriates me. Something perfectly normal can make m
rapist may be able to help you figure out ways to relate to your anger and your mother that will feel ri
g of the consequences of our actions. Typically by not reacting right away, we are better able to gather
ike he lets too much negativity in. What should I do? We've been married for two years but together f
ms and fingers, pull my hair, scratch my face, or punch my thighs. Basically, I do things I can hide instea
very important you first recognize that it is absolutely impossible for any of us to change a person. So
al awareness.Â Emotional awareness basically means knowing what you are feeling and why.Emotion
urnal,Â it's important to work with the content of the dream and revise the ending.It's important for yo
ally control the nature of our dreams while they're happening, we try to alter them while we are in a
on-logical ways in which we make emotional sense of what goes on in our everyday waking world.Bes
ring the day. I have a benign brain tumor, but the doctor said it is not associated with this. Why do I ge
t even know if he's sober or not. I refuse to get into the vehicle with him and walk home sometimes. I'

arted losing sleep after breaking up with a girlfriend of 8 years. Also, my fatherâ€™s business went bar

arted losing sleep after breaking up with a girlfriend of 8 years. Also, my fatherâ€™s business went bar
re very exciting. Â They give you opportunity to grow more rapidly. Â So I say: ""congratulations!"" Â ~
nding these happenings and dynamics.
ns.We remember dreams, I believe, because dreams are messages (always in code) from the unconsci

d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can

d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
d, from having a total blackout to being touched by a prostitute. How do I know if he had sex? How can
it. But before it gets close to happening I get this empty feeling. Why am I feeling this way? I want to l
it. But before it gets close to happening I get this empty feeling. Why am I feeling this way? I want to l
it. But before it gets close to happening I get this empty feeling. Why am I feeling this way? I want to l
it. But before it gets close to happening I get this empty feeling. Why am I feeling this way? I want to l
it. But before it gets close to happening I get this empty feeling. Why am I feeling this way? I want to l

ophile is someone that is attracted to children meaning under your age category.Â Â This is regarding
our age is appropriate for a relationship. There would be a possible problem if she was 10 or younger.Â
at you find an interest in building a romantic relationship with.Â These feelings are an emotional resp
racted to children.Â This is applicable to children to are pre-pubescent.Â So I'm repeating others here
attracted to your girlfriend. You are a perfectly healthy person. When puberty hits, hormones start cha
served for older adolescents attracted to children, or adults who are attracted to children. I see an age
. 15 year old cannot be a pedophile because you're not an adult.Also, if you mean ""girlfriend"" in a ro
ppropriate age where it would be seen so. Your both only a year a part so this shouldn't a worry to you
re only a year older than she is. This is absolutely normal. What would be wrong is if you did anything
go. Why this is happening and what can I do about it? Why can't I get an erection with my girlfriend?
go. Why this is happening and what can I do about it? Why can't I get an erection with my girlfriend?
go. Why this is happening and what can I do about it? Why can't I get an erection with my girlfriend?
go. Why this is happening and what can I do about it? Why can't I get an erection with my girlfriend?

go. Why this is happening and what can I do about it? Why can't I get an erection with my girlfriend?
go. Why this is happening and what can I do about it? Why can't I get an erection with my girlfriend?

ınd out he cheated on me with another women. He says he wants his family back but I'm confused on
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ınd out he cheated on me with another women. He says he wants his family back but I'm confused on
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ınd out he cheated on me with another women. He says he wants his family back but I'm confused on
ınd out he cheated on me with another women. He says he wants his family back but I'm confused on

im so much. Why do I do this? Why do I always push my boyfriend away?,"I sympathize with you! It is

im so much. Why do I do this? Why do I always push my boyfriend away?,"There could be many reaso
im so much. Why do I do this? Why do I always push my boyfriend away?,"There seems to be two issu
im so much. Why do I do this? Why do I always push my boyfriend away?,"Are you sure it is only the b
I just be up-front about it. I wonder if i should stop or if I should continue to do it since it makes me ha
I just be up-front about it. I wonder if i should stop or if I should continue to do it since it makes me ha
I just be up-front about it. I wonder if i should stop or if I should continue to do it since it makes me ha
I just be up-front about it. I wonder if i should stop or if I should continue to do it since it makes me ha
I just be up-front about it. I wonder if i should stop or if I should continue to do it since it makes me ha
I just be up-front about it. I wonder if i should stop or if I should continue to do it since it makes me ha
I just be up-front about it. I wonder if i should stop or if I should continue to do it since it makes me ha
th this. My husband only has sex with me once a month or less,"Have you said anything to your husba
th this. My husband only has sex with me once a month or less,"Feeling rejected and frustrated is a re
th this. My husband only has sex with me once a month or less,"This could have many different origins
th this. My husband only has sex with me once a month or less,"Every area in a relationship, including

work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
work that he is more emotional invested in than me. I feel very alone and just uncared for. Is there an
also never orgasmed. She feels like a terrible wife and fears I'll cheat on her. She doesn't know why. La
also never orgasmed. She feels like a terrible wife and fears I'll cheat on her. She doesn't know why. La

also never orgasmed. She feels like a terrible wife and fears I'll cheat on her. She doesn't know why. La
also never orgasmed. She feels like a terrible wife and fears I'll cheat on her. She doesn't know why. La
also never orgasmed. She feels like a terrible wife and fears I'll cheat on her. She doesn't know why. La
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
w sex drive or neither one of us actually knows what we are doing. I want to be better connected with
ails. I never find anything, but I'm obsessed with constantly checking just in case. How do I stop this? I
. Â How you ask, how he answers and the discussion or lack of discussion which follows, will show a lot
erhaps you could give each other feedback regarding what you like and what you don't like.If there are
aÂ satisfying sex life. So, I will just name a few things that can impact someone's interest in sex, and so
nowing that I have never found any reason for her to be cheating, and I have no reason to. How can I f
sound.If a person trusts themselves, their actions, decisions, way of handling matters, then evaluating
tic and sexual relationship with someone to whom you don't feel like having sex.Five years is long eno
e not attracted to your girlfriend, you could try changing what you do during sexual intimacy. You coul
to me and everything that anyone has ever done to me. I act as if he's going to do it too. How can I sto
f constantly having a affair. Should I get a divorce?,"I don't know that I should tell you to get a divorce
f constantly having a affair. Should I get a divorce?,Whether to divorce or not depends on your reason
f constantly having a affair. Should I get a divorce?,"Clearly you seem interested inÂ being other peop
f constantly having a affair. Should I get a divorce?,"It may be helpful to have this emotionally impactf
der?,"Strengthen your own belief in your right to a decent life and respect of who you are.From the b
der?,"The behaviors you describe are boundary violations.Â You can not change your spouse, but you
rtner that isn't available emotionallyÂ or is lashing out when you face any kind of coflict between you.
ness of a lack of intimacy?If this is recent or sudden then the best road forward is have a conversation
near as important as whatever he's thinking about, which he believes will go over my head. How do I
n pregnant, he doesn't like it here, and he hasn't been on the mood lately. Is my boyfriend cheating?,"
e conflict because he only sees things as black or white. My husband has asked that we go to counselin
e told him how I feel for years, and he swears he loves me and wants to make me happy, but I still hav
d. I find myself always telling him what to do in relation to me, things he should know. How can I addr
hat I have feelings for someone, I freak out and never talk to them again. I really want some help. How
ew months, then we met up again. She kissed me, so I assumed we were dating. Then I found out she
e to more sensitive in general? Is it normal to be more sensitive when I'm not intimate with my boyfrie
en drinking, and I told him not to come home that night. The next morning, we talked about going to c
en drinking, and I told him not to come home that night. The next morning, we talked about going to c
ow do I make my relationship with my girlfriend better?,"Maybe your girlfriend feels torn in her emoti
ow do I make my relationship with my girlfriend better?,"Maybe you can start with having 15 minutes
position and put an enormous load on his shoulders. He was very angry that I went to him to do that.
position and put an enormous load on his shoulders. He was very angry that I went to him to do that.
ance boyfriend has started to pull away from meâ€"what can I do?,Have you asked your boyfriend dir

fetishes which she hasn't yet directly heard from you, with your assumption that her sexual passivity
ship and with yourself than what has been asked about in your particular question.Â Â Â I invite you t
nt. They acted like a couple rather than friends with each other. There was no physical interaction, but
nt. They acted like a couple rather than friends with each other. There was no physical interaction, but
s he states are similar enough to yours that this relationship is worth continuing.Also, marriage means
ething around which you could have a conversation where you each listen to each other for about five
oon to be married, and I've been messing around with others,"Hello, and thank you for your question.
oon to be married, and I've been messing around with others,"It took a lot of courage to share what m
oon to be married, and I've been messing around with others,"Good for you to bring up this situation f
oon to be married, and I've been messing around with others,"I would start by examining the reasons f
oon to be married, and I've been messing around with others,"Divorce is expensive emotionally and fir
oon to be married, and I've been messing around with others,"If you are happy with the person that yo
d man with kids. Her lying is becoming dangerous because she could ruin lives. My friend had lied abo
d man with kids. Her lying is becoming dangerous because she could ruin lives. My friend had lied abo
d man with kids. Her lying is becoming dangerous because she could ruin lives. My friend had lied abo
oing this when we were very happy together? He says that I have done nothing wrong but he just can'
up to someone?,"Hi Bend, You're scared, right? That makes sense. Each time we have a break-up we ar
never admits he is wrong and never apologizes. How do I handle getting the silent treatment from my
never admits he is wrong and never apologizes. How do I handle getting the silent treatment from my
never admits he is wrong and never apologizes. How do I handle getting the silent treatment from my
never admits he is wrong and never apologizes. How do I handle getting the silent treatment from my
never admits he is wrong and never apologizes. How do I handle getting the silent treatment from my
w he flirts with girls in front of me. I've talked to him, but nothing helps. My husband cheated before n
ved when we was together when he's around. He even gets jealous, but he ignores my calls. Should I le
othing but hope and have been for years. Is there any hope or am I wasting my time? Should I stay wit
doesn't trust me. We've both come to the conclusion that when I want something and he doesn't want
e?,"Figuring out the space we need between ourselves and others is an ongoing and unsolvable task.Â
te them on dates like to the movies and out to eat when they come around, and he thinks it's okay. My
et he hasn't done anything for me not to trust him recently. I started dating someone and found out th
your trust, then this person is the one who must earn it back.Often, the one who was lied to will like to
nstead of myself and our three kids. I am not enjoying our engagement at all. What can I do about my
, even if I'm being honest. I don't know what else to do at this point. He constantly criticizes me. How
Pleasing someone certainly does feel satisfying. Â If the other person does not appreciate your effort a
ery immature. I try to talk things out so we can compromise or make sound decisions together, but he
nto her life, he took her away from me. My best friend would always say sorry, and I'm sick of it. How
he loves me and Iâ€™m the only girl he wants to be with, but I feel he is not telling me the truth. Wha
he loves me and Iâ€™m the only girl he wants to be with, but I feel he is not telling me the truth. Wha

won't do them with me. What should I do? My boyfriend does not do some sexual things with me that
won't do them with me. What should I do? My boyfriend does not do some sexual things with me that
yfriend of a little over a year has a problem with me going to visit my mother,"Your boyfriend and you
then quickly changed her mind. I asked if the other guy was a factor, but she says it's not my business.
then quickly changed her mind. I asked if the other guy was a factor, but she says it's not my business.
then quickly changed her mind. I asked if the other guy was a factor, but she says it's not my business.

sterday, I found out about a girl that he said he forgot about. Should I be upset? Should I be upset that
sterday, I found out about a girl that he said he forgot about. Should I be upset? Should I be upset that
sterday, I found out about a girl that he said he forgot about. Should I be upset? Should I be upset that
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sterday, I found out about a girl that he said he forgot about. Should I be upset? Should I be upset that
sterday, I found out about a girl that he said he forgot about. Should I be upset? Should I be upset that
ys telling me how bad of a job I'm doing in making them happy?,"I don't know much about the dynami
ys telling me how bad of a job I'm doing in making them happy?,"One thing you could try is to have a c
paying for the coverage and asked why I was allowing him to continue to do that since I was physically
paying for the coverage and asked why I was allowing him to continue to do that since I was physically
never touches me, and treats me like a porn star, wanting to finish on my face or chest. How do I deal
never touches me, and treats me like a porn star, wanting to finish on my face or chest. How do I deal
never touches me, and treats me like a porn star, wanting to finish on my face or chest. How do I deal
d a argument, and he confided he has late stage stomach cancer. He wont treat it. What should my boy
d a argument, and he confided he has late stage stomach cancer. He wont treat it. What should my boy
ing jealous, but I canâ€™t. How can I get over these issues? How do I get over jealousy?,"It may be imp
olr girl" or "you should start doing more squats." It's really hurtful. What can I do about my boyfriend in
olr girl" or "you should start doing more squats." It's really hurtful. What can I do about my boyfriend in
d to talk to her about it, but she avoids it and doesn't seem to worry about how I feel about it. How do
er happened directly to you in your past or to someone that you care about. This can often change the
me close friends with a coworker, which I know is not helping. Nothing will happen with that, but there
eps, gives money, and leaves again. I can't get him to do anything with me or the kids. He just sleeps a
ealousy would cause our relationship to have problems. I told him I can't help these feelings. I don't kn
life,"Not in my book. You're only two months in? At this early stage, this is a bit of a warning sign. If he
life,"How is he penalizing you?Have you asked for his reasons for wanting to know about your heavy p
to stay. I don't know how to feel any more. How should I take what he said and not feel so hurt? He ha
rson. My wife won't do things she used to do,"I'd say you're letting fear get a hold on you! You would n
rson. My wife won't do things she used to do,"My wife won't do things she used to doThere are intima
u for your question. The question about

ody. I don't want my partner to think differently of me because I am afraid of having sex. I am afraid o
ody. I don't want my partner to think differently of me because I am afraid of having sex. I am afraid o
ody. I don't want my partner to think differently of me because I am afraid of having sex. I am afraid o
:o feel,"I don't think there's anything that you're supposed to feel. Some people feel tremendously gui
:o feel,My questions to you would be:Â Why did you get married?Â Would it bother you if your spous
:o feel,"Yes, of course, it's your body and you can do what you feel like doing.Do you feel a commitmer
ıâ€™t. I think my trust issues are going to end my relationship early,"If you thing your trust issues are
e around. She hasn't, and I'm intimately lonely! I think it's time to move on, but how do I do that withc
ınd I feel more loved by him than my boyfriend. I don't know if I should end my relationship or try and
together a year and a half. I got pregnant after being together for a month. We moved in together wh
together a year and a half. I got pregnant after being together for a month. We moved in together wh
w his definition of ""love""."
g loving, yet their partner doesn't feel loved. There's a great book ""The Five Love Languages"" by Gar
or an indoor league), but he has no time for me. We live two hours from family, and when I leave hom
or an indoor league), but he has no time for me. We live two hours from family, and when I leave hom
or an indoor league), but he has no time for me. We live two hours from family, and when I leave hom
really want to make it work, and it seems like he does too. But my trust issues are getting in the way ar
we need"" another person to confide in, or are we actually attracted to this ""best friend"" but becaus
ıd the same feelings for me, but I was wrong. I always wanted to touch her warmly and stay with her a

ɔple?,"Hi Buffalo, I think you're right; your partner's reactions are about him. I have to say it's a cruel tl
tner given you any concrete reason not to trust them? Have they cheated before? If not, then they des
and honest that he isn't interested in having sex with me anymore. He says this has happened in ever
res back and forth and talk about doing things together. His wife found out, and he lied to her and didı
much. Heâ€™ll tell me that he'll stop lying, and while heâ€™s saying that, he's hiding something or lyir
vious problems, and I feel like I'm usually the issue here. In order for us to move on, he wants me to si
d it hiding in his memory box in our sonâ€™s room. I found many things on his phone, but that broke r
ɔw do I fix my marriage?,"Do you both want to fix the marriage?The relationship belongs to both of yo
s?,"Sorry for you and sorry for the cat because you're each in a tense position.What was the context of
attracted romantically to me. She instead has more of a platonic love and just cares for me as just "fa
ɔerson toward whom the person feels affection.Romantic love and intimate involve a deeply felt dyna
ɔne wants to be around. Why do I feel so lonely these days?,"A lot of times any and each of us creates
it because all of my friends enjoy it. Why do I hate sex?,"Although I am not entirely sure why you migh
it because all of my friends enjoy it. Why do I hate sex?,"Does your boyfriend notice that you hate sex?
y wife and I do is fight about trust. How do I get my wife to forgive me?,"Hello. Being unable to trust y
y wife and I do is fight about trust. How do I get my wife to forgive me?,"Instead of fighting about trus
ı I'd behave and not drink because when I drink, I drink too much, and I tend to make poor choices. Thi
ionship, it seems that there are a few barriers in your sexual relationship right now. I also would bet th

ıship because of my past. I know all marriages have problems, but sometimes I feel itâ€™s not going t
ı make love to him. I'm scared to touch him and get close to him because I'm afraid that I will hurt him.
wants. He rarely comes to bed when I do, and we never have date nights. My husband works all the ti
wants. He rarely comes to bed when I do, and we never have date nights. My husband works all the ti
ɔughts. Â If you decide to explore having sex with adults of different genders that is great. Â If you find
ıere couples, and even more specifically, sex therapy can be really helpful. Therapy with a qualified pr

ıen a doc blows you off it may be a signal that it is time to find a new one! ED can often be caused by h
there, first off I have to commend you for reaching out. It takes a lot for a man to reach out for help w
ink our issue is also partly one of a lack of intimacy/romance centered around my hectic schedule. Our
ext, every couple has their own normal and that's important to keep in mind. Your sexual lives will ebb
ɔn in marriage is tough stuff. It's a relatively modern dilemma you are facing with perhaps unrealistic e
the fetish is.Â I do understand that this is something that is bothering you though.Â The first thing to
don't know how to handle this. What should I do if my boyfriend can't get over my past?,"I am sorry to

grandpa died.Good for you to write on this site about wanting help to know how best to live with this
deepest condolences!Â It is hard to lose someone you love, was close!Â Remembering the good time
upport groups to join! I facilitate grief groups at trauma resolution center. Individuals are free to join i
equests.Â Search for free spiritual support for grief.
Let's work something out! Email me! If I can't help you I will help you with a referral for someone else
onfusing, and it can be hard to know who to talk to and how you are supposed to feel. It can be helpfu
ces to you. Dealing with the loss of a loved one is certainly anÂ emotionally devastating experience pa
ıirable that you are reaching out to get help for something that can be very hard to deal with on your c
und sadness after the death of a loved one? Experiencing excessive guilt about something left unsaid c
t with your therapist and can say whatever you want to say and not be judged. If you feel like things, si

e a man you've loved and care for pass on must make ya' want to cry and weep a bunch, don't it?And,
your loss. I understand the difficulty of needing help and not having financial resources. In some areas
ne you love, someone who has been there from your very first days, is really hard.Â Look for a local h
oice will have grief support groups and free community counseling available with bereavement counse

sorry to hear about the loss of your grandpa. My suggestion would be to look into community mental
o hear about your loss. He must have been very special to you and it definitely makes sense that you a
lost your grandpa.Â Some things that may help you through this tough time are to journal or write ab
ng I have tried or read helps in anyway. How can I end the grief of my son's passing?,
accepted them.Also take good care of your physical self during your grieving time. Â Grieving usually
be, find ways to memorialize the baby now and in the future, and don't put a time limit on your grief.
orn, or several years into your child's life. While the process of working through your loss would certai
ons along with it.Look within for any emotions which are similar to losing someone with whom you fee

e to believe the reality of the loss.Anger - Wanting to blame somebody or something, having thoughts
.Also, there are probably quite a few hormonal changes happening as well.Is your boyfriend able to pr
hen the memories and tears come I'll be fine all day then at night...boom! it's like waterfalls from my e
hen the memories and tears come I'll be fine all day then at night...boom! it's like waterfalls from my e
mother. I lost my mom, and I feel like I'm depressed,"I am so sorry about your loss. Â Losing someone
mother. I lost my mom, and I feel like I'm depressed,"Wow what a painful journey you have been in f
wing that all of the memories (and a close friend that left me) are gone forever. How do I move past th
aling with my grief and guilty conscience. I feel guilty about my fathers death,"I see such a sharp contr
very personal and sometimes complex process which many people are ill equipped to support us thro
me, she gets emotional and says she doesn't think she loves me, but then we go back to normal. This t
any loss is to reach a ""new normal."" Though you will never forget your mom, the grief processing is
ut nothing helps. How do I find happiness after my boyfriend passed away?,"I am so sorry to hear of y
How do I stop grieving my motherâ€™s death?,"I am sorry that you lost your mother. That is a really ha

I don't do anything wrong and don't embarrass myself, I still feel really guilty after a night of drinking.
I don't do anything wrong and don't embarrass myself, I still feel really guilty after a night of drinking.

I don't do anything wrong and don't embarrass myself, I still feel really guilty after a night of drinking.
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I don't do anything wrong and don't embarrass myself, I still feel really guilty after a night of drinking.
f her purchasing them?How do you know the facts of what you write here?Also are you sure your step
ad and then having a conversation as a family with your stepmom. Â Usually there are other signs of u
ing more than for social fun.Also if someone manages their life around drinking as their priority. Â Sor
as the â€œDSM-5â€). There are 11 symptoms that are described in this diagnostic tool to help health
ty cutting down, acquiring and drinking alcohol takes up a great deal of time, alcohol is strongly desire
the proper diagnosis."
lt you needed to Cut down on your drinking?Have people Annoyed you by criticizing your drinking?Ha
on, such as your age, whether you live with your dad or not, and what other family members live in the
me changes in order for him to be motivated to stop. Â Often times individuals will be forced to stop w
ober, but since we've split, I've heard many lies from him. Could he be using again, and does this addic
friend needs to admit they have a problem. Â If not no matter how many pills you take they will find
ır good intentions to help your friend stay clean, are very caring about her.Unless your friend feels like
lo! Thank you for your question. I have a worked with many people who have become addicted to ben
ause they both manipulated us. Today, my mom and my brother went toe-to-toe over his girlfriend nc
n hearing your hopelessness and fear about the damage of your substance use and it sounds like you h
are not hopeless. Addictions of any sort are difficult to overcome, especially when they serve to bury
ıeir life path, eventually will be successful in this. Â How to stop abusing alcohol involves a few steps,
dad sounds very challenging. It is hard to to be told over and over again how not good enough we are
mit that you have a problem that is in need of change. Â Frequently our problems keep us in denial. Â
n see there are many people who care about your well being and believe you can overcome this. Â I w
e was good with advice. My daughter-in-law is smoking marijuana while pregnant,"Have you reached
know it probably isnâ€™t her fault. How can I cope with feeling like this? No matter what I do, my mo
know it probably isnâ€™t her fault. How can I cope with feeling like this? No matter what I do, my mo
know it probably isnâ€™t her fault. How can I cope with feeling like this? No matter what I do, my mo
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know it probably isnâ€™t her fault. How can I cope with feeling like this? No matter what I do, my mo

his house. He picks up our mail. He has NO boundaries. He's an opinionated, rude pushy person. He e
his house. He picks up our mail. He has NO boundaries. He's an opinionated, rude pushy person. He e
a way to fix this? I do care about her, like I do every human being, but Iâ€™d rather be with my friend
a way to fix this? I do care about her, like I do every human being, but Iâ€™d rather be with my friend
a way to fix this? I do care about her, like I do every human being, but Iâ€™d rather be with my friend
y family doesn't accept me, so I honestly don't know what to do about that because I feel like I have to
y family doesn't accept me, so I honestly don't know what to do about that because I feel like I have to
y family doesn't accept me, so I honestly don't know what to do about that because I feel like I have to
d always has been. Why can't my mom ever be proud of me?,"The sum total of your value and worth
d always has been. Why can't my mom ever be proud of me?,"I'm sad and heartbroken on your behalf
d always has been. Why can't my mom ever be proud of me?,"I imagine this is very difficult and confu
able that it's very hard for you to hear daily complaints from your mother regarding the caregiving of y
hen life between you and mom feels calm, tell your mom that you aren't able to listen to her complair
ssful.You mentioned that you want to learn how to avoid them. I'm not sure whether you want to avo
y stressful. Â Setting boundaries is important to maintaining a peace of mind. Â If you have not commu
ur mom are in a tough spot.Â She has returned to parenting after she thought she had raised her kids
mplement healthy boundaries when the person is a parent or family member. I would encourage you
Boundaries: Where You End and I Begin."" Read it. Apply it.Seriously, I'm not joking. You're not wrong
a possible boundary issue. Boundaries are important in relationships. They are invisible lines that we
ries. Either you can say she can complain for X number of minutes and no more, you change the subje
ugh there is a need to establish some healthy boundaries with your mother. Simply put, a boundary is
Mail?Â Or Blocking a Number.Â Email.Â Stay busy ...Â be kind but text instead,,,"
set healthy boundaries can be life changing! Assertiveness training will help you in all facets of your li
would be to not pick up the phone. But it's your mom! How can you not pick up the phone? So, have y
y boundaries is very helpful but also very difficult at times. Especially, when weâ€™re setting boundari
difficult to listen to someone constantly complain and it can take a lot of emotional energy to be the lis
non challenges that involve setting healthy boundaries with family, as well as friends and co-workers.Â
o set boundaries with those that stress you out. I encourage people to validate the other persons feeli
time to set some boundaries with your mom.Â You can do this by letting her know that you understar
derstand before I answer. Who exactly is complaining?
truly wish IÂ could give you some things to say to them that would change their reaction, but unfortun
ning out Coming OutI know it is hard when those we love do not accept us as we are.Â One thing to as
hey might not be able to accept but your life should move on. Self-acceptance is the key. Coming out i
en if your family never comes to therapy, you still need to process how the system has changed, or ma
es these family members may not understand or even become scared for us and can lash out by yelling

nallenge. Are you dependent on them in some way (financially, etc.)? This could affect choices you mal
tant thing to remember is that your identity as bisexual is valid and you are worthy of love, no matter
Â This can be hard for a family to hear for several reasons but you should be proud that you had the co
to you and love you. Family hearing news of any kind for the first time if they are an anxious type of ch
ing and I imagine the response was very hurtful.Here are a couple of things to do right now:Practice gi
und to greater acceptance of you. Â If this was the first time they heard this fact about your sexuality,
ght be advisable if we don't know quite why they would yell (or, why would they care who you choose
kay to date my ex-boyfriendâ€™s cousin?,"Does your boyfriend agree with the other people's opinion

ic and I am sorry to hear how it is impacting you.I would encourage you to try and observe the relation
ıdually, and parents often forget to shift their habitual responses according to your newfound level of
n I supposed to feel when I forgive someone?,"How someone feels when they forgive another, is at pe
n I supposed to feel when I forgive someone?,"Hi Cleveland, I think I get what you're feeling. You're sc

ınd had an affair,"First thing that you must realize is that most people only post the ""best parts"" of th
ınd had an affair,"Emotional pain is different from physical pain that way, isn't it? Even many years late
ınd had an affair,What is going on in your life that brings up more sensitivity to the affair?The best way
ınd had an affair,"A mediated safe talk session between. You and your sister.Then, you and your husba
ınd had an affair,"Affairs and infidelity are tough areas to address. The power of the affair comes from
How do I pick which parents house I want to live at?,"If you've already stated to your parents that you'
How do I pick which parents house I want to live at?,"I don't know how old you are, but depending on t
I'm a female-to-male transgender and I want to start binding?,"I admire your courage.If you are conc
I'm a female-to-male transgender and I want to start binding?,"In part the answer depends on your a
I'm a female-to-male transgender and I want to start binding?,"Hello, and thank you for your questio
ıncy in how they treat you and your sibling.Know that every human being deserves love and respect.Th
with both your mom and her gf about your own emotions about their breakup.Start by talking with yo
sappointment and frustration when my mom seems to ignore my opinions and wishes, and seems How
sappointment and frustration when my mom seems to ignore my opinions and wishes, and seems How
ver okay if I don't do what she wants. I don't know how to start making my own decisions and not w
ver okay if I don't do what she wants. I don't know how to start making my own decisions and not w
passed away. My friend was there for me through that and my own cancer diagnosis. She has been a
passed away. My friend was there for me through that and my own cancer diagnosis. She has been a
passed away. My friend was there for me through that and my own cancer diagnosis. She has been a
esn't wish to listen to me regardless of how I speak to her. How should I deal with my mom's controlli
e. Another sibling and his wife have met her, and they have said she is never invited back. My brother
e. Another sibling and his wife have met her, and they have said she is never invited back. My brother
putting my full effort in my studies, but no one thinks that I am,"Your family's opinion is quite demoral
putting my full effort in my studies, but no one thinks that I am,"First of all, I'm glad that you posted he
o I find a therapist for my family as a minor?,"This sounds like a really tough situation.Â As a teenager,
o I find a therapist for my family as a minor?,"This is a question that I often get from patients. Â Can I g

ool.
t she is your mother and is not supportive and willing to point out your strengths, is a good reason to r
should I do? I feel like my relationship is falling apart,"A relationship gets weaker, not stronger by thr
should I do? I feel like my relationship is falling apart,"It's ultimately your decision whether or not you
ut him. Everyone else in my life says that I should just forget about him and walk away. What should I
ndle it. What should I do? I'm going to need my family's help and support. I feel like I'm on my own,'
r cares and tries to help me, but she can't do much, because my adoptive mother won't listen to her ei

me the same as my siblings?,"Have you ever tried talking with her about this when she's not angry? W

:o a room. I'm a teenager female, and I want to know if this is normal. Is my relationship with my stepc
ır. Iâ€™m only in my early 20s. Why am I so protective of my friends and family?,"You could be protect
ır. Iâ€™m only in my early 20s. Why am I so protective of my friends and family?,"Breaking the pattern
des. I didnâ€™t always hate her, but now every little thing she does irritates me, and I donâ€™t have tl
d me anger and stress. What can I do about my dad being on drugs?,"It seems like you are going troug
uses to guilt me if I ever leave her. The problem is that I will feel guilty. How can I free myself from my
relationship and on you.How much do you care about what your family is telling you?Maybe be hone
t listen, she turns it around and makes everything about her, or she ignores things - even when they ar
t listen, she turns it around and makes everything about her, or she ignores things - even when they ar
for my mom to get mad easily?,"You are very wise for a young person. You have already figured out tl
for my mom to get mad easily?,"Anger is a normal emotion, and yet it is a really hard one... how mucl
ıncomfortable because I am bisexual. I don't know if I am ready to come out to them. I'm scared to tell

ıncomfortable because I am bisexual. I don't know if I am ready to come out to them. I'm scared to tell
ıncomfortable because I am bisexual. I don't know if I am ready to come out to them. I'm scared to tell
ɔu for your question. This is one of those times when you wish you could assure someone that everyth
house many times. I break down a lot. How do I handle all of my stress?,"You undoubtedly are carryin
rents to go their separate ways, I just want her to stop. it's not fair. What should I do if I found out one
ıtally get this. It's a dilemma; you want your dad to know how he's hurting you but you don't feel safe
ıg about are, how do you feel about your sexuality and your relationship with your mother? Is there an
ıe news to the family?,"Congrats on your upcoming grandchild!Does your daughter want you to break
ıe news to the family?,"Hi New York, There is no need for shame here; no one's done anything wrong!
person be mean towards another person if that person was treated poorly before?,"Hi Morristown,Th
engage with the problem and start communicating with each other more effectively. Â One of the har
ver hangs out with me anymore,"Hi Zionsville. It's so sweet that you have a special relationship with y
ver hangs out with me anymore,"It is always hard when we feel as if we are losing somebody close to
it home alone now and Christmas too. He expects me to sit alone while he enjoys being with the famil
sed and highly temperamental if something doesn't work out the way she planned it. I have tried my b
sed and highly temperamental if something doesn't work out the way she planned it. I have tried my b
to him. It broke me. He came to my house and talked to her, and she let us date again but not see eac
to him. It broke me. He came to my house and talked to her, and she let us date again but not see eac
ets started. However, my parents say I can play on either both teams or neither. I think it's unfair beca
sitive? He always says I am overreacting but never seems to understand that he is hurting my feelings.

ɔm show more love to my brothers than me?,"Attention is not equal to love and being valued. It may b

our family to be together and happy. It was a mistake from so long ago. My wife wants to leave and I c
cades ago. Nothing on his record since. I always believe the past should be left in past. But my roomm
Â Despite your boyfriend having a good relationship with his mother, it will never be equal to the relat

I practically have no emotions left and I came to the realization about this not being normal by compa

Vhat should I do? It's becoming annoying and making me anxious. Help me out Keeping secrets from n
"This brings back when I was doing internship with Dr. Gray as a online coach.Â Although I may not ag
"Thanks for your question.Â Communication is essential between couples and often times gets neglec
"Does he know you do not feel heard?Â Â Â People typically feed off our energy.Â You feel you are r
One of the keys to a successful and loving marriage is respectful communication. Have you talked to y
"Thanks for reaching out. This is a great question. Communication is definitely a 2-way street. One per
"It's hard when you feel as if you're the only one that's taking the time to listen to your spouse. But, I v
"Does your husband want to listen to you?Find this out by asking him the question!This way you know
"Unfortunately you can't directly change another person's behavior. However, you can give him feedb
"Thanks for writing. There are many different house of things that may be helpful here. I can give you
"Have the two of you ever discussed how you feel? Â I know given the nature of your question that's p
e told him so. He keeps making comments about it and says he can't live without it. Why does my husl
e told him so. He keeps making comments about it and says he can't live without it. Why does my husl
nothing. I don't know why or if I'm just being irrational. I don't feel a connection to my husband anymo
;usts me. How can I stop wanting it, or should I just give into it and do it? Iâ€™ve been struggling for ye
which I am not. My husband doesn't trust me,"I'm sorry to hear about the trust issues in your relations
which I am not. My husband doesn't trust me,"The good news in the way you're feeling is recognizing
which I am not. My husband doesn't trust me,"It is incredibly frustrating to not be trusted when you kn
which I am not. My husband doesn't trust me,"Hi Louisiana,It's normal when trust has been broken in
non interests and areas of commonality, you are separate people, each with different wants, wishes, a
ke mindedness in beliefs and values, makes a good marriage.Â The best chance of getting along with s
you-will-marry-the-wrong-person.html?_r=0I will give my summary on what the author of the article i
ıre a part of it justÂ the same as the wonderful, tender, blissful moments of connection. Recognizing th
ok: ""Seven Principles for Making Marriage Work.""Â Dr. Gottman is a leader in this field and has done
gh. Love is what brings us together in the first place. It's that magical, hormonal glue that creates a pov
spect(in that order)Most folks fall down on the first :) (*coughcough* THERAPISTS!Â Heh heh heh...)
ways mean good times because let's face it; we are dealing with 2 unique individuals with differences
. An unequal participation comes in many forms, such as one person checking out of conversations wh
ıealthy marriage:1.) Effective Communication2.) Trust3.) Love/Passion4.) Loyalty.Â 5.) Unconditional P
d the shelf unit over or explaining to him that I got all the things he needs to bake a pie. Another exam
d the shelf unit over or explaining to him that I got all the things he needs to bake a pie. Another exam
d the shelf unit over or explaining to him that I got all the things he needs to bake a pie. Another exam
le from different worlds with different likes and dislikes. Trying to mesh these different worlds is tougl
guing due to temporary stress and feeling lost or uncertain, is different than the two of you rarely agre
heating and wonâ€™t tell me the truth,"Hi Prattville,Â I'm sorry this is happening to you. You need sup
/our arguments? It seems from your question that repair is lacking after any disagreement or argumer
:ternal honeymoon, but the reality can be different.Â This is a process of adaptation, even if you had k
l so selfish when it comes to my feelings?,"It sounds like there are issues with communication betwee
t trust him. Without trust, I cannot stay in this relationship. On the other hand, I do not want my childr
t trust him. Without trust, I cannot stay in this relationship. On the other hand, I do not want my childr
t trust him. Without trust, I cannot stay in this relationship. On the other hand, I do not want my childr
t trust him. Without trust, I cannot stay in this relationship. On the other hand, I do not want my childr
k of respect. The challenge here is: you cannot control another person no matter how hard you try. Th

ırself?Â What do you LOVE about him?Â What are you getting from this relationship that is good for y
to me?,"I don't know how long you have been married, but this might be a time to explain to your hus
s going out with friends several nights a week while I'm still home working a 50 hours a week job and t
s going out with friends several nights a week while I'm still home working a 50 hours a week job and t
eave me alone about it. I can move on and continue to love, laugh, and play with my wife. I just don't v
ime apart and moved over to his dadâ€™s for a while. He comes home to see the kids and acts like the
ich are from his first wife. He decided to end that marriage when his youngest was an infant. The child
ed since then? Was he regretful? How did you find out? Did he confess? These are all things that you w
ted him to propose. When he did propose it was during a random vacation that I had planned. I was h

ent is in imminent danger of harm however, the therapist might have an obligation to take actions to p
e client is a danger to themselves or others or gravely disabled, at which point they would place a men
chological and emotional condition leading to the decision to admit.Also keep in mind that all practitic
e services.
dable counseling.Â It is called Open Path Collective.Â There is a one time membership fee of $49 and
hat would me more than happy to speak with you immediately. Â Many of them provide treatment on
provide services on a sliding scale. Additionally, churches will often timesÂ offer counseling for free o
vere restriction of food intake, which can cause the body to go into survival mode. This process slows c
and anxious and just eat and purge. Over and over. Can someone please point me in the right directic
off. I am in my late 20s, and I have been dealing with this since I was a teenager. Are there any coping
off. I am in my late 20s, and I have been dealing with this since I was a teenager. Are there any coping
off. I am in my late 20s, and I have been dealing with this since I was a teenager. Are there any coping
off. I am in my late 20s, and I have been dealing with this since I was a teenager. Are there any coping
weight instead of losing weight, even though you ""hardly eat"", then start noticing the types of food
ating when I'm full?,"Hello! I'm so glad you decided to write in today. This is such a great question anc
ating when I'm full?,"I would recommend removing yourself from the environment you are in after yo
his situation. How do I ask him about it?. How can I ask my boyfriend about who he's texting?,"I agree
his situation. How do I ask him about it?. How can I ask my boyfriend about who he's texting?,"If you'c
his situation. How do I ask him about it?. How can I ask my boyfriend about who he's texting?,"Just asl
his situation. How do I ask him about it?. How can I ask my boyfriend about who he's texting?,"I think
his situation. How do I ask him about it?. How can I ask my boyfriend about who he's texting?,"The be
his situation. How do I ask him about it?. How can I ask my boyfriend about who he's texting?,"Would

timacy and commitment. You don't provide details, but I will give you what my best hunch is about wh
with your boyfriend, two years should be plenty of time for him to determine whether or not he also v
his out for sure by deciding to start the conversation about your expectations and ask about his.People
now how to cope with it. How should I deal with this? How can I deal with a â€œcrushâ€ in a relation
now how to cope with it. How should I deal with this? How can I deal with a â€œcrushâ€ in a relation
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now how to cope with it. How should I deal with this? How can I deal with a â€œcrushâ€ in a relation

t's hurting so much. My ex-boyfriend say we're finished but still acts like we aren't,"If I understand you
t's hurting so much. My ex-boyfriend say we're finished but still acts like we aren't,That does sound ve
t's hurting so much. My ex-boyfriend say we're finished but still acts like we aren't,"Have you brought
t's hurting so much. My ex-boyfriend say we're finished but still acts like we aren't,"This can be difficul
doesn't feel like they are. Why do I feel so alone? I just feel so alone,"You are valid! Do you have anyo
doesn't feel like they are. Why do I feel so alone? I just feel so alone,"We feel alone because we are n
doesn't feel like they are. Why do I feel so alone? I just feel so alone,"Hello there.Â Thank you for sha
doesn't feel like they are. Why do I feel so alone? I just feel so alone,"Although we can have moments
doesn't feel like they are. Why do I feel so alone? I just feel so alone,"You ask a very deep and sensitiv
could also look into working on your throat chakra which deals with speaking your truth, self-expressi
and listening to if others listen and understand you, then modifying your next try with whatever impro

ing? How can I keep a long distance relationship going?,"Hello. You are asking a very good question ab
ing? How can I keep a long distance relationship going?,"Communication is key! Find ways to commun
ing? How can I keep a long distance relationship going?,"Loving someone in the military is hard. My hu
ing? How can I keep a long distance relationship going?,"You're wise to be aware of possible changes t
ing? How can I keep a long distance relationship going?,"You're right that long-distance relationships c

She would ask me why I wouldn't ever answer that phone number. I told my girlfriend that I don't wa
She would ask me why I wouldn't ever answer that phone number. I told my girlfriend that I don't wa
She would ask me why I wouldn't ever answer that phone number. I told my girlfriend that I don't wa
She would ask me why I wouldn't ever answer that phone number. I told my girlfriend that I don't wa
; marriage, but I want to marry someone who I can wake up to and fall in love with all over again. How
; marriage, but I want to marry someone who I can wake up to and fall in love with all over again. How
; marriage, but I want to marry someone who I can wake up to and fall in love with all over again. How
; marriage, but I want to marry someone who I can wake up to and fall in love with all over again. How

lf? My new husband constantly talks to himself,"Some people simply talk to themselves as a way of pr

ıd my heart beats fast when I see he's texted me, which i never felt with my current boyfriend. How do
ıd my heart beats fast when I see he's texted me, which i never felt with my current boyfriend. How do
im. I've tried to date other people, but I always go back to him. How do I fix or leave a bad relationship
im. I've tried to date other people, but I always go back to him. How do I fix or leave a bad relationship
:an he has been reported to police as missing, then this is different than him deciding to make himself
the rest of my life with her. So I'm willing to forgive and move on. We have been together for a little o
the rest of my life with her. So I'm willing to forgive and move on. We have been together for a little o
the rest of my life with her. So I'm willing to forgive and move on. We have been together for a little o
the rest of my life with her. So I'm willing to forgive and move on. We have been together for a little o
ıings haven't been great in the past, I can't help but love him. I know they both love me, and I love bot
? Should I message my crush?,"You'll only find out whether or not it is ""too late"", by following throug
? Should I message my crush?,"It's never to late to let a person know how you feel.Â You never know
ed me?,"Since you've decided to be with the boy who already showed you his interest, then why not s
son, and my temper is super short. He's pretty much done. He said I have a bit more than a week to fix

, in this case, a woman. Why do I feel like I always need to be in a relationship?,Maybe the reason is n
, in this case, a woman. Why do I feel like I always need to be in a relationship?,"There could be many
, in this case, a woman. Why do I feel like I always need to be in a relationship?,"There are a lot of way
uestion, and the fact that you're asking it is a big step in the right direction. To answer in detail would
for your question. First, I want to say that it is great that you are are willing to admit that you share so
tion. Becoming a good listener is an essential piece in being a better communicator. Being an effective
ɔming a better listener that I know of is called Imago Dialogue. It consists of 3 steps:1. Mirroring what
thoughtful and proactive about this!Â If only every client came in as solution focused as you, my job
:ing this sort of change is being motivated to change and it sounds like you have that, so you are alread
ıe ego tends to get in the way of things, be a man and listen, do not react so uch to life around you. life
ıt your willingness to develop new ways to invest yourself with your partner.The easier way to fix a rel
ot without knowing more. However, if you focus your attention on her, what she's saying, what she's f
‹up. I was broken and didn't want a breakup to begin with, but I know I'm horrible at times and can't h

›pointed as you may very well feel from hearing this guy's answer, you know he doesn't want a relatio
›t in common. I never gained the courage to ask her out. How can I get over this girl I only knew for a y
ıes out to you. Relationships are tough enough and i'm sure your partner being distant has been upset
ave tension between you and your bf.A relationship means two people who relate, right?! Â If only on
;gest you sitting down with him and voicing your concerns about how distant he has been, or more im
t. Now months later, no man peaks my interest. Am I ready to date again? Is there a reason no one sp
Why does my boyfriend threaten to leave every night?,"Do the two of you ever talk over why he does t

? I'm having a hard time with a breakup,"Probably being sad to lose the relationship would be a good
she got really angry. I've gotten to know her brother better lately and I've realized he may actually fe

hy he gets so mad and assumes I mean something negative from every song. Now I can't enjoy and si
ve. How can I stay strong? How can I stay strong?,"There's online forums and blogs, some of which ha
does this show that he's still in love with her? I feel like my fiance still in love with his ex,"Maybe your

on. We've been together two years and have identified this as our main problem. Arguments have ari
p what he's done and just swallow my pride and say I am sorry. How can this be resolved? We have ki
p what he's done and just swallow my pride and say I am sorry. How can this be resolved? We have ki
p what he's done and just swallow my pride and say I am sorry. How can this be resolved? We have ki
p what he's done and just swallow my pride and say I am sorry. How can this be resolved? We have ki
through a rough patch in our relationship. All of a sudden, Paul is in "love" with me, and he wants me
just want to know if I'm over reacting. Am I overreacting by breaking up with my boyfriend because he
nost of your time together? Â If so, it may be important to reflect on how you feel when you are apart
osing it. Is he trying to make me question my sanity, or is he talking to himself? My new husband is co

ng that something bad happened. How do I know if I am obsessed or in love with someone?,"People o
ng that something bad happened. How do I know if I am obsessed or in love with someone?,"The sim
at can I do about my partner's parents not liking me?,"Maybe you can talk with your partner about thi
erbal abuse?,"Because of the way that you say your boyfriend is only calm when he is drinking and yo
ay: â€œI like you as a friend,â€ or â€œI love your attention but not you.â€ How can I make girls love n
of being in a meaningful relationship?,"The most crucial key to any relationship is that mutual feeling
onship as children. The caregiving you received (or didn't receive) set the stage for how you show up i
edy?Is this what your partner told you or are you feeling this way about yourself?The difference is tha
vith other men. Is that really okay? Is it okay for my girlfriend to have sex with other men since I canâ €
vith other men. Is that really okay? Is it okay for my girlfriend to have sex with other men since I canâ €
on?,The person who can answer this question is the person you want to rebuild that trust with.Â They
shortly thereafter. Now his constant questions and accusations are getting really draining. Is it time t
shortly thereafter. Now his constant questions and accusations are getting really draining. Is it time t
shortly thereafter. Now his constant questions and accusations are getting really draining. Is it time t
ons, and I feel he is slowing me down with that. I still wanna be with him, but not now. How do I tell m
ons, and I feel he is slowing me down with that. I still wanna be with him, but not now. How do I tell m
ons, and I feel he is slowing me down with that. I still wanna be with him, but not now. How do I tell m
friend says he needs time to think about us,"Give him the time and space he needs.Â Obviously some
friend says he needs time to think about us,"Your boyfriend may like you a lot as well.People have diff
friend says he needs time to think about us,"This seems like two questions. Â The first is what may ha
s me to wait on him to mature. He wants to talk to other people. Then come back in four years. He do
eople in the eyes I have voices that tell me to hurt them and if I don't stop looking at who I am talking t
ating,Or...better yet... Is it you still thinking about the other girl?Â I am sure his cheating hurt you emo
what he did in the past, and he says heâ €™s sorry and he really loves me. I love him too, but is it bad t
ed for the TV remote control, he threw it elsewhere and asked me to get it. I slapped him and asked h
e decided to tell her about our relationship, and she is willing to forgive and work on things. This shoo
yfriend,"Hi Athens, When a teenager wants to have a baby, it's usually for a specific, and not healthy,

was very sexual. I'm not a sexual person, and he knows that. I want to be with him, but I'm not ready f
ıe kids as an excuse to get back at him. I feel like just telling him to go back with his family and forget a
Is. She is the one I want for my life, and this is killing me. Every day, I cry, and I am desperate for help.
ɔ date. He has been dating a really sweet senior girl for a month or two. I have nothing against her exc
ɔlidays, but then I was gone for New Years with family. I came to find out that he put himself on a datir
, she calls me and acts as if nothing has happened. She acts like everything is alright. This has been goi
to be too difficult to see me. Every time we talk, it feels like I'm being pushy to see him. He used to be

ɔl having inappropriate thoughts,"It is completely understandable that you would like to find a way to
ıe couch). He's slowly eating all of the doors, and there will be food and poop everywhere. Even thoug
done, he was twenty minutes late in picking me up. He doesn't understand why I'm mad, and we keep
done, he was twenty minutes late in picking me up. He doesn't understand why I'm mad, and we keep
ıg to hide that he's texting his ex-girlfriend,"Oh Chino, I only have half the picture here so I will be caut
/ her she's the most important thing to me, but she can't even stay relatively sober at a fraternity party

ık,"Ouch. Losing someone you love hurts so much. We all long to be loved and to love and to have that
ık,"Hi, San Diego.Â I'm sad that this was your first experience (in 25 years) with feeling in love. You des
e months later, I lost the baby, and we did not speak for a few weeks. Now we are talking, and he says
e months later, I lost the baby, and we did not speak for a few weeks. Now we are talking, and he says
ble to get my ex-boyfriend help, forcibly?,"The specific laws about this will vary from state to state. Â
does no wrong. My boyfriend thinks he's perfect and puts his friends before me,"Hi, Ontario. I live in tl
t I'm doing wrong. I know that accusing him does not help. When his whole demeanor shifts towards r
ɔ go there to see her, but she doesn't want me around. She has a boyfriend, but mine fixes their vehicl
ɔ love. Sometimes people shy away from good and positive relationships and companionship because
sounding ""crazy""!Concentrate on knowing what your reasons are for staying with this guy, given the
/ith me. She is talking to a random guy that she says is just someone to talk to. But she says she still lov
ır reasons.Start with whatever answers you do come up with and examine each of these a little furthe
en dating for months,"It can be really difficult when someone you care about doesn't feel the same ab
n. Once he believes I am being negative I can't seem to find a better way of communicating. In fact, it i
, I feel angry because...)Step 2: About what... (Not describing your partner but the situation.)Â Step 3:
ess, contempt & stonewalling.Â Distilled down, what you can focus on doing is starting up your conver
because I always lose. I feel like I could never be with anyone because no one would want me,"As a re
because I always lose. I feel like I could never be with anyone because no one would want me,"I'm sor
because I always lose. I feel like I could never be with anyone because no one would want me,What w
me desire to meet this friend if she were a he? If you are concerned that their friendship is a substitut
imacy fell off. I asked what's up. She says she can't connect with anyone and that it's not me. She used
ɔologetic and expressed he did it out of fear. I don't know if it's worth giving him a second chance. I jus
ituations? I see someone in need of help, I jump in. And it is getting me nowhere. I am alone sad and f
or lunch to tell him that we needed to stop. We ended up kissing after lunch and then I sent him a few
person is a tricky thing to do. Why did you and your ex break up 3 months ago? In relationships with c
to, CA,"Hello, I do not live in the California area. However, perhaps I could make some suggestions as t
more honest and open no matter the situation. I recently lied to my fiancÃ© about my past,"Well let's
my two dogs? How do balance attention between my girlfriend and my dogs?,"Hey, dogs are cool. Th
f me and him saw each other more it would be better? I truly want me and him to get better, it's kind

ey relationship skill. And it's very two sided. Â Chances are if you don't feel your partner is being influe
to say ""I'm sorry"" because it shows vulnerability and openness. I recommend that you sit and have a

lonestly I'm bored with the relationship I have with the first guy and he makes want to go after the sec
ıs times. We've also had two beautiful baby girls during this time. Now we argue and he says I am not
The first week she was there she was fine then once she went to this one sisterâ€™s house everything
let go of (i.e. time invested, mutual friends, positive memories, etc). So it is very understandable why i
/ that you would benefit from exploring thorough conversation with trusted someone, like your spous
maginary. This could certainly include fantasies about people of the same gender. Marriage doesn't sto
not feel alone. Â Just live your new life. Â Mom will simply have to realize this with time. Â You can ger
riends, a relatively satisfying work situation, place to live, and overall are satisfying all the other areas
/stocking fascination and other kinky fetish interests since I was young. I have no history of sexual abu
/stocking fascination and other kinky fetish interests since I was young. I have no history of sexual abu
/stocking fascination and other kinky fetish interests since I was young. I have no history of sexual abu

/stocking fascination and other kinky fetish interests since I was young. I have no history of sexual abu
early 40 years of being straight?,"I frequently work with individuals who develop same-sex attraction la
early 40 years of being straight?,"What most people don't know is that sexual preferences can be fluid,
early 40 years of being straight?,"Sexuality, sexual orientation is not permanently fixed. What worked c
early 40 years of being straight?,"It sounds like this revelation has rocked your sense of yourself, which
early 40 years of being straight?,Sexuality is fluid. One can be interested in same gender relationship af
early 40 years of being straight?,"That's a loaded question, but to answer with a short answer, I'd say, it

early 40 years of being straight?,"Thank you for being vulnerable and sharing with us. The wonderful th
early 40 years of being straight?,"Numerous studies have found that sexuality is fluid and it evolves ove
early 40 years of being straight?,
early 40 years of being straight?,"Sexuality is normally formed during adolescence. It would be extreme
early 40 years of being straight?,Few people are actually 100% straight or 100% gay. Â Sexual preferen
early 40 years of being straight?,Sexuality is fluid. It is possible to find yourself attracted sexually or aff
early 40 years of being straight?,"During these encounters did you feel safe? accepted? Where you abl
early 40 years of being straight?,"There are many possible answers to your question.The best one will b
tter are recommended. There is a standard of care, ICATH which follows informed consent.Â ICATH ta
nedical interventions. For other individuals, it means some or none of that. Â It's an incredibly persona
urate!Â Ask a Gender Therapist: â€œI Want to Transition â€“ Do I Have to See a Therapist?â€Also, sin
py. Additionally, many of my clients have had to receive an assessment to even have the ability to use

r certain whether you need to be in counseling before receiving hormone therapy, but I do believe tha
at a clear answer.Its ok to not know and while you don't know, read, join groups which discuss the top
o come up with a label?"" Is there something about identifying as one or the other that would be help
hat is clearly definable. Some people look at it on a continuum where being attracted to only boys is at
epending on your relationship) reaching out to your sister and discussing this (or setting boundary that
about relationship expectations of privacy~ Are there things your wife would prefer you not share wi
ouch with someone who is supportive and accepting and plan to touch base with them after you see yo
does it mean that I feel like different genders?,"Hi, as an affirming gender therapist I like to let people
does it mean that I feel like different genders?,"If you're feeling like your gender is different than the
does it mean that I feel like different genders?,"I agree with Sherry, it is OK to give the answer that yo
does it mean that I feel like different genders?,"It is ok to tell someone who is casually asking about y
at gay porn more than once to prove that Iâ€™m not gay. I get the same results each time, and I feel
at gay porn more than once to prove that Iâ€™m not gay. I get the same results each time, and I feel
at gay porn more than once to prove that Iâ€™m not gay. I get the same results each time, and I feel
er. I'm going through dysphoria,Wonderful! Â I am so excited for you. Â What a huge decision. Â I am
erapy; however, they also have a listing of trans support groups throughout the US, which you can fin

believe them. I know I wasnâ€™t back then, and now Iâ€™m not sure anymore. I'm starting to believe
believe them. I know I wasnâ€™t back then, and now Iâ€™m not sure anymore. I'm starting to believe
you are a male, that would be the initial concept of considering whether or not you are transgender.
ne of the things that transgender people have told me, and information that I have read. Perhaps a tra
just haven't connected with anyone you find attractive, or that you are asexual - essentially not oriente
ut I want too add a couple of things about that:Here is a website that you can start with to get some in
not what does not turn you on. Â If you find you have no sex drive at all, this is called asexual. Â But yo

s make me bisexual? How can I know what my sexual orientation is?,Hello! Â Thank you for your quest
ink about is being a woman. I don't get pleasure from my penis anymore either. Women are attractive

eing open minded about the type of sexual connection which feels true and real, is a solid starting poir
i Brentwood, While our society tends to want to put us into categories...slots...when it comes to sexua
nd being transgender are slightly different. Â This is a topic that is best discussed with a therapist that s
I would be a hot looking one. And I don't care about having boobs or anything. I just feel like the way
I would be a hot looking one. And I don't care about having boobs or anything. I just feel like the way
"

d and I can't get it out. How can I stop these thoughts? How can I get "out of my head" and stop obses
d and I can't get it out. How can I stop these thoughts? How can I get "out of my head" and stop obses

d and I can't get it out. How can I stop these thoughts? How can I get "out of my head" and stop obses
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d and I can't get it out. How can I stop these thoughts? How can I get "out of my head" and stop obses
ons which activate the mood swings.The more you understand what creates the mood swings, the bett
den mood swings can be related to chemicals in our body that are changing rapidly.Try keeping track o
our house.Also, if you are the only person in your household who eats healthy, eating differently from
unk food in the house. This is not as tempting then. Having said that, maybe you can reward yourself w
name (Solace) and created a personality for her that's like a comforting motherly figure. I know it's jus
name (Solace) and created a personality for her that's like a comforting motherly figure. I know it's jus
name (Solace) and created a personality for her that's like a comforting motherly figure. I know it's jus
cally unspeakable things, and her calling the cops on me. She seems unable to stop herself at times. Ho
cally unspeakable things, and her calling the cops on me. She seems unable to stop herself at times. Ho
swings?,"Probably there are deeper, more delicate topics beneath the surface.If people don't address
ey are wrong as individuals withÂ Narcissistic
they would feel wrong or admit to being wrong.As far as healing, I believe it could be hard won. Perso

admit they have psychological problems. They might also be distrustful of the therapist questioning the
neone who is narcissistic believes they are always right.If you ignore the person, then their thinking is
ective for working through compulsions.Â Â First thing I would say is to make sure you feel a good con
Exposure Response (Ritual) Prevention Therapy is considered the 'gold standard' for the treatment of
for OCD so that you find a therapist who does the type of therapy which feels best when you read abo
athy and all the emotions which are based on caring about someone else.This means they feel no guilt
ans of expecting yourself to concentrate. Â You'll more likely succeed with concentrating with small tin
ing away from home at night?,"I've talked to many teens who frequently sneak out. The question I alw
ing away from home at night?,"When you say you've ""been caught"", I am assuming that means your
ing away from home at night?,"Hi,When we can't stop doing things that we know are wrong, it can hel
ing away from home at night?,"Hi...let's start with what's causing you to sneak out of the house?Unde
ing away from home at night?,"This is not totally unusual behavior, but the fact that you would like to
ing away from home at night?,"Where do you go and what is your reason to go wherever this is?Try to

ıtervene. Then if the thing I wanted to do doesn't work out, I have these tendencies to blame other pe
ıtervene. Then if the thing I wanted to do doesn't work out, I have these tendencies to blame other pe
ıtervene. Then if the thing I wanted to do doesn't work out, I have these tendencies to blame other pe
nd voices go away?,"Hearing voices can be a very upsetting experience to have. I want you to know th
nd voices go away?,"I would recommend that you talk with a mental health professional near you abo
nd voices go away?,"Voices and dreams could be suppressed feelings or thoughts that result from neg
nd voices go away?,"Are you in the middle of extreme emotional pressure right now?Or, is someone w
nd voices go away?,It's important to take a look inside and find out why you are experiencing these fe
nd voices go away?,"Write down your nightmares and discuss them with an analyst or psychotherapist
: think there is such a thing as a psychotic seizure, however, there is something called a pseduoseizure
:t path is to ask your doctor what s/he meant when telling you about your high risk for psychotic seizur
lmit that I'm not specifically familiar with this from my own experience.My best educated guess is that
ɔing through a painful and frightening life event or situation.Unless someone has been diagnosed with
t some point, but it can become severe for some people. Dissociation takes different forms: 1. the feel
mention this. For example, the person you are describing could be reacting to something that happene
there isn't a medical explanation, then you are free to explore the possibilities of tension and anxiety i
ɔecialist to see whether there is a physical cause. Sometimes there is some sort of chemical imbalance
ıce.Assuming your OCD symptoms are within range to affect only you and not other people directly, th
e.Depending on who is the person doing this and your relationship to them, it is possible to kindly poir
do? I think I have a fetish that might be getting out of control,"Why not make good use of your unexpe
:here are other issues going on with someone who feels possessive. At the root of it is fear. Fear of losi
myself to change? Why can't I change?,"Hello, and thank you for your question. Changing unwanted b
myself to change? Why can't I change?,"In general the reason people aren't able to change is because
l normal?,"You may be experiencing a form of dissociation called depersonalization. Â People with thi

even been split-seconds where I felt almost tempted to kick him, followed by shame and guilt. Why d
mands to go back to her prior home. We do not understand what is going on, and it is driving us crazy.
give to you is that some level of de-personalization is quite normal for everyone, it will come and go t
s. It's this constant rollercoaster, and it's hard. Do I have bipolar disorder?,"Hello, and thank you for yo
w to manage them.Â Different types of treatment have proven successful, among them Cognitive Beh
ıedical evaluation from your primary care physician.Â There are great medications and psychotherap
d start being sarcastic and moody. I have an awful fear of people leaving me (which normally ends up

ɔw would be. I know it isn't worth it, and I definitely want to live and have a future. I just think about it.
ɜally common for people to become very upset over small things sometimes. The small thing is a ""trig
:reating excuses for myself to continue the procrastination. All I'm ever left with is regrets and a low g
:reating excuses for myself to continue the procrastination. All I'm ever left with is regrets and a low g
ct that you're concerned says a lot. If I was your therapist I'd ask you questions about your worries an
ɜal of distress and you're wondering if it may meet a diagnosis of Bipolar disorder. There are a few diff
we often feel as though we have lost them.Â When he is ready to get help there are a lot of wonderf
ment or counseling. Do not enable, set firm boundaries, and establish a united front. Take care of your
ɜ ready. Â Having a willingness to work together and be supportive is fundamental in recovery. Â If he
is that his addiction is not in your hands. Period. However, addiction is a ""family disease"", so you are
to help, can do, is to be truthful when loving the person.Show your love and express your own wishes

can I stop struggling with alcohol?,"Congratulations on taking the first step on the road towards recov
in. I am in recovery myself. I was asked to come work for this organization after I was two years sober
in. I am in recovery myself. I was asked to come work for this organization after I was two years sober
in. I am in recovery myself. I was asked to come work for this organization after I was two years sober
in. I am in recovery myself. I was asked to come work for this organization after I was two years sober
ny time trying to improve my phone's performance in my life. How can I get away from my phone?,"St

e could be some exceptions to this general rule. For example, most states would allow your former the

s calls in 24 hours, but he hasn't called me back. I called him on the weekend and made it clear that I v
s calls in 24 hours, but he hasn't called me back. I called him on the weekend and made it clear that I v
g out private information about patients to non-family members.Unfortunately, you will probably just
ation. The most important thing is to make sure the child is safe. Â If you suspect that a child is (or has
stion. Are you the other parent in question or a concerned coworker of this therapist?Â Therapists do r
tinue your treatment?,"The general rule against medical abandonmentÂ says thst whenever healthcar
ny psychiatric services. There is a strict 48 hour cancellation policy, and my appointments are at 3:00 o
e age at which you can do this is different from state to state (the range is generally anything from ag
can't afford a therapist for me. How can I see if a therapist if my mom can't afford it?,"It can be difficul
doctor yesterday, that I am hoarding my Ativan pills. Is he legally required to tell my psychiatrist or th
east one person involved in the conversation.It probably would not be illegal for a client to secretly rec
:1) Check out your state laws regarding online counseling - keep in mind there are different terms use
met therapy goals2) Client is not progressingÂ 3) Therapist is not a good fit for clientIn order to proper
ent and the counselor that therapeutic goals have been reached and enough improvement has been r
ct and engagement. Counseling sessions can end for any number of reasons. Among them are the clier
erminate counseling sessions. It's really helpful for the client to leave counseling with a solid sense of v
a client and these will each have different processes by which the counselor will come to that decision.
will and must end at some point.In counseling there is an arc to the process. A beginning, middle and
the coach/ counselor forClient is not progressing or taking a path forward.Client is not a good fit
erapy under several different circumstances. Here are a few of the most common:If the client has deve
job is done... and you're feeling much better.

have a clear understanding of the goals and limitations of treatment.Â Usually, during the initial eval
terapia.Â Como proveedores de salud mental los consejeros estamos obligados a proveer un razÃ³n p
elements of the process, I want to as much as possible leave it up to the client to determine when the
t kicks the client out at some point and says, ""Okay, you're done."" Rather, over time the client will de
with a client is a thoughtful and intentional decision. One that is not entered into lightly.Â While there
es with some clients it will be a joint agreement, but even in that case it should weigh mostly on what
termine if counseling is helping.Â If a client appears to have less to talk about in sessions, appears mo
A major reason to end counseling is if the counselor feels that he or she does not have the skills or expe
the therapist. Even if the therapist believes the client is not making progress, the client may feel they

/e had the discussion initiated both ways, by me, when I sense the client has gone has far as they want
ther with the patient.Otherwise, the person can end up with a sense of tremendous rejection and aba
might end including, but not limited to the client reaching their goals, the client reaching a place of acc
some variables, but I can give you some general ideas for when counseling might end:When a client h

nd I want to be a psychologist,"It's a great idea for you to reach out to find a psychologist to talk to if t
nd I want to be a psychologist,"Mental Health is an exciting and rewarding field. Â I hear you saying th
savior. He helped me a great deal. Now I am going back to my country for a vacation. I was thinking t
savior. He helped me a great deal. Now I am going back to my country for a vacation. I was thinking t
savior. He helped me a great deal. Now I am going back to my country for a vacation. I was thinking t
may simply mean that the therapist provides some names and numbers for other therapists or agenci
new therapist is aware of the general treatment issues."
mpete agreement they can let clients know where they are going. Â Generally if a therapist has a plan
iven you whatever the standard practice is for your State, notice in advance. Â And, the therapist was
our child sees the therapist about next steps. Â There's an agency director or equivalent who will prob
nt to another clinician at the place of employment. Second, the counselor could refer the client to anot
my therapist. Should I get a new therapist?,"It can be really frustrating to feel like your counselor is n
my therapist. Should I get a new therapist?,"Hi Anaheim,Relationships with therapists have some thi
?,"Having this kind of conversation with a doctor can feel difficult. But remember, you are the expert c
?,"Thanks for your question. I'm glad you realize that you need extra support and are being proactive.

ring book it might help"
ng of our values which then gives rise to insecurity everywhere. Â If someone doesn't know what thei
es stress can seem more than it really is. One thing that I encourage my clients to do is to ask themselv
take needed actions.Â Or stress may paralyze us, cause sickness, and upset relationships. Stress affect
as each concern addressed in therapy is unique to you and your life situation.Â With regard to stress
ities, and everything else that can come up, stress becomes more and more part of our everyday life. C
actice deep breathing exercisesÂ 2. Just lie down on the floor 3. Focus on an object to help calm your l
release, relief in acupuncture, and emotional freedom techniques."
njoy by yourself or with others, listening to good music, having a great laugh and good conversation, r
e and work environment as pleasant as possible.A deeper level way to decrease stress is through exer
- so one thing that I find really effective is to try to do the opposite of that, which sends the signal to o

ey and everything. How do I relieve stress and find balance?,"A good start is to pay attention to some
notÂ known by others) versus external behaviors that others can see, and your specific question abou

than a fleeting fantasy moment or if it is more serious, depends for how long you've felt this way tow

unger than that. Is there a reason I have always been attracted to men much older then me?,"Sometin
nd empty. I feel like my body is not okay, and I am missing something. I talk to so many boys in school,
alated and we ended up doing it for each other. It wasn't supposed to be a gay thing, but it sure sound
easons and help you learn to control the urges and develop healthier coping skills.Â People turn to an
don't like about me? I don't understand why they won't answer my messages. How do I get people to
don't like about me? I don't understand why they won't answer my messages. How do I get people to

don't like about me? I don't understand why they won't answer my messages. How do I get people to
don't like about me? I don't understand why they won't answer my messages. How do I get people to
don't like about me? I don't understand why they won't answer my messages. How do I get people to
laugh at everything?,"I agree, it is awkward when people make jokes about subjects which may not b
still hanging with those {friends}?"" A relationship needs to be nurtured by both parties, it is a dynam
itive or negatives) need to or more persons who give and receive: attention, dedication, time and com
anging her lifestyle. She is also drinking beer every day on antipsychotics. Should I pull away from my
se of me. She won't forgive me, and I feel really guilty. I feel like crying. How do I repair my friendship?
se of me. She won't forgive me, and I feel really guilty. I feel like crying. How do I repair my friendship?
one else really believed me when I told them. It's like he's two different people, and no one else reall
one else really believed me when I told them. It's like he's two different people, and no one else reall
ages me short phrases to try to get in my head. If I try to fight back, she will ruin me. How do I stop a b
led to keep people at a distance. Often times, when we have difficulty trusting others, it is because we
lid you find out that the girls aren't happy with their dresses?Did you hear this directly from one of the

portant life

ıgs and emotions?If yes, this may explain why letting go of past problems, is itself a problem.The dyna
ınd more that one of the most important keys to happiness is having healthy relationships. If we feel s
ıu happy, moves to a positive place, focusing on the future, give you a sense of fulfillment and accomp
n illusion as we don't know what will happen tomorrow, so take the present as your guide. That is all v
rstanding oneself is a life long activity, even a necessity so that you are able to sense the truth of anot
ıding on it, and I always like it better. Understanding...compassion...empathy...the world could use a l
victim, when in reality I'm the one being unreasonable and I am simply annoying my reasonable frien
ds like your confused as to why your friends would be calling you a hypocrite when they act in the sam

I can continue to see doctor. Is there anything I can do? How can I see my base doctor without my ID?,
I can continue to see doctor. Is there anything I can do? How can I see my base doctor without my ID?,
I can continue to see doctor. Is there anything I can do? How can I see my base doctor without my ID?,
unselor orÂ independent therapist.Â You can even reach out for free over text to Crisis Text Line by te

rson's physical and mental health, plus their social and economical environment in combination with F

ıke interview is a valuable tool as it leads the way to a diagnosis along with other collected informatior
tools and questionnaires, reports from School, family or other health professionals and social workers,
tand this from a therapist's point of view. How do therapists characterize personality types?,"This is a g
tand this from a therapist's point of view. How do therapists characterize personality types?,"That's a g
tand this from a therapist's point of view. How do therapists characterize personality types?,"Not very
tand this from a therapist's point of view. How do therapists characterize personality types?,"In my the

erapist to listen, you are looking for a non-directive therapist. If you want one to be more active in gui

or never said out loud and that results to crying. Crying is a normal reaction to feeling hurt or sad or so
notions as they come up and how you cope with these emotions. I would encourage you to talk with y
n't cried during therapy throughout the day.Â -IJP"
Â There are some things that need to be cried about before they can heal.Â Therapists are fine with t
.

nd there is no right or wrong emotion to feel while you are healing. Therapy is a place where you do n
/. Having a non-judgmental open space to do that be so therapeutic. It sounds like you are really puttir
like there exposed or open when they do this or even guilt when in front of a therapist but this isnâ€™
e! Crying is one of the ways that our body deals with a sudden change in emotions. It's a bodily functio
r them to truly allow themselves to have, or express, their emotions."
up. When sadness and grief show up you are going to feel them in your body and crying is our way of e
erapy is not a time to be strong by holding in your emotions, itâ€™s a time to be real. Â Be honest with
means that you are allowing yourself to feel your feelings rather than push your feelings to the side ar
r words crying can be a stress reliever. Â To other people who have never spoken about their pain, talk
onal memories (positive and less positive) that come up.Â The thing is you have a licensed professiona
story short... yes! It's also quite common for emotions like frustration and even anger to be felt during
not lead to tears. It is okay to experience these emotions in and outside of the therapy space.Â Therap
s, like smoke and dust, from your eyes. ...Helps self-soothe. Crying may be one of your best mechanisn
ne but there is nothing wrong or abnormal about crying in therapy. Just the opposite as many times the

has to release. Hope this helps!"
ncouraged individuals to cry as a physical sign of the release of emotional pain.
lone."" Many of my patients cry, especially the men after seeing that there is no shame in crying in ses
expressed elsewhere. Crying is absolutely ""normal"" and it allows the client to process their feelings
emotion you feel, whether it be tears of joy or tears of sorrow. To cry in therapy is quite normal and t
a sign of weakness, however depending on who you ask and your own beliefs, crying is actually a sign
ely normal to cry in therapy. Many of us go through our days trying to hold it all together, keeping our
kind of thing
on of acknowledging, expressing, and releasing emotion. Our bodies are very smart and often know w
e's sessions and goals. Crying can occur in many different scenarios, such as when you're happy, reliev
ed up for a long time. Just as laughter (which may also be present in therapy), joy, sadness, reflections

y don't shed a tear.Â Is that normal?Â Well, yes, but not exactly healthy.Â Â It's normal becauseÂ the
ve been too busy to address or we have become skilled in avoiding. We usually avoid or push away pa

:hat a person has been holding onto, there is a lot of emotion that is being released whether during a t
place to explore freely, the deepest most ignored, and often denied concerns. Often time this process
ıen we are sad and we don't cry maybe it's because we are guarded and our ego is trying to protect us
way that it makes sense to cry. There is nothing wrong with it at all! It is a healthy part of processing st
apeutic, especially for someone who is used to not allowing him/herself to feel his/her feelings.Â I cre
doing my JOB!Â I also let them know I am highly sensitive and may tear up with them, but not to worry
t out whatever they were holding in. It's not just you. I cry with my therapist as well :)
.Â Often in therapy, you're talking about the heaviest things in your life and the emotions that surface
and let things go, crying happens, which is a natural emotional response to processing something comp
right and having someone to talk to that is not a friend or family member can be very helpful. We hav
y often Clients will come to therapy either for the first time, or perhaps after many years of having atte
ome pretty intense topics, and that can easily trigger the emotions wired with those topics.Even knowi
ant to recognize those tears as telling you something about how you are feeling that you may be missi
which is why you are going to therapy - to express yourself in a safe, nonjudgmental space.Â Rather tha
is something that some express when itâ€™s hard to discuss situations that may have never been disc
feeling judged. Honesty is the only way you will benefit from therapy and that means being willing to

orward!
y in therapy.Â Often you are talking about your deepest challenges and fears, so it is quite typical to e
of your emotions fully.Â Crying is a form of release, and many people feel like they do not have any c
ience you're having.Â Not only are their physical detoxification benefits to crying, but there are also e
people speak quietly, others may yell, and some find it painfully difficult to say anything at all in a ther

tty good indicator of what's going on inside the person, and if tears are present, that often means the p
very counselor/therapist is dedicated to protect the confidentiality (with some exceptions) of all that h

ons. Some clients may cry easier than others and there is no ""right way"" to do therapy. I have many c
ou may be talking about very vulnerable topics and experiences and it may even be the first time you a
and the therapeutic session is a safe space to do this. Sometimes crying can offer relief or provide roo
t allows us to disarm our defenses. By disarming our defenses we are able to feel and express our emo
eal from whatâ€™s hurting them.Crying is supposed to be good for you. Tears contain toxins, after all.
ur autonomic nervous system. Some people release endorphins when they cry, which can make you fe
ations that matter to you. Sometimes you may cry, sometimes you may feel joy, and sometimes you m
yourself up and sharing very vulnerable sides of yourself.Â Through this deep introspection, emotion
n. When you are getting things out verbally, a physical and emotional response is completely natural.
ly life. As you explore many emotions may come up, anger, disappointment, grief, frustration, sadness
ep seeded issues. Also, it may be a good sign that you feel safe and held with your therapist that you a
e freed. Crying is normal and one way to process emotions to help let go and integrate our experience

ıselves the rest of the day off after doing trauma work."

understanding into yourself and how the issue is affecting you."
ɔk to be vulnerable when you are working through your stuff.Â It's when your mind and your heart fin
ggles and often times this results in them crying during session. Crying is a way to release those negat
urt, or feel despair or great sadness from burdensome life situations, naturally will feel tears come up.
ıl that feelings of all kinds, including sadness, loss, frustration, disappointment, etc may arise.Â This is
e many emotions can be experienced by people. I I do not believe it is just you who cries in therapy. Tl
r weights and just to let you know, even therapists sometimes feel like crying in sessions. Although pe
ɔiness, sadness, love, joy, and from laughing so hard!Â Yes, crying is a normal part of therapy for many
ress their unique needs. While length of time varies, counseling is a process and can be done from as l
ıt! :) Â Seriously - I think therapy and counseling allow us to understand ourselves, our motivations an
eling because of symptoms they are experiencing. ...Allows for a safe outlet to vent. Not everyone like
ɔus types(modalities/techniques) of counseling serve as guides for specific individual's personal journe
r client. Knowing your counselor is someone who is really on your side and wants to see you grow pas
ıe counseling process.Â Having a safe place to openly share concerns with an objective listener really i
'er to. The short answer is, YES! Counseling can be very helpful to people struggling with many differer
a very long, winding path of self-discovery, while, for others, they are seeking a purposeful, solution-b
bout and through what you are facing. It is better than a friend because this is a space for your stuff ar
head without worrying about being judged or punished.2) Help you better understand yourself, your
ıpropriate guidance and help in line with the words of the most wonderful counselor of allâ€"God. Wit
:es of their psychological distress and support them in using coping skills.In addition, counselors can co
ety, substance use, eating disorders, and many others. And all of our expert therapists at Denver Ment
l of blather;Because:1) In most outcomes, if a man or woman simply does nothing and waits, most of t
r is this: sometimes. Many people benefit from counseling and when counseling works those benefits
ıelping relationship. This relationship is unlike any other as the counselor will act as a facilitator in help
eper areas of their thoughts and emotions than the person or partners would typically avoid or not eve
ɔcess and receive unconditional support.Â Many of my clients have expressed that they are able to fin
how they feel to their relatives or friends they shouldn't need a counselor. However, if you are having
/, is when the client becomes willing to participate in the counseling. I don't mean just show up and lis

on-judgement and exploration. Being that the universe is not made for us and that the the world tend
on your life and problems.Talking about your problems with a counselor gives them substances and sc
/ others:The therapeutic alliance (this refers to the bond, connection, or trust between the client and t

cking up the phone. Â It's most definitely an uncomfortable feeling, but once that first step is taken it i
ho have expertise in your area of concern.Â Once you find a few people that fit your criteria, read abo
your issue, and to get a feel for the counselor. Â If you like what you hear by phone, the next step is to
sychology Today, which is a National site. Â You can search for therapists in your zip code and search n
ping point in the internal struggle that the client experiences, where they can no longer deal with the i
eir appointment"
possibly supporting your needs.Â Ask questions (you can google questions to ask a new therapist),Â a
enough to be vulnerable is a good starting place. Understanding your own goals for therapy, outcomes
ke itâ€™s a good fit before they invest time/money. If they have a website look over there blog, and o
ome quick notes about what they believe are the core issues negatively impacting their functioning, th

m to contact you and leave your contact information. Hopefully this helps!"
ek out a therapist, and perseverance to wade through all the logistics of the process.Â Just like finding
n to search therapists in your area, by areas of specialization, and insurance. Here is a list of some of th
e surface level ones, god-bless-their-souls...Be with your family; should you have a fine relationship wi
Â Once you have the name and contact information for a therapist you want to meet with, give them
When looking for a new person to add to your team, whether it be a Counselor, Plumber, or Mechanic,
ould relate best with, then contact them through e-mail or on the phone."
selors and thinking about what sort of counselor would be a good fit. See if they have areas of focus th
n my most efficient instances, I've been able to set-up a consultation within a couple of days, which is j
respond with appreciation for their making contact and ask if they are available for a phone consultati
so many profiles that you have to wade through can be particularly daunting. Here's what I suggest to
ituations creating an impact on your daily routine?Second, do some research as to the type of counsel
estions as you need. It is our job as a therapist to explain our approach and philosophy. This gives you a
s a little less overwhelming.Â First,I'd start with finding a therapist through a therapist directory and se
counseling you are looking for can be helpful. There are lots of Counselors out there to choose from, sc
u feel safe and heard. Â You can often find counselors using search engines like CounselChat or Psycho
ver time. Â You need to look at it like you are interviewing the counselor and that they will be able to p
onsultation. A person can find out a lot about a counselor and the services that they offer over the pho
vay the person would handle your problem and work with you.In my practice I offer a phone consult w
tical orientation. Clients are always welcome to ask questions before and during the process to unders
ms and guide you in building a sense of connection through getting to know each other exercises (not
res whatever they feel, counselor merely listens. A counselor's job is to bring out coping mechanism fr

vth on your journey!"
e. So I might explore both their present circumstances, as well as their history, and try to start making
ng upon the particular therapist . Â In my work with people , once we have met and I have gotten an i
beings!And...our personalities may somewhat guide how we go about getting to know you, identifyin
For myself, I review policies and confidentiality concerns with people first and answer any questions t
plete a thorough assessment of what you came to counseling for. This assessment is required by most
a therapy plan with you on some of the things that you may want to work on. Â The plan is not set in s
t to know your main source of life discomfort. Â In what areas are the problem interactions which you
focus on you since counseling is about you and the issues your facing. That being said if you feel like t
ir own and can relate.Â A lot of times many are just not happy with counselors with just the tradition
lot about all disorders, as well as techniques that best compliment them; however, that may look diff
ss of how the body, mind, emotions, spirit, and others all intertwine and activate one another;3) How
asing what clients have said so that they know you understand themValidating: Helping clients to kno
natural empathy, or trained, empathy is essential.) A good counselor also knows the difference betw
ith ease and grace into painful emotional areas.Also to respect human difference in accomplishing ba
elationship.Â When I counseled and coached military I learned to relate to what style of coaching the
tic process and express their thoughts and feelings in an articulate way, others may demonstrate resis
resenting with makes sense for how they believe they need to live.Â ""Difficult"" is also so subjective
ly professionals, we should be able to handle even the most bumptious of folks, now shouldn't we? ;)
han others. But, I would not say that the ""client is more difficult,"" rather the dynamic between myse
y work with a client. Â Even if clinically trained similarly, since counselors are human then their respo

ɔre manageable."

:ment manager won't let me keep an emotional support dog,"This can be a difficult situation. Â Typica
:ment manager won't let me keep an emotional support dog,"Your apartment manager is legally requi
:ment manager won't let me keep an emotional support dog,"At present, the American Disability Asso
:ment manager won't let me keep an emotional support dog,"Agree with the apartment manager's vie
:ment manager won't let me keep an emotional support dog,"This is tricky because there are different
ı't answer. I tell her I don't want to talk and she starts arguments with me. How can I get her to unde
ı't answer. I tell her I don't want to talk and she starts arguments with me. How can I get her to unde
g anywhere?,I truly understand what you are saying. I wanted to share this blog post about this very c
g anywhere?,"From the little bit you wrote, my guess is you haven't figured out where and how to lay
g anywhere?,"For some people, having a sense of belonging takes some time.You mentioned that you
at may be best for her. Sometimes, what's best for a person is the hardest thing to do, and may be con

system. I would encourage her to talk more if it helps and encourage her to get move involved in doing
ı.Did the two of you share drinking as an activity? Â If yes, then did you stop drinking too?Often when
ıve and see if she would still want to move if she did not feel depressed. 12 step meetings can also be l
ve affected her? Have their been significant events in your relationship that can be affecting Â you bot
e a positive

ı phases in which you are more comfortable and that it requires less focus from you than at other time
ıber that whatever illness you are dealing with, you are not the only person to have dealt with it and y
, it's an exhausting condition and can take a lot of energy from the body.Â Depression is a common co
ly respond well to treatment if provided by a trained clinician. Common types of treatment for PTSD th

ıink I'm falling into a depression or something. I just need help. How do I make new friends?,I am send
ıink I'm falling into a depression or something. I just need help. How do I make new friends?,"Definitel
brought you joy? Have you read about, or researched what is called Dysphoria."
drawing in order to regain your energy."
gs of emptiness, feelings of emotional numbness or despair, and similar experiences may be symptom
ɔu? When were you last feeling fulfilled?Â Â What brings or has brought you joy? Have you read abou
e regenerating emotions. For example, you might want to think about what brings you joy or situations
ıess.Â That's definitely a good thing--it means you care about how you function and want a more mea
ion and gratitudes helps to remind ourselves of all of the aspects of our lives."
f your feelings by asking yourself questions about the empty feeling. Â Doing this may open up a disco

apart my marriage. I am devastated and cannot find a cause for these issues. I am very attracted to n
apart my marriage. I am devastated and cannot find a cause for these issues. I am very attracted to n
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lessened activity levels, increased isolation, etc.) while some find that this time of year can put them i
trip to someplace warm if possible. Use a sun lamp in the morning for 30 minutes to simulate sunlight
ds like you may be experiencing Seasonal Affective Disorder (SAD) and is quite common to many from
vioral program to help change the way you feel.
REAL irritation behind Winter IllnessHow to feel held, holiday warm, at home, nurtured, in a winter wo
are provider I highly recommend you do so. Â Here are some key tips I use to help individuals cope wit
ng this season. I would connect with someone to create that plan. Implement it when the winter seaso
eople who also deal with other kinds of depression that happens to get worse in the winter as well as
et as much sunlight as possible. Get outside when you can. Open up the blinds and drapes. Use a sunlig

Â Some people notice that during the Fall and Winter months, they tend to struggle with signs and sy
ı you return home. There are special lights that can be used during the winter season to counteract the
might have feel feeling depressed the past two winters, but cheered up during the warmer months. O
ıf your sadness.Also, I believe fighting against the natural cycle of rest and hibernation may not even b
ın isn't naturally out. Also consider, what is it that the change in weather, changes in your life? If for ex
apy oils for stimulation, but....keep your routine bedtimes and wake up times.....and exercise at least
we can change. Exercising, meditation, guided imagery, and deep breathing can be beneficial to comb
ır activities because you cannot participate in what you like to do in the warmer months, consider find

over again? If so, whose voice is it? These are difficult questions, and just a few of them, so take your

elf a little more credit for self-observation!You wrote about treating people horribly and not realizing
nptoms contribute to one another and what can I do about it?,This is something that would be really a
nptoms contribute to one another and what can I do about it?,"Have you ruled out anything medical?
nptoms contribute to one another and what can I do about it?,"That's some tough stuff to be dealing v
nptoms contribute to one another and what can I do about it?,"It's fun to ride the roller coaster from t
nptoms contribute to one another and what can I do about it?,"Are you certain your highs and lows ar
nptoms contribute to one another and what can I do about it?,"Depression and PMS symptoms can be
nptoms contribute to one another and what can I do about it?,"You may already be living a balanced li
out knowing more specifically the anxiety and depression symptoms you are experiencing - but typical
calming vibes â œ¨ðŸ™Œ first getÂ a check up with your provider to see if there are any under lining r
ctive mental health treatment can help you manage anxiety and depression. Anxiety and Depression a
did a bunch of stuff that kept me busy and it seemed like it was working, and it was. I finally went and
hypnosis? Relaxing the mind and connecting with your true self is a great way to calm your thoughts a
st who can help you learn ways to cope might be beneficial to you.Â Sometimes just the act of being a
used by ineffective functioning of the adrenals, kidneys, and the other systems that affects.A basic pro
ssist you in lowering your anxiety and depressive symptoms.Â Meditationâ€¦Breaks Anxious Thought
ften linked. I don't consider them as diseases. Depression is a symptom of deep hurts to the sense of s
be disconcerting and disruptive to our lives in many ways. I am sorry that you are suffering so much. D
truggles.Â Â Depression and Anxiety are very common reasons people come into counseling.Â Both c
nd asking for assistance is the first step. Overcoming anxiety and depression is not an easy feat to do o
iety and depression are rooted in a person's outlook on who they are and how they handle situations
orry for how pressured and sad you feel right now.Definitely all family members have an effect on the
ou're going through this!Â I think there is almost always someone in the family who becomes the scap
o hear that you are experiencing this.Â It can be really hard to deal with our family dynamics, especial

seek help from a psychotherapist. If you live in a large, metropolitan area you will have an abundance
there is a copay or deductible and how much.Â You can find the number for your insurance company
ce.Â My biggest tip for you is to use Psychology Today or Counsel Chat to find a therapist.Â Enter in yo
hat close to them or their office.)There are several sites that I refer people to to begin the process of lo
lors and therapists offer free consultations, and remember that your counselor is working for you, so r
n find therapists in your area and read a little bit about them to find someone you like the sound of via
c which upsets you then google around with this topic to see if there are services specific to your intere
could talk to your family doctor and they could help you find a therapist? Â You could also use this we
good match."

very popular during the pandemic. One of the benefits of telehealth, is that you can see a therapist wh
insurance do you have?Â Sometimes counselors can create a ""superbill"" for clients who are out-of-
that you seek, any number of faith-based outfits are very willing to listen and help out with these sorts
local hospital offers to people. Â Also, google some of the key words you just wrote here, like depress
es that offer affordable counseling based on your income or very low cost counseling sessions, i.e., Pa
r. I left him and moved to another state. Currently, I'm working as a server which makes me believe le
ming and I seek help, will I need to be put in an inpatient setting?,"Glad you are reaching out here!The
ming and I seek help, will I need to be put in an inpatient setting?,"Seeking professional help does not
ming and I seek help, will I need to be put in an inpatient setting?,"I wonder if you really are the long li
speaking to a psychologist to determine whether you suffer clinical depression. Feeling sadness is a no
l in your life.Keep in mind that your feelings about others has more to do with one's own self-view tha
ave depression?,"Depression isn't something someone ""has"", it is a dark mood and lack of satisfactio
ave depression?,"It is possible that you have depression, but you could also be experiencing some othe
disorder without my parents knowing about it?,"Post traumatic stress disorder (PTSD) is a very comple
disorder without my parents knowing about it?,"I understand that at times itâ€™s difficult to share wit

disorder without my parents knowing about it?,"What is the reason you wouldn't want your parents to
disorder without my parents knowing about it?,"Unfortunately, ptsd is not something that can be cure
ems like you've really been through the ringer without much of a break.Â Â Just reading through the de
st, let me say that you are a survivor and a warrior. Managing 1 child by yourself is difficult, but twins is
been dealing with all this by myself. How can I cope with depression?,"Good for you to realize your str
been dealing with all this by myself. How can I cope with depression?,"One thing that may help is to fo
et better. Â Often people say the word ""depression"" as though it means something terrible. Â The di
and to manage on a daily basis. I would say that both are challenges to overcome but solutions to livin
lepression can set in which can make interacting with others a Â struggle, it can lead us to do things th
oms are to establish a goodÂ self-careÂ routine.Â Start with the most basic things: Eating balanced m
struggle with feeling stuck with the combination of depressive and anxious symptoms.Â You are right t
eel like I will never have a good career/amount to anything financially?,"If you're not following the goa
eel like I will never have a good career/amount to anything financially?,"For starters, commend yourse
ve an amazing life, so why can't I just enjoy it? Why do I feel like I'm nothing more than a wife and mo
ve an amazing life, so why can't I just enjoy it? Why do I feel like I'm nothing more than a wife and mo
ve an amazing life, so why can't I just enjoy it? Why do I feel like I'm nothing more than a wife and mo
ve an amazing life, so why can't I just enjoy it? Why do I feel like I'm nothing more than a wife and mo
ve an amazing life, so why can't I just enjoy it? Why do I feel like I'm nothing more than a wife and mo
of anxiety - it's what helps us respond to stressors in our lives and clues us into the fact that we need t
mantic relationship can be pretty painful, so I don't think your response is anything out of the ordinary.
kinds of things help you to feel safe?Â I think it's great you've already tried a few things to help yourse
you possibly feel less paranoid if you talk with someone at the moments you feel paranoid? Â Â Ther
give isn't truly helping him or you.Â Â There's some things in this situation that are out of your contro
pect your limits.Try an Al-Anon meeting. Â These meetings are for family members in similar situation
self-diagnosing okay?,"One of the ways a diagnosis is helpful has more to do with health providers hav
self-diagnosing okay?,"Sounds like you are really concerned about the things you are feeling and the w
self-diagnosing okay?,"Any diagnosis is limited in its usefulness.Knowing the name of some typical wa
self-diagnosing okay?,"Hello, and thank you for your question. Self-diagnosing is something that we al
w do I tell my parents that I think I have some mental problems?,"Talking with parents can be very cha
w do I tell my parents that I think I have some mental problems?,"If you have already been diagnosed w
w do I tell my parents that I think I have some mental problems?,"Family support is very helpful when
w do I tell my parents that I think I have some mental problems?,"What stops you now from telling you

n friends or by yourself. Â Often times, when we are experiencing a strong emotion that we interpret a
nd the circumstance about which you feel anxiety. Â This may increase your empathy toward yourself
ne else's experience or circumstance.Â If there's something in you (emotionally) that you may be tryin
ould be some people in your life for whom empathy is easier to feel and those for whom you have no

Have you tried to allow yourself some breathing space to emotionally recuperate from the breakup?S
I don't know how long ago your breakup was, but I would suggest that you reach out to friends or fami
It is common to go through a stage of adjustment after a breakup, which may include depression symp
ıg in for these issues in addition to stress management is visiting their doctor.Â We really don't know i
l from a sense of feeling grounded in oneself.First step is to accept your nervousness and restless sleep
your increasing depression/panic symptoms. Finding out the cause of depression/anxiety isn't always
therapist before Â starting therapy. Â Then you will be choosing a therapist who feels compatible witl
e to go through a few therapists before they find a fit.Â I agree with the prior post that relationship is
edications that may help and each therapist is different, so it is quite possible that a different combinat
he time right after people leave the hospital after receiving psychiatric services is a time of high risk fc
existential crisis. Â He was taken care of by others and now is again left alone with his own internal, an
or to his release, your husband would've been provided in writing a self-care action plan. This typically
Without knowing what you are already doing, I have a few thoughts to share with you.Â First and forer
ıat you must be going through your own difficult time too. You've had a complicated shock and trauma
nt solution to depression, hopelessness or other feelings a person feels are unbearable. Itâ€™s wonde
ıtal health professional yourself to be able to talk about the details, how this is affecting you, and how
but I do want to be realistic with you. If a person attempts suicide once it is more likely they will try ag
me time to concentrate on how you've been affected by your husband's suicide attempt. Â Even if you
tant of being aware of your emotions. Â How are you feeling after the suicide attempt?Â It is commor
ry day. I am in my mid-50s. I have almost 29 years on my job. How can I handle this? How do I get bacl
ry day. I am in my mid-50s. I have almost 29 years on my job. How can I handle this? How do I get bacl
nore you learn and understand yourself, the less you'll feel a need to distract yourself. Â Then you can

ıle youâ€™re reflecting on a serious or upsetting matter.And, our emotions linger within us.Just becau
any other things are going on, you may not notice.Another idea to try is to keep a list for a month of o
ıd we can get you set up with someone who will help you figure out this space in your life.
ost likely (lower back);Bone spurs, fused discs, and slipped discs, caused by connective tissue weaknes

d in your life as a result of the back problem.To know your limitations and the areas of your life which
anation for this. Â When a person cuts or uses other forms of self harm, the body produces endorphin
something serious happens it totally makes sense that that will be one the first things to go through t
,"It sounds like you are noticing that you are drawn towards sad and negative content and it's hard to
,"I applaud your courage in asking this question to gain some deeper insight into what is happening in
caretaker, you can slowly ""lose yourself"" over time if you are always tending to the needs of others
ow.For instance, you do know that you're unsure about your life direction.Â Take off any pressure on
nting not to know what you want and where you are headed. Sometimes we are so focused on someth
:eem-friends-listHope you find a few nuggets of helpfulness in this.
g with a local mental health professionals so you can discuss some details.Having said that, I wonder i
or neglected in your personal history then maybe some situations in your current life remind you of th
asn't born a sign of something deeper?,"Sounds like a sign of great unhappiness, or sadness, or insecur
d I keep breaking down. Is it normal to take a parent role and feel so hurt and broken as a teenager?,"
d I keep breaking down. Is it normal to take a parent role and feel so hurt and broken as a teenager?,"
etting ready for treatment.Â Step one is expressing interest in wanting to receiving treatment for the
he right counsellor with the right approach. This leads to two questions: 1) What are the identifiers fo
:ay with inner experience, development of a process orientation, attention to egoic structures that we
ne other factors. A medical evaluation is warranted to rule out poor health issues. Blood work is helpfu
o know whether the pills are helping or not.Trust your own instinct that the pills aren't helping you.Pill
him to get help and talk to his mom about it but he refuses. Does my friend have depression?,"First of

stressful or uncertain time in your life, then the best way through is to understand the tension you fee
mean that you are jaded toward someone, something, life in general, or some combination thereof.O
eal, is very unlikely that you are making them up since they are a response to the thoughts in your mi

w who to ask for help. When I try to talk to my parents, I freeze completely and can't do anything but r

ng spurts of depression, anxiety, and need change constantlyâ €”why?,"One way to know yourself a lit
ng spurts of depression, anxiety, and need change constantlyâ €”why?,"Hello, and thank you for your
itself through irritability (or bad mood as you say) and lack of energy.Â Â According to the DSM-V (Dia

they also feel lonely and isolated. Â Since at this time you wouldn't want to tell anyone about the way
that you can share with is a big part of the battle with depression. Depression thrives on being secret,
st like commend you for realizing that you need to help with your depression by reaching out here. Th
ut is no longer around? I am sure that feels devastating. As a counselor I usually have to ponder this ki
etty down, since the loss of a relationship, and you're wondering how to be happy by yourself. Intimac
a definite diagnosis however I would say Â that it could be and or a combination of depression, stress,
al diagnosis of depression goes, it would be hard to determine without more information. It sounds lik
are trying to find a label to help you to understand why you are feeling the way you are feeling. Â Som
I bring these things up, I am expected to be over the issue. These are people that you can't just cut ou
I bring these things up, I am expected to be over the issue. These are people that you can't just cut ou
e or other hardship. There's a difference between feelings like sadness, discouragement, grief, lonelin
:. Â This is the most natural way to feel at this time.Depending on how old you are, and whether you
pells from the stress of going to school and confronting my classmates. After that, I was fine for a cou

ıope in staying with me. My insurance has a $5000 deductible, so Iâ €™m screwed. I've had everything
ɔpeless and feelings of worthlessness. A full assessment/evaluation with a mental health professional
if you've ever been discouraged from expressing anger. Â I would also wonder if you feel like you hav
r disagreement.You could try having a conversation when you're not fighting and starting it out by say
ıly going to get worse in the future (which is turning out to be true). It's exhausting pretending to be ol
ıly going to get worse in the future (which is turning out to be true). It's exhausting pretending to be ol
ry night? He's constantly changing his mind on if he wants to work it out. My husband wants a divorce
ry night? He's constantly changing his mind on if he wants to work it out. My husband wants a divorce
ry night? He's constantly changing his mind on if he wants to work it out. My husband wants a divorce
ry night? He's constantly changing his mind on if he wants to work it out. My husband wants a divorce
ry night? He's constantly changing his mind on if he wants to work it out. My husband wants a divorce
ry night? He's constantly changing his mind on if he wants to work it out. My husband wants a divorce
incapable of work or anything of value, and I never have been. Iâ €™m a complete waste of time and r
incapable of work or anything of value, and I never have been. Iâ €™m a complete waste of time and r
:s me uncomfortable about sex,"Hello, and thank you for your question. First, I want to tell you how so
ıre currently feeling as if you want to die, please call 800-273-8255 and talk to someone.One way to w
If you're having difficulty sleeping, try to get into a habit of going to bed and waking up close to the sa
ities here. You included a lot of things that you don't have. Is there anyway that you can have some fre
s a week for yourself as a place to start?
this alone anymore, and now my family is even worried. How do I move past my depression from bein
ese feelings. How do I overcome my depression?,"It sounds like you have several different things hap
ılled the ""age of consent"" in the state where you live. In Pennsylvania, anyone over the age of 14 car
what else you can do. If you are feeling sad or angry or nervous, look at what is leading up to those fee
ɔ feel relief from different emotions. You're also right that when you try to focus on just not cutting, it
here you feel happy?You say you have amazing friends. I wonder if you get along with them and feel a
guy,"" I wonder what is different now? It may be that responsibilities have changed or any number of o
there. For your daughter's sake, start somewhere. Feelings are only that; your worst fears about who y
cies and doubt my self-worth as a provider for my family. Is my depression sabotaging my job search?,
g the person I truly am?,"It seems like you may be experiencing depression symptoms, they could be t
erent reason why some may fear telling their parents. The most common thoughts I hear in my office
n you can have the opportunity to discuss your concerns with them. Â Inviting someone to a conversat
ting with a counselor or therapist if you feel that might help. Â There are lots of ways to tell them, dep
talk to my family in person even from the other room. I feel like my life is pointless,"It sounds like you
ıg on Wednesdays may also be natural if some type of regular event or situation comes up for you the
y of emotions when you are among others.How many friends you have doesn't affect whether you an
leeping at from 6-8 hours and exercise at least 30 minutes a day.Â These will help you to regulate the
ıt it seems to help people in a way that is more natural and realistic. As Cory mentioned, anxiety is son
ıes, if we deny certain parts of ourselves we will become depressed or even oppressed, the only way t
how things are going. Here are a few thoughts and ideas:1. If you haven't seen a primary care provide
culty determining which is the most important issue. For some, depression is the result of frequently b
olation, pains from relationship break up. Â Also, obsessive thinking can be debilitating. Â Seeking at le
ıd then decided you did not like it? A type of food? A sport? A new restaurant? A type of dance? So thi
ɔr walk someone through on social media. If there is one suggestion I would make it is to start living n
ntrol of your depression by changing it to motivation."

ou're depressed about an actual weight problem and not due to failing a cultural standard that is diffi
ways miss your Dad but getting help with coping with his loss will make life easier to live.
've had several attempts at relationships, and they all fail. I stopped caring about a lot after my childre
ll the time, even if I burn my lunch. How do I get back to my fun, happy self again?,"I really love that y
ng to school for a little. I hated myself and still do. I just need help. I need someone to care for me. I ne
uilt and depression. I feel guilty because I didn't say no to a guy's advances,"Hi Tennessee, There is no
eeling very criticized by others as well. I think it is great that you are reaching out and I can tell that yo
something other than empty.If there is no recent example, then in your mind, go back in time to think
pression.The name of your condition matters much less than the descriptions you wrote of how you fe
mmon question. I suggest that you not diagnose yourself (only a physician can do that), but the sympt
something he's doing, but sometimes I know I'm being irrational. Still, that doesn't stop the anxiety. Tl
ou recently started taking a new drug or increased dosage of one you already were taking, and the voi
go and see your doctor straight away."
same way I did. I've suffered from depression ever since the breakup and have been unable to connec
nows. Or maybe it doesn't. Are you aggressive with your girlfriend? Since you mention depression, I w
y back terrifies me. I miss so many opportunities to go places with friends and family because of my fe
There are resources out there - people to talk to. I'd try going to this link and calling the free 24/7 hot
s you that what is surviving and eventually thriving, is your own life.Notice and appreciate yourself as
nade love with both men and women, but it made no impact in my emotions. The books that I enjoy re
motional problem, or if only you see this from observing her.Also, her age matters a lot in what way w
after having a child,"Congrats on the birth of your son!Was your mom's request for you to leave her h
caused by my own unwillingness to move forward and address my behaviors and thoughts that were
nusic and all that sort of stuff. Please help me. I just want to be happy again, and I feel like Iâ€™m start
at you are frequently thinking about death, I highly recommend that you see a mental health professi
lings. We want you to be safe, and your depression is treatable.Loneliness is so painful, and when we

help. I see no point in this chaos infested joke some call life. I'm overwhelmed and depressed,"It soun
back home or is it just culture shock? I'm studying abroad, and I'm depressed,"It sounds like you are f

e he wasn't sure if he loved me. I cried for several days, lost my appetite, and couldn't sleep. Our who
her things I may be prohibited from. Iâ€™m also afraid of taking any anti-depressants. This year, my d
r own identity and values, become more clear on what matters most to you, and with this increased s
ncerned about some intense periods of despair or you feel like you don't have those coping skills, a bit
ss regarding your mother's passing, is if you are so sad that the sadness stops you from doing other ac
are someone who usually has a job, pays or contributes to household bills, and generally manages you
this divorce looming. I'm heart broken because I fell into a depression, I haven't seen my child in a wh
er people told you that you have.You don't have to accept these words to describe who you are.A lot
n, whether life gets any easier when you get older. Â He said the problems are actually harder, but yo
ptoms. Â Depression is a common symptom of PTSD, but depression can come from many other sour
stion does make a lot of sense, though. Depression is a common symptom of PTSD.Â A counselor in y
u follow up with her/him to report how it was going? Â Different medications work differently with dif
, Robyn D'Angelo, talks about loving your anxious partner in this brief vlog,Â loving your anxious partn
ernational (www.postpartum.net) is a great place to start finding resources and locating support."

ıg. All I usually do is stay in my room. I want to be happy, I want to be nice. What's wrong with me? H
by a medical doctor, and therapy to help you understand the thoughts, feelings, and behaviors that ar
ery common. Youâ€™ve taken the first step to dealing with it. You can talk to your doctor, even if your
s suffering,"Hi there. Thank you reaching out for help. It takes a lot of courage for someone that is bei
time being in therapy is scary, but you'll soon know if you are a good match."
Helps self-soothe. Crying may be one of your best mechanisms to self-soothe. ...Dulls pain. ...Improves
an important part of therapy to have a safe space to express your emotions. We might encourage you
ng and unfulfilling relationships and situations.Crying when realizing the emotional hurt and unfairnes
you start counseling you don't yet know your counselor very well, so it's normal to keep your feelings i
ırd with everyone you come into contact with, but it can be such a powerful experience to cry with son
to make to yourself.Â Yes, crying in therapy is not only normal, itâ€™s encouraged!Â Crying is the bod
es toxins, so some might say it's necessary! Â Remember that you can be in charge of what you talk ab
vulnerable. I suggest that you consider how you would feel/respond to someone that was confiding to
Is that calling and getting an appointment was a big step for you and will do their best to put you at ea
erience in life. When confronting some of these things in a counseling session, tears just seem to com
RY ABOUT AT ALL ! Almost every single person I have worked with has cried at one point or another. Â
to cry in my office and crying isn't a sign of weakness. It's a normal human response to pain. People ac
ss is to look at your feelings, and to feel what you are actually feeling (instead of what you think you sh
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
metimes I just can't get the thought out of my mind and the thoughts lead to panic and anxiety. Am I
e coming up and thoughts in your mind first to start.Â Try and put them down and look at what is on p
nxiety going to see my own therapist. There can be a few reasons why you might feel this way.Â First,
s normal? ...Â I realize there a few ways to look at this.Â I presume you weren'tÂ anticipating feeling t

se the process of being open about what you are going through, much less to someone who you don't
n elicit some uncomfortable feelings and make you feel shaky. With time and building trust with your
ne suggestions or thoughts that I hope will be helpful to you. There could be a number of things occurr
nseling to be beneficial. Since you're already going to counseling, congratulations on taking that big, fi
apy is hard work! You may be talking about some things that you never talked to anyone about before
people report having felt this way.Â I can't say enough regarding the amount of courage it takes to re
whelming to think about talking to a stranger about very personal information, and that's exactly wha
, that you are paying to take an interest in your life.Â You're likely feeling an internal truth about the
y, no matter how many times you do it. The best part about therapy is that the more you go, the more
us energy when they come into their sessions, and especially at the beginning. I think that with clients
eepest, darkest thoughts in the rest of our life? So I think its reasonable to expect a certain level of ner
. This is normal but hopefully you have become more comfortable with your therapist. This might be s
to remove something but rather to make you strong enough to live your life with your own peculiariti
way to have a conversation with someone. Â The person is an expert in recognizing and understandin

ınseling and although it is a safe place to explore feelings, it may be the first time you are facing certai
ncomfortable. The ultimate goal of therapy is to feel better but the process itself can be uncomfortabl
our emotions and feelings with someone --- no matter how warm and caring the therapist is. Â Â Are
ɔu could still be shaky and nervous going to therapy. This therapy thing your doing is sometimes scary..
essentially a strangerÂ with whomÂ you are sharingÂ yourÂ feelings.
; with your therapist, let him/her know how you're feeling, especially if you feel as though your level o
ɔne particular way you should be behaving and can leave you feeling crappy and ""abnormal"" if you'r
ıotions are our body's way of telling us important information about ourselves. I would suggest talkin
ɔwever often times we do not pay much attention to the messages being sent to our bodies. I believe
ɔmething about the therapist or their style? If so, it would be a good idea to talk with them about it so
: my behavior? How can I help myself and change my behavior?,"One step towards change would be t
: my behavior? How can I help myself and change my behavior?,It must be painful to do this behavior.
: my behavior? How can I help myself and change my behavior?,"Cognitive Behavioral Therapy has bee
: my behavior? How can I help myself and change my behavior?,"Give yourself a lot of empathy and ca
: my behavior? How can I help myself and change my behavior?,"Hello. I have to wonder from a behav
: my behavior? How can I help myself and change my behavior?,"The best way to handle anxiety of thi
ıve is that you are actually doing your best to manage intense feelings of internal dysregulation.Â Ang
are for her children so I can imagine how hard it must be to see your son in pain and struggling.Â I hea
an I be less anxious around new people?,"Take small steps each day. Go around a few people,Â take a
an I be less anxious around new people?,"I think what you are describing is pretty common.Â Even pe
an I be less anxious around new people?,"Congrats on the new gf!If you need a period of social withdr
ɔ start facing your fear, for instance I'll use an example of a man who has a fear of driving over a bridge
loser to your goal of overcoming it.Â Working thru a list of mini-steps that you can accomplish until yo
public. If your goal would be to one day speak to a room of people, you would start by creating a list o
ıat seems irrational (e.g., fear of clocks), there is always a reason your brain has considered the thing y
ou felt secure and confident as a child. Â Also, did any major bad events happen to you with other peo
ıost of those emotions and the more we do that, the more we set ourselves up for failure and disappo
you get when you think about overcoming this? If it's more than a 5/10, I would definitely recommend
ever, is different. You used the term ""fear"" rather than ""phobia"". A phobia is an irrational fear - me
, we push through it and suddenly we aren't afraid anymore. But sometimes it can seem like our fears
the voices stop?,"You are valid.Â Â It is very unnerving when thoughts control your life.Â One way to
the voices stop?,"How is your life going overall?Since you hear voices since you were young I wonder
the voices stop?,"You are right. It is not normal to hear voices that aren't your own but the fact is som
the voices stop?,"First, let me express my support and compassion for what you're going through. Hea
the voices stop?,"This isn't something you can do on your own.Â If you haven't already, you need to se
you positive vibes as you contend with loving someone who bullies you.Â Have you discussed how th
ɔlace. So few have reached that level. You should give yourself a pat on the back.Confidence is not son
your mind. Â Looking at your question, when it is said that the presentations ""make me feel stress""
ıto working on your throat chakra which deals with speaking your truth, self-expression,Â being hear
hat speaking in front of others would be scary because all of the attention is on you and you probably
re sure to grow through all of this practice presenting to your peers, and that in itself will help to grow
ent to the class? Â Â The more confident you feel in a safe space, the more chance there will be of ma
e in Cali."
How do I get over "imposter syndrome"?,"It sounds like you are on the right track. Recognizing these

' How do I get over "imposter syndrome"?,"Impostor syndrome is such a common experience in gradu
' How do I get over "imposter syndrome"?,"First step is to remove the label of your behavior as a synd
' How do I get over "imposter syndrome"?,"It would be very helpful to identify with you eventual patte
' How do I get over "imposter syndrome"?,"Much of feeling like an imposter is about our comparing ou
' How do I get over "imposter syndrome"?,"According to research, one of the ways to manage imposte
' How do I get over "imposter syndrome"?,"What you described is so common for graduate students.Â
' How do I get over "imposter syndrome"?,"Imposted Syndrome is often linked to feelings of shame - s
' How do I get over "imposter syndrome"?,"""Imposter Syndrome"" is a basic effect is a dishonest caus
' How do I get over "imposter syndrome"?,"I'm sorry you're feeling this way. You've probably read arti

d also why others opinions matter and if you are using that as the scale by which you estimate the tota
and need to care what others think of us sometimes.Â When it becomes a bigger issue is when it kee
e joked that the definition of a party is:Â ""A series of photos to lie with.""When I peel back the aware
n't judging you.Until the person tells you directly what they don't like about you, there's nothing you c

lo I always feel like I'm being watched?,"It sounds like you are feeling pretty overwhelmed with worry
I have lately been on edge. Iâ€™ve been very oddly emotional when watching movies that I have bee
I have lately been on edge. Iâ€™ve been very oddly emotional when watching movies that I have bee
I have lately been on edge. Iâ€™ve been very oddly emotional when watching movies that I have bee
n. Years later, it has started again. Why do I throw all my stuff away?,"Since you wrote that you notice
pen things up with a therapist without fearing judgment and condescension?,"I am truly sorry to hear
pen things up with a therapist without fearing judgment and condescension?,"I am sorry that you had
old.Our everyday life is filled with pressures and deadlines that are common to cause anxiety. Â Â Her
on the spectrum from very slight to very overwhelming. Anxiety is our brain's way of prompting us to

t likely exacerbate anxiety. Behaviorally, it may benefit you to create more structure and improve your
you give attention to paying bills, working, meeting the needs in your relationships, taking care of you
fasting here and there to kick the kidneys into high gear and get the adrenals pumping...Every loss is a
ips.Is it possible you were very heavily criticized when you were young and growing up?Very often kid
, we can figure out the underlying factors of your anxiety."
ressors are. Often, cognitive distortions are the problem. Some common cognitive distortions include
epending on where I am it can be a bit much.Â Or maybe the things you found Joy in before are not as
agoraphobia, but that doesn't mean it's not hard and doesn't interfere with your life.Â This may be tri
vities where the symptoms happen. Over time, it's common for it to spread to more and more places a
ing outside. But any sort of exploration about this almost HAS to begin with an agreement within you (
eaval in family dynamics, some type of significant loss like a job or someone with whom you feel closel

"You didn't say what or how many medications you've tried. Certain anxiety medications can make yo
el heartbreaking to you.Â Â Where do you think that anxiety comes from?Â I would try some self-refle
nxiety of talking to new people?,"Talking to people can be pretty scary.Â When we talk to people, son
nxiety of talking to new people?,"Give yourself credit here! Â It sounds like you are liked and people w
nxiety of talking to new people?,"Change can be uncomfortable, but sometimes those uncomfortable
you are not alone. These are common experiences in our society where we are made to feel as though
balance in our lives and we need to make some adjustments.How are boundaries set up in your life?Â
en say that you are ""feeling burnt out,"" which gives a little more context to what may have once felt
t all.What can help you feel better is to be kind and gentle with yourself because this sort of approach
on't sleep as well as you could, especially as our thoughts tend to creep up on us when we are trying to
athing, etc.Â It also decreases activation in the part of the brain that deals with inhibition.Â How that
.Â Fighting that process can sometimes heighten symptoms because your brain wants the message of
like my life is out of control?,"Doesn't sound like your boyfriend is a source of support and I'm really s
like my life is out of control?,"When we feel overwhelmed by life situations, it is important to underst
d stages in life, it's really common for anxieties to come out of the woodwork.Â First time this takes pl

rch outlines that our fear of public speaking is greater than our fear of death.Â That's hefty!Â Shame
thers think of us, we are also attuned to how we are treating them and what's socially right vs wrong.Â
places, and things to let us know more about ourselves. We also have an inner voice, dialogue, conscie
onfident again?,"There's SO much help for repetitive thoughts in the counseling world!Â Â The one thi
ıck meets?,"Seems like you have some confidence in your track abilities, but feel pressured by your da
ıck meets?,"Does anyone notice that you get sick and cry on track meet days?Have you told anyone?Fr
ıck meets?,"It sounds like you are no longer committed to track emotionally. Â It can be hard to talk to
that, a counselor could be that person for you.Other things you could try include finding ways to calm
on't have to feel controlled by that reaction.Â Â As a teen, you're developing your identity based on wh
ı!Â Especially social anxiety or anxiety in the form of paranoia.Â Â Are there any patterns to when or
can absolutely make you think you heard something about you. When we are on high alert, we tend t
ls like you are having difficulty knowing if people are saying things to you, or if you only thought some
you haven't had a bad experience at night, it may just be the time when you have nothing to do, which
insufficiently nurtured and so felt Â insecure when very young.Usually the person had to fend on at le
that are not real?,"I've worked with teens in a day treatment program for about 6 years now and it's b
that are not real?,"Sounds like anxiety and a strong imagination are getting the better of you.Do you s
ng then youâ€™re making wise decisions.If you feel tension or that somehow doing as you describe is
e very helpful for you. The thing about changing things up when they get tough is that they often aren'
first things I'd explore is what ""tough"" means for you.Â Is it relationship issues with other people?Â
ıd change.Â Coping with the difficulties does make you more resilientÂ and helps you to build the con
ıt you are making are those that are considered adaptable or important changes that allow us all to gr
ur life. Can the problem you are in be fixed? Is there others you can lean on for support? Are there oth
hout having an anxiety attack?,"No wonder you are scared to sleep if this is what you are going throug
hout having an anxiety attack?,"That is awful! I am sure you are ready to start getting some rest. It's n
hout having an anxiety attack?,"The good news about your dreams is that your fears are right at the su
wo events together.Â Â Or could it be that the feeling of pressure on your body sets off an anxiety resp

ıd indirectly that can help with what you are dealing with.Do you think you may be experiencing a pan
imilarly upset, attach themselves.Try to understand more about who you are, what you like, feel unea
ome feel debilitated by their social anxiety.Â This can be influenced by past social experiences, includi
d about social situations;A pounding or racing heart when interacting with others;Â Anticipating the w
ıy sign which justifies feeling this way.If you walk into a group of people which specifically has a sign o
nxiety"
igure out your identity and who you are.Â It's no surprise you are afraid of people, if that's the way yo
ur trust of believing your own judgement on whom to trust.If you've had any type of violation during
ıg with me?,"I really admire that you want to express yourself to your parents!Â It's very normal to ha
ıg with me?,"Maybe you need more time to reflect and organize your thoughts.Try to figure out what
I want you to know that you are certainly not alone on this issue.Â Everyone, atÂ some point in time,
sometimes I'll ask them what they would do if their anxiety was manageable.Â Would you want to be
ly are a shy person who doesn't like large groups?This is not necessarily something to get over if it is p
; anxiety attacks. Should I stay on the 0.5mg and deal with the attacks or should I ask to up the dose? I'
; anxiety attacks. Should I stay on the 0.5mg and deal with the attacks or should I ask to up the dose? I'
; anxiety attacks. Should I stay on the 0.5mg and deal with the attacks or should I ask to up the dose? I'
; anxiety attacks. Should I stay on the 0.5mg and deal with the attacks or should I ask to up the dose? I'

; anxiety attacks. Should I stay on the 0.5mg and deal with the attacks or should I ask to up the dose? I'
: night or when you were sleeping? This could be something to consider.Â Your body may be feeling a
s in their lives.If this describes you then. maybe talk with yourself to convince you that you are entitlec
handle my extreme paranoia?,"That really sucks and I'm sorry that's happening to you.I'm curious wha
handle my extreme paranoia?,"One approach is to be more accepting of yourself as someone who has
you maybe have some performance anxiety and fear disappointing your fiance.Â Â Fear can be tricky i
vould be to talk with your fiancee about it. Â Eventually she'll find out, and better to talk about it wher
e body's way of fighting off perceived threats (including those that are not genuinely dangerous).Some
sense of security within yourself is to have a simple life and a slow paced life. Â Â When there are ma
chemical imbalance (such as thyroid).One of the most difficult things about anxiety is that having anxi
in front of someone.Â You could even get a recording of a busy place and do some imaginal exposure
ıether you have different reactions depending on the setting in which you are eating a particular food.
st notice me acting scared around kids and they think I'm a threat because of it. I'm not a pervert or
st notice me acting scared around kids and they think I'm a threat because of it. I'm not a pervert or
st notice me acting scared around kids and they think I'm a threat because of it. I'm not a pervert or
core values, otherwise they wouldn't upset you!Â Having thoughts about killing people bugs you, and
aware exists.Sometimes people who feel greatly hurt by others or who feel unloved by others, imagir
cerned. Sometimes thoughts are just thoughts, and they are pretty harmless.Â Many people have tho
ıt to keep going back and forth between my parents' houses,"Sounds like a lot is going on right now at
ıt to keep going back and forth between my parents' houses,"That's a really tough situation and it can
ıt to keep going back and forth between my parents' houses,"At age 17, I think you are old enough to c
ıt to keep going back and forth between my parents' houses,"OK first things first. We have to think of
ıt to keep going back and forth between my parents' houses,"Have you told either of your parents that
ıt to keep going back and forth between my parents' houses,"I am so sorry to hear you are going throu
e time youâ€™re about to have sex.This way you and your partner both have a chance to realize the tv
ysicality of having sex (performance-related) or having doubts about whether you want to have sex wi
ove away. Since I cannot make this up to that individual, how do I atone for my cowardly act? I have be
ove away. Since I cannot make this up to that individual, how do I atone for my cowardly act? I have be
ith my dad the whole time. I also forget things a lot. Is there anything I can do to make my anxiety go a
ith my dad the whole time. I also forget things a lot. Is there anything I can do to make my anxiety go a
outside world. Is it something you can talk to your parents about?Â A school counselor could help you
re general type of anxiety, I would wonder what it is that you think will result from you raising your ha
r people, just not in all situations, especially the in person ones.Start by ""meeting"" yourself.Reflect a
rst, the same day of the morning I left his house?,"It is possible your question reflects some insecurity
rst, the same day of the morning I left his house?,"I don't see why you can't call, text, or make contact
so frustrating! Have you ever heard of social anxiety? Sounds like you may be suffering from it. Here is
lf. Do I have some type of anxiety?,"It is possible that you could have or be developing an anxiety disor
lf. Do I have some type of anxiety?,"These types of symptoms can be very disruptive to life! Â Anxiety
lf. Do I have some type of anxiety?,"Feelings of anxiety can be scary and sometimes we're not aware o
lf. Do I have some type of anxiety?,"I would suggest keeping a log of those days when you are having a
lf. Do I have some type of anxiety?,"Yes, it seems like you may have a type of anxiety: but considering
lf. Do I have some type of anxiety?,"Though I don't know for sure, it sounds like anxiety to me. I think i
lf. Do I have some type of anxiety?,"Your, sitting in your car for 30 minutes, story sounds so sad and fru
lf. Do I have some type of anxiety?,"First, be aware that each end every one of us has anxiety at some

:h? How to stop worrying in a long distance relationship?,"Would you worry less if you and your partn
your point of the animal helping you. Â I just also see the point that some people have allergies to ani
:hen try understanding the reason behind your fear.Is it because you personally know or know of some
ns_nsvrc_factsheet_media-packet_statistics-about-sexual-violence_0.pdf) and that 80% of women kn
ke you've had a traumatic experience that has impacted your life in many ways. Â Without knowing m
watching my life from a window?,"Hi Houston, Okay, something's definitely going on, right? My gut is
watching my life from a window?,"What you are describing sounds like it may be a form of dissociatio
watching my life from a window?,"Hello,I am wondering if you might be experiencing some form of di
on. You may be right, your physical symptoms of getting sick to your stomachÂ may very well be your
I have anxiety and panic attacks?,"I don't know how old you are, but in Pennsylvania, if you are over 1
I have anxiety and panic attacks?,How old are you?Are you old enough in your State to have therapy
ntal pregnancy to have sex again?,"I would suggest possibly talking with a physician about all the diffe
ntal pregnancy to have sex again?,"I am wondering who is telling you that sex is dangerous.Â Is this m

ntal pregnancy to have sex again?,"Maybe you'll feel less fear by understanding that whoever told you
ntal pregnancy to have sex again?,Alot of our choices have to do with what we have been taught and
your anxious response for sure! :) AndÂ you can also learn how to work with your personality that ma

ng failed some sort of test, consider what would give you the feeling of anticipating a good result from
your question. Sleep problems, including insomnia and even the nightmares that you are writing abou
m about your fears? Perhaps you can explain this feeling to him and let him know what might lead to f
order word.Â That is a strong word I think to use in this situation.Â Honestly the bottom like is either
for your question. There are few things

esteem, fears). To decrease your anxiety symptoms itâ€™s recommended to seek treatment with a the
vell, but I will offer one other option I have been able to utilize quite successfully with those dealing wi
try to reason with this anxiety. You do not reason with sensory states in the body. If your system tells y
ed thinking and resetting the fight-or-flight response with more reasonable, accurate ones. As an exan
ing wrapped up in family issues and control my anxiety about them?,"Based on the information provi
ing wrapped up in family issues and control my anxiety about them?,"When you're upset about some

:ven the best of facilitators who have been doing it for years.Â I even experienced that when I first be
hy can I not remember it, and what should I do to remember it? I've been having the same dream sinc
racteristics. Â See if you relate to those characteristics. Â I have a feeling Â you have suffered some for
ill seeing him, but things have changed because I am at a loss for words. I get stuck in my own thought
and lasting personal relationships will appear in some way in the therapy relationship and a competen
ıtional mind recognizes.Â In this case, it sounds like a part of you recognizes that the people around yo
t is how annoying you think you might be, that will get annoying. Your intense self reflection is lovely;
g feels uneasy within yourself.Is the friend who says you're ""just fine"", very familiar with who you ar
ng and self-judging using Cognitive Theory (CBT). Â You could find a (CBT) counselor/ therapist to help
feel like people are looking at me. How can I deal with my paranoia?,"Paranoid people don't realize th
ıts go away. I still feel like people can see me and are judging me. Do I have social anxiety?,"It sounds
anxiety in the past, but I find now that it consumes my every day and night. With two beautiful childre
He makes me feel amazing, but what if I'm mistaken? I'm worried that there's something wrong with t
mfortable around him as I used to, although I can't seem to find a reason as to why I feel this way. Wh
mfortable around him as I used to, although I can't seem to find a reason as to why I feel this way. Wh
:rless is something parents are wise to get used to; there's a creature in the home whose job it is to fin
:k your battles. What types of behavior/situations can you let go of? If you allow yourself to worry abo
ove your child.Trust and love are their own authority and come from a different inner place than the u
ams which help people to gradually feel more at ease so that daily living does not feel so frightening.C

it super hard for me at work as the other employees try to use me and walk all over me because Iâ€™r
o? Sleeping, Anger and Anxiety,"Hi there. I have to commend you on reaching out to get some answer

o? Sleeping, Anger and Anxiety,"It sounds as if you may be experiencing a bout of anxiety and/or depr
o? Sleeping, Anger and Anxiety,"It sounds like you are noticing yourself becoming overwhelmed with
e and I have only seen him a few times in the last 6 weeks. I told him that I can't continue in this way b
e and I have only seen him a few times in the last 6 weeks. I told him that I can't continue in this way b
nd interactions with others, then you may have social anxiety. Working with a therapist, you may be ab
here. Feelings are never wrong, but it can help to understand where they come from and talk to some
f is someone worth talking to as well.None of us are ever really alone because we are always with our
makes anxiety a possibility both immediately following a traumatic event and later in life. When we h
ved treatment, it's possible, and very normal for sexual abuse trauma to affect you in different ways as
:h us when we get older. Â Traumatic experiences can become embedded in our bodies, as well as in o
people like that about me. I'm very self-conscious and always think people are talking about me, so it r
:an secure a job. I am fearful of social situations and avoiding people all together,"Overwhelming fear,
:an secure a job. I am fearful of social situations and avoiding people all together,A good first step wou
f, what if I only had one day left on this Earth? What would I do? Well, that is an easy question. I would
my angle. Recently however, it's been getting to the point where I feel pressured and unable to spea
hope that the medication you have been prescribed has provided you with some relief. Unfortunately,
ink my daughter is stressing too much,"Watching children go through challenges in their lives is difficu
ink my daughter is stressing too much,"children and adolescents who have a desire to achieve high gra
ink my daughter is stressing too much,"Oh dear - this is becoming all too common.Â I suggest you hav
ink my daughter is stressing too much,"Being a parent is hard. Finding the balance between nurturing
ink my daughter is stressing too much,"Kids these days are facing a lot of pressure! Add to that COVID
ink my daughter is stressing too much,Sounds like your daughter is a high achiever and is keenly aware
ink my daughter is stressing too much,"Worrying about our children seems to be part of the job of par
ink my daughter is stressing too much,"Sounds like you have a high achieving daughter! That's someth
ink my daughter is stressing too much,"It sounds like you are a very caring parent who is worrying abo
ink my daughter is stressing too much,It would probably be helpful to connect her to a counselor rathe
ink my daughter is stressing too much,"Perspective is everything. I know it is ""silly"" to you, but I can'
ink my daughter is stressing too much,"In addition to academic stress, teens are facing multiple stress
ink my daughter is stressing too much,She could be an empath or dealing with imbalances in her energ
ink my daughter is stressing too much,It sounds like your daughter is under a lot of pressure! Sometim
ink my daughter is stressing too much,"Great question. Hopefully you received your answer. I would g
ink my daughter is stressing too much,"First, I want to acknowledge the love and care you have for you
ink my daughter is stressing too much,I would certainly suggest that you get her to speak to someone.
ink my daughter is stressing too much,"Your concerns about your daughter are valid and as you may th
ink my daughter is stressing too much,"Teens are under more stress and pressure than ever. Many of
ink my daughter is stressing too much,
ink my daughter is stressing too much,"I would recommend having her talk to a therapist. The stress a
ink my daughter is stressing too much,Chances are your daughter may be feeling a lot of pressure to s
ink my daughter is stressing too much,"What may seem silly to you could mean a lot to her. Adult issu
ink my daughter is stressing too much,"It sounds like your intuition is helping you realize that your dau
ink my daughter is stressing too much,"Hi. Bright kids often have a sense of perfectionism....when the
ink my daughter is stressing too much,"Hello there, first I'd like to say I think it's great that you are rea
ink my daughter is stressing too much,It sounds like your daughter may be experiencing heightened le
ink my daughter is stressing too much,"Hello,Based on how you are describing your daughter, I am goi

ink my daughter is stressing too much,"It's so tough to watch your children struggle and it seems like y
ink my daughter is stressing too much,"Sometimes it is hard to empathize with our children. Adults ha
ink my daughter is stressing too much,"Sometimes stress helps us become motivated and thrive to do
ink my daughter is stressing too much,"The most important action you can take here is validating her f
ink my daughter is stressing too much,"I hear your concern that your daughter might break under the
ink my daughter is stressing too much,
ink my daughter is stressing too much,"Aye, you're correct, that isn't normal, and maybe you should g
ink my daughter is stressing too much,"Your daughter is suffering from extremes of perfectionism. She
ink my daughter is stressing too much,"As parents, it's hard not to have ""freak out"" moments when
ink my daughter is stressing too much,"I am sorry to hear about your daughter. Many of the youth I se
ink my daughter is stressing too much,"Hi there Mom! Just look at all of the things that a teen has to ju
ink my daughter is stressing too much,"I understand that as a mom it must be really hard to see your c
ink my daughter is stressing too much,I hear that you are concerned about your daughter's reaction ar
ink my daughter is stressing too much,"It sounds to me like your daughter is anxious to be perfect and
ink my daughter is stressing too much,"Dear Concern Mom, Sadly, kids nowadays stress a lot about scl
ink my daughter is stressing too much,"Thank you for being an observant parent and taking the very ir
ink my daughter is stressing too much,"Hello! First of all, thank you for paying attention to your daugh
ink my daughter is stressing too much,"As a therapist and mother of four children (3 of whom are teer
ink my daughter is stressing too much,As a Â Parent it can be very hard to see your child struggling. It
ink my daughter is stressing too much,"It sounds as though your daughter is struggling to manage her
ink my daughter is stressing too much,"It may be helpful to register for a class you can take together. I
ink my daughter is stressing too much,"Its hard to answer this question based on the information pres
ink my daughter is stressing too much,"I agree with your observation about your daughter feeling stre
ıy ex-wife?,"As you will see in the two verses I will list below, Jesus and the apostle Paul are telling us t
ıy ex-wife?,"You can ""move on and not live in the past"" in the context of your ex-relationship, but tha
ıy ex-wife?,"Your child is not part of your past, he or she is part of your present and future. Your child r
ıy ex-wife?,"Hi, your situation sounds very complicated and sensitive. Â It is important to handle it witl
ıy ex-wife?,"The thing that confuses a child the most is for a parent to come and go from their life. Chil
ıy ex-wife?,"What are the ways your ex-wife uses your child as a pawn?This answer determines the be
ıy ex-wife?,"I am really glad you reached out. When parents get divorced, they still need to figure out l
ıy ex-wife?,"If you have a good relationship with your child then you have already accepted and been a
ıy ex-wife?,"You're in a difficult situation and on behalf of you and your child, I commend you for trying
my grown children about spending time with their children?,"You seem to have been a very positive ir
some distance between you two and giving you the space you deserve.Â Also taking the power away f
reasonable choice.If you're not in such a position and must continue for a while to live w your dad, the
possible for you to move in with another family member?If you're a minor, CPS may need to step in. T
is ""No"" it's not okay for anyone to ever be doing this.Â There's a lot of unanswered questions and o
cÃ© puts up with the ex's behavior?If not, then ask her.The answer could be anything, from some agre
and he does have a claim to them as he wishes;The house is yours, I presume;So require that if he wis
okay.Â There are other you should be asking though.Â You said your fiance ""seems afraid"" of her ex

ps acting out their feelings in an aggressive manner. Others may internalize symptoms, appearing sad
be bullying going on at school. In the case of bullying, it may be a situation where you as his parent wi
th your son, asking him if he is happy while playing alone, or does he complain that no one wants to pl
cess (all the time) it would worry myself as well, however recess is only one domain of life, does he hav
nts whom he's with at recess?How is his academic progress?How is his social integration among his cl
the permanence of death. Having said that, she is using some very specific ideas here and I would rec
would be wise to have her seen by a child psychologist just to rule out anything more serious."
re consequences of death to your toddler.A person must be around 9, possibly 8 years old before absc
es out to you!! Â I pray you have other strong and supportive loved ones or friends surrounding you. If
ou are going through this.It's a little difficult to answer your question because the laws that define chil
here is no abuse without emotional abuse. Â His abuse is demeaning and can have lasting negative im
ed with dignity and respect. Having said that, everyone gets upset once in awhile and may yell or scre
you feel badly about yourself when he screams, cusses at you, and compares you to your siblings. I an
your child is considered abuse.Here are two points I suggest you consider for your situation.If your da
d we punish our son for peeing his pants because of laziness?,"Sounds as though your son is ""pissed
d we punish our son for peeing his pants because of laziness?,"From a behavioral standpoint you shou

e present during a childâ€™s session?,"I see a few issues here:First, the age of the child is important.Â

e key word is ""adult"".Â If your daughter can afford to join the family for a vacation that's great, she's
to existence. Â They are fun, ideally. Â You're not violating a basic human right. Â You wrote that you
d's and act like they are afraid they will get hit, should I be worried about him abusing them?,"This sou
d's and act like they are afraid they will get hit, should I be worried about him abusing them?,"I agree
d's and act like they are afraid they will get hit, should I be worried about him abusing them?,"It sound
school counselor and asking for an evaluation, once she is evaluated and depending on the diagnosis,
peers, this should raise concern, so you are correct in reaching out for advice. Speaking with your chil
ecause of these different ways of development. If you have concerns about your childâ €™s developm
l therapist can determine if your daughter struggles with eye-hand coordination, visual processing or s
gether, and leaving big spaces or skipping lines are completely normal.Â I have seen children in 3rd an
hter has any learning disabilities such as dysgraphia or dyslexia or seek an evaluation through an educa
easily complete the tasks you list here, then there is a problem in the performance of these tasks for yo
ptometrist? She might just not like writing or coloring. She could be rushing through assignments so th
ry school a guidance counselor. Someone working with the school (usually a school psychologist) shou
important issue toÂ look into, It is always helpful to speak with the child's pediatrician since they are
ortunate to have an observant parent, who is willing to seek out help in this regard.Â Regression can b
e you are really concerned about your daughter because you have noticed a significant change in her l
now your daughter's friendship circles and to notice when these have changed.While friendships are k
we just talk in a calm voice. However, other kids see the treatment as unfair. How do I discipline a chi
had a job, and took steps to get his license and an insured vehicle. I thought he was heading down the
had a job, and took steps to get his license and an insured vehicle. I thought he was heading down the
e a pretty honest person.Â It's possible that your mom had a big reaction simply because she has lear
u're feeling? Â She might really appreciate it if you also let her know that regaining her trust is really i
! Sometimes lies come out of our mouths before we can even catch them because we are trying to sa
what to do about my son's lying,"A lot depends on the age of your child, but given that it was a mis-u
what to do about my son's lying,"Hi Enid, You sound like a sensitive parent; I like that you talked to y
erned abou? Any advice will help. I'm concerned about my 12 year old daughter,"It is great that you ar
erned abou? Any advice will help. I'm concerned about my 12 year old daughter,"Have you asked your
imes. Is this normal? Is it normal to dislike one child?,"This is your experience, your feeling and you are
imes. Is this normal? Is it normal to dislike one child?,This is a common response parents can have.Â T

imes. Is this normal? Is it normal to dislike one child?,"Congrats on being honest about the way you fe
:h you?Is her dad, and your partner, living under the same roof?Would you feel any obligation to consu
: your stepdaughter not honoring boundaries. Â After you talk to your husband you both can have a ta
'ill have to leave. If you don't know where she can go, there is probably a list of shelters for the county
ealthy expression of sexuality. Â Most families to create some rules about where it's ok to masturbate-
elays - one, which I'm sure you've already looked into - is working with the school to address this probl
d no alone time. How can I get some support? I feel stuck in life. What can I do?,"Financial stability is p
d no alone time. How can I get some support? I feel stuck in life. What can I do?,I would want to know

n foster care at 11 years old. What might be the long term effects on an adult with this childhood hist
ne and punishment.Â Â Punishment could have long term affects on a child's self image and growth.Â
ld as well as the child's social relationships. Kids have a hard enough time. To then go and cause them
ne parent I want to live with the other one?,"Yes, from what you wrote, your dad doesn't accept respo
ne parent I want to live with the other one?,"There is a lot of information that needs to be filled in first
L3 so I need to depend on people from now on. What can I do about my children blaming me for their

hter's rebellious behavior?,"You're her mom and she needs you. Â I would suggest focusing on connec
gs. Â Also notice how you're feeling around the time you're feeling bothered.These two indicators ma
en. Looking at this on a scale 1 to 10 or 1 to 100 may be helpful.Another thing to do is consider trying t
e way. It's left over from our ancestral days when we needed to survive the saber tooth tiger but it doe
aughters. The step-father has had issues regarding his pornography addiction recently. The ex-wife mi
aughters. The step-father has had issues regarding his pornography addiction recently. The ex-wife mi
aughters. The step-father has had issues regarding his pornography addiction recently. The ex-wife mi
and lying,"I would be curious about there potentially being some emotional or physical trauma in you
member very shy or doesn't care for the other people in the household and plays with your toddler as
I call her names. How can I improve my relationship with my daughter?,"As frustrating and probably h
ıe child is, in general, the more I would see this as your decision, not his. A child of any age should be li
ers favor him after all the sacrifices I made for them the past 15 years as a single mom. I donâ €™t den
ers favor him after all the sacrifices I made for them the past 15 years as a single mom. I donâ €™t den
ers favor him after all the sacrifices I made for them the past 15 years as a single mom. I donâ €™t den
my child's behavior. She sees them as stable but is upset that her dad isn't here, and my intuition tells
r's ex-girlfriend doesn't want her son to see us anymore,"Hi Tampa, I get that this is a loss for all of you
n elephant. Her parental rights for her two children were taken away from her when my husband was
and try to see him after the therapy? Should I take my daughter to therapy?,"Has the father or the visit
and try to see him after the therapy? Should I take my daughter to therapy?,"Hi Dillon,I'm from Canada
s completely unbearable most of the time. We cannot even stand to be around one another while livin
thing.I think without any context, however, or sense of whether there are other signs of disturbance, i
and he laughs. He and her mom have been apart for three years, and he blames her behavior on that a
es, but I also don't want to lose their trust. Should I tell my kids that Santa is real after their dad told th
nting attention, wanting respect, feeling jealous, wanting space and to be left alone, or a whole bunch
e. He holds the poop in until he get up and then will poop in his diaper. I dump his diaper in the toilet a

t, having to leave her in Texas to travel back to Louisiana. She doesn't remember that. I do. Over the y

: a family again,"How you you expressed your regret and taken responsibility for the pain thus far? Rep
stop my step child from hurting my biological child?,"I can see why you are alarmed. That is a scary situ
several times I got into situations where I would end up kissing someone else. These situations were n
several times I got into situations where I would end up kissing someone else. These situations were n
rward to get to the ""Claim It"" moment also.Â Getting to know You! Til then.Â Here is a tip.Â Colori
gs:1.)Â Draw a line down the page in a journal to make two columns.Â In the first column, write down
crucial also!Â What are some activities, hobbies, crafts, talents you have?Â Remind yourself that you
and thoughts may come from, and start looking into what ay be helpful in improving the way you thin
self-compassion break can be beneficial in that it can transform harboring feelings of isolation such as
c. Spend time with those in your life who are supportive of you. Ask them to also contribute to your lis
the other extreme; self-love. And then, there is all this stuff in the middle. It kind of looks like thisAnd
help. When in your life do you feel the most confident? What gets in the way of you accepting and lov
nedia and advertisements everyday that try to sell us things to make us somehow better, thus leading
ut it sounds like it is not all the time, which means we can easily say that this ""hate myself"" experien
ife treating you a certain way. You internalize it and accept it as your reality.Â The first step is to evalu
best of what you're able to expect from life.A way to start building confidence is to pay close attentio
have to make as many and the ones I do I learn from. Somehow it's still not good enough and nothing
have to make as many and the ones I do I learn from. Somehow it's still not good enough and nothing
have to make as many and the ones I do I learn from. Somehow it's still not good enough and nothing
have to make as many and the ones I do I learn from. Somehow it's still not good enough and nothing
have to make as many and the ones I do I learn from. Somehow it's still not good enough and nothing
My father cheated on my mother when I was little. I wonder if this pain has to do with that. My ex-boy
s like you have the perception that people are frequently disappointed in you, wish you were different
unusual to believe that we know what other people are thinking about and feeling towards us.Â These
s you try to reach others expectations you will never feel satisfied or accepted.Â How about setting yo
he doesn't like my insecurity and lack of trust I have for her. I have trust issues. Also, I can't fathom wh
he doesn't like my insecurity and lack of trust I have for her. I have trust issues. Also, I can't fathom wh
he doesn't like my insecurity and lack of trust I have for her. I have trust issues. Also, I can't fathom wh
e regarding motivation for a new job.Â First of all, please try to allow yourself some time for grief of th
or us and to lose all that at once has got to affect you. When things go wrong, it is natural for us to loo
e just taken place and it would be challenging for anyone to be unfazed. Â And having said that, you w
art of being human."

nships require more complex alignment with a partner than being a sex buddy.Pay attention to all your
ring both of us. How do I handle being wanted in a relationship when I'm used to feeling unwanted?,C
ring both of us. How do I handle being wanted in a relationship when I'm used to feeling unwanted?,"
ring both of us. How do I handle being wanted in a relationship when I'm used to feeling unwanted?,"
ring both of us. How do I handle being wanted in a relationship when I'm used to feeling unwanted?,"
et in my head? My parents said I don't weight that much but, they do think I am fat but, they tell me I
et in my head? My parents said I don't weight that much but, they do think I am fat but, they tell me I
l Licenciada en Texas y Puerto Rico, veo clientes en el este de Houston y proveo servicios de tele terapi
nment issues,"This is an understandable response to early childhood trauma and loss. Â Oftentimes w
nment issues,"I would like to offer my compassion that you are struggling with with these feelings. W
nment issues,"Iâ€™m glad that you are reaching out for help. What you are experiencing is common f

I starting to not like myself?,"You may have reached the natural end point of working very hard in scho
I starting to not like myself?,Check out my latest blog on: Â Four-ways-add-self-esteem-friends-listI ho
ain amount.In a movement class such as pilates, yoga, aerobics, weights, dance, when the standard for
in reality we try to live up to social standards. Â Please set up a FREE consultation with me!"
The brain is very powerful in tricking us that we are ugly, or dumb, or not worthy, and so on.Â But wh
The brain is very powerful in tricking us that we are ugly, or dumb, or not worthy, and so on.Â But wh
hat picture that made me feel a little bit better looking? Moving the bar away from others and toward
I'm not a family-oriented person. I only have two people in my life - my best friend and my wife. My
judgemental about how women dress and present themselves. Â I am sorry that this boy said someth
ng something amazing.Â You are putting yourself out there and becoming a Water Safety Instructor.Â
but you didn't do anything wrong. Â What did your instructor say? Anything? If the outfit was not appro
which looking back, the person wishes they hadn't.The key to feeling better is to realize that as long a
wn thoughts about things we can't change. We know that it is possible to overcome embarrassment an
er Safety Instructor.As far as how to forgive yourself, this is probably one of the toughest things that w
I see there is nothing there on my chest. How do I fix this? I am very self conscious about my body,"I
I see there is nothing there on my chest. How do I fix this? I am very self conscious about my body,"S
I see there is nothing there on my chest. How do I fix this? I am very self conscious about my body,"V

e who can't see their beauty. Is there something getting in the way for you? Was there a time in your l
me nuggets of helpfulness!
ple have this same issue (to different degrees) and we don't talk about it much. You have some social a
social anxiety is to give you a corrective experience. Â Each week, you sit across from someone who ge

o you hate me? You hate me. Tell me you love me," and I feel like I have to pity her because she has al
de them feel that way? I hope that you were able to talk about these ideas rather than them telling yo
that It sounds like you rely alot on the impressions and projections of the outside world, that you need
€™s attention and noticing that some people would not be interested.Â Â After all,Â we belong to a so

n you are feeling it in many different areas of your life. So you if you are ready for a change... time to
one time or another, and it can feel like a huge weight around your neck. Unfortunately, it is unlikely t
ously fall in an effort to learn how to walk. Then when we begin walking we know we have to put one f
ave.Â However, the best way is to say OK, I did it, learned from it, will not do that again.Â EVER!!!Â Y

t you tend to come down too hard on yourself a lot. That's a huge barrier to happiness that you can wo
be sounds very wearing on your spirit.Are there particular reasons for why you feel everyone hates you

À Â Â Â

th is always the first step in finding what is necessary to be and develop.Reflect a little more on the typ
that we belong and are part of something larger. It is so important to us that when we feel alone - it ca
onal but I've heard a few things. a powernap can help. just a half hour of sleep can clear your mind and
nship other than your child? Â What have gone on in the relationship that makes you think or feel you
do I cope or motivate myself without pain,"It sounds like you are feeling helpless and out of control, y
and frustrated. I feel worthless and feel like everyone hates me. I feel like a failure, and I still live with
nervous and to a degree anxious, is pretty typical of anyone. Â Since until you find out whether this pa
an ugly action, and instead of feeling only your own emotions in response to being cheated on, you are
a relationship, it is probably more common and normal a reason than you think. Â Since you seem to c
r, although it might get you the attention you want initially, will ultimately drive men away because it'
gs are normal. I feel like I'm this dumb fat girl that no one likes, and everything is my fault. Are these n
ffects victims in many ways. Your difficulty in feeling sexually engaged and your description of the sha
with sex drive are one of these effects. Â Therapy can help to decrease the impact that traumatic even
not already explained to your wife about what caused your great distress, then please consider doing t
st wondering if I ever will. He admitted that he wanted to have sex with her but he didn't. He was only
ourself?Â Discovering your reason is the first step in knowing the obstacles and then the additional ste
acting like someone else or putting on a mask of a personality, I've just shut down. I haven't felt that se
acting like someone else or putting on a mask of a personality, I've just shut down. I haven't felt that se
tive in treating trauma. In addition, a support group might be helpful to find a more stable support net
which you are trying to approach a girl. When you are aware of the negative thoughts or irrational belie
ning. Now, though, I can't stop thinking about her, but I leave to go back to college in a few days and I
doubts about the way things have evolved so far. Relationships require time and work for them to dev
hange or not?
about your relationship as you grapple with your decision of whether to remain with your boyfriend.

of that he matches.Â Â This video could also be of great help â–¶Â Why You Can't Leave The Relations
do I struggle to feel positive about myself with them?2. Do I feel like I show up in the world as a better
onship has its good interactions and its not-so-good ones. But there are those relationships that seem

hich it always is. Are you and your boyfriend willing to make it work? If it's one sided and you have no
relationship.Â A relationship, no matter how great or hard, can't work unless both people are investe
with reaching for comfort foods in times of crisis is that they set us up to feel even worse. Yes, sugar a

ormation given,Â I suggest starting off making a pros and cons list. Pros for staying in the relationship a
nings? It will be important to decide if the relationship is safe, if it is healthy, and if it makes you both h
to evaluate which areas are making you unhappy. It is important to discuss these feelings with your pa
but don't know the reason why and then we regret it.Â The worst thing you want after the fact is to ha
al resolution would be and if it is realistic.Â If you can answer those questions, you may gain some ins
give me?"", ""is my boyfriend willing to discuss my doubts and willing to work at making this relations
ubstance abuse; however, anything that is detrimental to your well being can be considered a deal bre
low periods where one or both people may feel unhappy in the relationship, this is normal.Â What I te
ntly or repeatedly that is making you question your relationship? If so, what is it. Can you rank it on a s
r you. It might be helpful to process this in therapy, or with your boyfriend directly and voice your con

your relationship.He may have similar feelings and together the two of you may figure out new ways t
mirror at the past.Â But God and Your Higher Power wants you to move on toward the future He has p
ne relationship. Work on any feelings of abandonment and codependency, or regret, not feeling enoug
the head and heart help a iot. Other times I need a skillful, caring professional to help me move on. Y
n box and when the obsessions present themselves use your distraction activities. In the beginning try
re was going to be. Â Accepting that's changed and allowing ourselves to envision a new future is nece
rtant to acknowledge that losing a relationship is a loss and we need to grieve that loss. If we don't all
argaining, sadness, anger and eventually acceptance are all normal stages of grief. Â You may experie
od sleep, spending time with friends/family and making sure you are taking care of important things li
rself to others. Each and every person will experience this grieving process differently. Here are a few
order to move on and diminish the obsessions, help yourself recognize and accept that the relationsh
ably the more you allow yourself to acknowledge your sadness from seeing the reminders, the sooner

is relationship.Â Â Perhaps review this video and see what comes up.Â Also, reviewing your feelings
and then talk about it to someone.Â The more you try to not think of it, the more you will think of it.
n the person, per se. Â Letting go of a person means separating yourself from the qualities in a partne
t it, there were signs that something wasnâ€™t quite right in your marriage. You may have passed the
she would leave?If this is so, and she clearly told you she will continue in her marriage, then the contr
ould I trust my husband and stay with him? My husband kept a huge secret from me,"It is understanda
ould I trust my husband and stay with him? My husband kept a huge secret from me,"Trust is a necess
Â there doesn't seem to be much hope your husband would like to keep the marriage going.Has a lon
vork ahead of you.You need to see someone to talk things out.Get some space between you and your
ou felt loved, cherished, and respected by your husband during your time together.Â Feeling willing to
e can work on you. Think about a few things: What do you want? What do you love about him? What
reak.If you made reasonable custody terms re your son then the relationship heartache is much easier
the same time, I don't understand whether you are able to see your son. I'm curious as to the relations
ot going to change? How can I detach from my psychopathic boyfriend of seven years?,"First step is to
current woman whom I'm dating has been telling me for months to break up with her, but it's hard bec
current woman whom I'm dating has been telling me for months to break up with her, but it's hard bec
amily don't know. How do I deal with the break off of my engagement?,"Somehow you knew the marr
with a guy who said his ex-girlfriend will always be on his mind?,"Trust your intuition on your conclusi
with a guy who said his ex-girlfriend will always be on his mind?,"It sounds like you were in a tough sp
or him and gets absurdly jealous if I speak to another male. Why does he constantly do these behavior
or him and gets absurdly jealous if I speak to another male. Why does he constantly do these behavior
a matter of one or the other becoming complacent. If you and your husband have been together for q
to attend couples counseling during the separation?Â That would benefit you both.Â If you separate

give home one more chance? Should I give him another chance?,
give home one more chance? Should I give him another chance?,"People don't cheat bc of miscommu
d me when my ex-husband said bad things about me?,"Sorry for so much emotional pain from the com
d me when my ex-husband said bad things about me?,"Unfortunately, I can't tell you what your sister
ihood of what she will do next.Certainly she is confusing by telling you she likes you and is with someo
e lots of levels of relationships, from a basic acquaintance, to a more friendly acquaintance, to a friend,
nen she's ready. How do I get my ex-girlfriend back?,"Were you happy with the ways she satisfied you?
e if you did, then you wouldn't have been asking questions of his every move.Maybe you were open to
not a robot that can just switch off your emotions.Â Please surround yourself with people who can su
give yourself a chance to go through the tasks of mourning:To accept the reality of the lossTo process
be in contact with you in order to restart your relationship?From what you describe, your former partn
back with his ex-girlfriend and kids. He is "co-existing" for the kids and fighting all the time with his ex-
ituation would be if one of you would relocate because avoiding so many feelings on a long term basis
s far as personal space, belongings, conversation, etc. There are a lot of different pieces to consider an
first. Start by sitting down with a journal and summarizing the time line of the relationship. Include bo
el like I can. How can I let go? How do I let go of someone who continues to hurt me,"Hello, and thank
el like I can. How can I let go? How do I let go of someone who continues to hurt me,"First decide wha
m the same questions. All that time, he just liked me as a friend and was cheating on me with my so-ca
ee it so brace yourself...You will always continue to have problems with letting your child's father go as
n. He says it's all my fault, and that we're not compatible. Is my husband having a midlife crisis?,It's ha
ing that most men struggle with doing at times.Â Time will tell if his actions are of good intentions.Â
. Why do I still feel a connection with my ex-boyfriend that hurt me very badly?,"Hi Attica,This is a que
orce,"In any relationship, including marriage, each partner will be better able to do their part, by unde
orce,"In situations like this, in most cases, he probably will not fill anytime soon. It's more of the fact th
n our marriage be saved? Or should we just part ways? I still care deeply about him after all that I did a
ost everybody.Don't be so afraid of your fear that you let yourself beg and are willing to accept unhapp
emotional disengagement over time and willÂ eat away at your positive feelings towards one another.
and healthy to not adapt as quickly and be as strong as I think I should be? I am astounded at his crue
me anymore. I feel like I'm going to get fired because I cried at work,"Getting your first job is an excit
me anymore. I feel like I'm going to get fired because I cried at work,"How sad for you!I'm sorry your
er will say she was wrong. How do I get her to understand? Why do I feel like I'm always wrong in eve
er will say she was wrong. How do I get her to understand? Why do I feel like I'm always wrong in eve
er will say she was wrong. How do I get her to understand? Why do I feel like I'm always wrong in eve
er will say she was wrong. How do I get her to understand? Why do I feel like I'm always wrong in eve

er will say she was wrong. How do I get her to understand? Why do I feel like I'm always wrong in eve

ndent?,"Your boss' response was insensitive.Either you can assume she was careless in her remark to y
ndent?,"This interaction with your boss seems strange. It is tricky to know how to handle workplace co

ons run high in ""crush"" situations and when emotions run high it's not uncommon for us to have emo
nappropriate content,"The offspring are your Property;If you require that no other man show inappro
nappropriate content,"From what you write, it sounds like you're reaching quite far into your child's fa
nappropriate content,"In my book, this is a boundary issue. Although you do not like inappropriate cor
nappropriate content,"It sounds like you are wanting to protect your child from degrading images and
act of expression, I have purchased a gift for her that's personalized. I haven't given it to her yet. I'm at
act of expression, I have purchased a gift for her that's personalized. I haven't given it to her yet. I'm at
n $25.00 for the hotel room he decided to get. He stayed at the hotel, and I left. I don't think it's right t
something they see but you don't admit to.Â Employers can ""suggest"" or something ""stipulate"" in
t you see someone if your behavior is affecting your job. I believe most government agencies have an
work life and your personal life. Also, it often help s to create some variation in your work schedule or
codes. Such prohibited relationships include those between supervisors and supervisees; between pr
will be opened to you.â € although I minister in interfaithÂ Â Jesus also mentions about how he lives w
our senses), the decision to believe is a choice you make.Â When something can't be proven true, you
d many other parts of this discussion mean different things to different people. My question for you is
among other emotions due to the uncertainty. Â You said that, at times, you feel like everyone is lying.
ave always tried to understand life, we try to organize it, categorize it, explore it, and we've built up thi
premise that you will never have absolute proof. With that being said, one can look at different phenor
knows if god is a lie because ""god"" is a concept in which people either make up their own definition
â €™s existence.Â But the real question is not if God is real or not, but, do you want to have faith and c
an I help him let go of my past and decide to live in the present? How can I help my fiancÃ© accept an
an I help him let go of my past and decide to live in the present? How can I help my fiancÃ© accept an
an I help him let go of my past and decide to live in the present? How can I help my fiancÃ© accept an
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an I help him let go of my past and decide to live in the present? How can I help my fiancÃ© accept an
s a very complex situation, I would encourage you to reach out to a local therapist who specializes in tr
about how you can talk to your family. There are resources for you and for them and I see that some
need sensitiation program for them to understand that their child is perfectly normal and gender dyspl
y can create a space to explore your choices."
elf. Talk to a common high that you can relate to. Be you.
ost, it is important that you learn to accept yourself. This is easier said than done, and I can acknowled

d in a previous life, from an old (masculine) body.You remember the previous life's connection with th
t may be helpful for you to find supports (in your life, community, or online) that you can talk about h
their child."
ze members of the LGBTQ community away from faith and spirituality. I believe that folks can embrace
mily about your discovery about who you are, trying to avoid your own truth will do you harm eventu
an be. The most important step you can take right now is building a community of supportive people w
nd characteristics. Still, another person may define himself by his interests and hobbies. Learning who
ne of us even devolve, we are in a state of constant flux, changing and adapting, like a cloud in the sky
piritualityconsider either going to or speaking with someone who is involved with a nondenomination
or a while and get comfortable. Settle in. Let your thoughts go by like a river.Â Stay with that connecti
ative, and most fully engaged with life. It is in those moments that we find ourselves.For example, I co
he retreat and smile. I loved them all. I could feel the connection with this awareness I had read about
many different exercises which you can do in and out of therapy which you may find helpful in this are
e you motivated because of competing with others or because an activity itself feels satisfying?If you a
yourself in the purpose of whatever you want. It doesn't matter how small it may seem. If there's not
esn't.Â It's important to identify people or resources that can be there for you when you are still hurti
mean that he isn't the one God planned for me? We're so young, but that doesn't stop me from dream
mean that he isn't the one God planned for me? We're so young, but that doesn't stop me from dream

one another, the most important thing you can do for each other is to respect their faith and beliefs ins
embers who have different spiritual beliefs and religious practices. Â Accepting the idea that those wit

ultiple abusive sexual experiences is very overwhelming for one to handle alone. Â You may need the g

:alking about it. This lessens the impact of traditional talk therapy and there benefits. There is a helpfu
riggers can be a normal result.Â Your brain is wired for survival.Â When a traumatic event takes place
, your life, it is really insightful of you to be able to identify your triggers. The effects of trauma often in
es courage to have posted your question and that is the first step. Here is an article I wrote a few years
improving and offering better relationships than some of the ones in which you greatly suffered.One s
ɔist who specializes in treating complex trauma. Â Somatic Experiencing, Brainspotting, and Internal Fa
of someone I love?,Often people with extensive trauma have difficulty talking about it. This lessens the
of someone I love?,"Death of someone with whom we had fond involvement, is sad. Â Accepting that
of someone I love?,"I am truly sorry for your loss.His passing has triggered some uneasy emotions. Do
:tion!The term you are looking for is alexithymia, the inability to identify and describe emotions in the
en hurt. Â It's very normal to stop feeling emotions as a way to protect yourself after experiencing a tr
ɩpen in life, and I am sorry to hear about what happened to you. Please rest assured that you are not a
el numb after a distressing event like this, you are not alone.Â Often people with extensive trauma hav
l trauma. Feeling detached or having difficulty connecting with your emotions is a common response a
ıis is actually very common.Â First off, take a deep breath. It does NOT mean that you're a sociopath. A
concerned shows that you absolutely have emotions about lacking emotions.Â Seems like you fear tha
u that this is an incredible amount of serious stuff to happen in a short period. When we go through a t
this happened to you! This is a normal response to traumatic events. When we are pushed to the extr
happened to you! I hope you have some people you find emotionally supportive around you! In terms
ery legitimate reaction to trauma. Â Rape is an aweful experience and I am very sorry that happened t
: gentle and patient with yourself. It is normal to feel a range of emotions after a severe trauma includ
v they are sociopaths.Clearly, you realize you have pretty deep emotions and have lived through sever
ı - you're traumatized. Shutting off feelings is our brain's automatic way of protecting us when someth
about what happened to you! What you are describing is being in a state of shock. You haven't sudden
ɔy and there benefits. There is a helpful therapy called EMDR that is limited in the amount of talking ar
possible! Find a good therapist you feel safe with who specializes in trauma and PTSD. They will work
e evidence based treatments for PTSD that can help with some of the side effects. You can learn to ide
one else's path looks like, though most people benefit from learning emotional awareness and regulati
en we feel complex emotions such as anger, frustration, and possibly low-self worth, the tendency is t
It is a common reaction for individuals who have endured a traumatic experience. Â Often, the afterm
ife.Be patient with yourself as you try to regain trust that people will not harm you and will be sources
hat you are not alone and with the right help you can overcome these challenges.Â Living with PTSD ca
. Recovering from it is possible and doable!Â First is step is to acknowledge to yourself that your PTSD
ecially if you were very close initially without the presence of abuse. Â If the abuse included verbal or p
that ending your former relationship was a very wise decision.The nightmares and flashbacks show th
at you're the one who ended the relationship in the past, yet are haunted by nightmares and flashback
; through the trauma you have endured. It would help if you have the opportunity to speak with some
the partner who is in front of you now. If you are able to connect with them via touch or focusing on th
) symptoms which are similar to what you described. If you are unable to find a local EMDR specialist t
flashbacks, it can be a sign that you haven't fully processed what happened. Our brains tend to replay
approval from others in an obsessive way when they are failing to truly accept themselves. I encourag
ther changes going on between the two of you in terms of feeling relaxed and at ease with each other
:perienced trauma. The part of our brains that detects ""danger"" acts like a smoke alarm in our house
ıd curiosity. Â The reaction you are describing is extremely common in survivors of abuse. Â What you

nd your boyfriend becoming parents, how you each feel about the influence of his being banned from
uestion is kind of difficult to answer, because there are a lot of things that go into what caused you to c
ed you to develop PTSD, there can be a lot of difficulty in attempting to resolve these issues on your o
d the time may take much longer.Â Getting help and having someone to be there with you through th
o sort through these emotions of such a loss, and it's never easy. Â I think it's important to remember
of the ""unnatural-ness"" of the event. We may find ourselves feeling guilty that we did not see it or th
e you understand, alcohol and marijuana may take the edge off of the pain in the short run, but in the
ally if you have several unanswered the questions due to the circumstances surrounding the death of
ne way I recommend to deal with the loss of a loved one is to write letters to them. Some people like t
ey're likely feeling the same way. Suicide is difficult to understand, and those left behind have many m
of what that process is. Â Everyone has their own way of handling loss. Â You are taking the first step i
can be cumulative. Â It is very possible that a car accident could lead to an increase in PTSD symptoms
e end. Let me explain.Â First off, thank you for serving our country. The vast majority of the populatior
herapist who specializes in PTSD I can say it wouldnâ €™t be uncommon to see an increase in PTSD syr
nptoms of PTSD. It is good that you recognize the possibility of this occurring.Not everyone who exper
compound on one another as you experience them. Without treating the traumas, or incidents wher
t was serious, you could have feared for your life, felt everythingvwas out of control and had normal r
natic event where a real and present threat of harm or loss of life to yourself or others is present. Yes,
asses. She cannot tolerate any smells. How can I convince my mother to seek help for her obsessive-c
nded down to them simply by living.All of what any child observes and how they are treated within th
t the effect doesn't have to be negative. I'm met many people who have horrific pasts and it helps the
l. You may be suffering from symptoms related to post-traumatic stress disorder. Getting evaluated by
ight you where you are today, physically and emotionally. Â Â That being said, your father's behavior c
ething meaningful from this profound experience. Â This might mean connecting with others who are
let go of the abuse my dad showed me?,I am so sorry to hear that you are struggling. Â Getting to kno
Vithout knowing much about your situation, I would encourage you to seek out either a sex therapist w
ve. How do I move on from almost being raped?,I am so sorry that this happened to you and am so gla
apist who specializes in working with PTSD. Â Brainspotting, Internal Family Systems Therapy, and Som
my trauma?,"As you seemed to have learned, the impact will not just ""go away"". Treatment of trau
my trauma?,"I'm glad you have some time when you're not thinking about your trauma when you're
m/index_files/Page548.htm. You also may want to talk to someone who specializes in EMDR. This star

ly have no finances but need help, there are still some that do, if your ex-military you can look at ""Giv
what types of treatment they offer for PTSD and make a list so you can do your own research before de
e services.2) if you are a military veteran you maybe eligible for free counseling through the VA, the V
e help. In many states, if you are the victim of a crime, there is a victim's assistance fund that may cove
gers from past sexual abuse?,"Have you sought the support of a therapist really qualified in working th
gers from past sexual abuse?,"Sexual intimacy can be very triggering for survivors even when it is both
ng with survivors of trauma and you can get help. Â The ""blur"" in your memories is your brain's atten
ere very young.Your blocked memories are a self-protection from the enormous emotional pain and f
no feelings. My father has always been horrible to me,"Hi Louisiana, You got it right...he's ""supposed
ning. Can implanted thoughts be reversed at all?,"Given your experience of being imposed upon again
g back suppressed memories. However, keep in mind that hypnosis doesn't work for everyone.Â I thinl
now. How do I get my partner to stop verbally abusing me?,"Iâ€™m glad that you are reaching out for

now. How do I get my partner to stop verbally abusing me?,"Ultimately it is only your partner who can
now. How do I get my partner to stop verbally abusing me?,"One thing you could try is to talk to your p
g that he is going to change. She and I went to a wedding out of town in September of 2014, and ever
ve youâ€ to each other. Every fight is worse than the last one, and I don't know what to do. He doesn't

unsafe or scared in your relationship please know that there are non profit domestic violence services
buse.Marriage is based in love and feeling taken care of by the partner. Â Feeling scared is the opposite
t you are experiencing is common with survivors of abusive relationships. Even abusive relationships h
negative impact in your family.Â It is important that you encourage your siblings to seek assistance wi
domestic violence. If they are affecting you the the point where you feel like you need to do somethir
rst, I am so glad that you are alive and very sorry that you had to endure such a terrible experience. No
t may have been a violation of confidentiality for your therapist to disclose information about you witl
me for days. He's really verbally and emotionally abusive. He tells me all the bad things about me and
nent) and we kissed. The next two days were a repetition of the first day. On the third night, my mothe
her when Iâ€™m angry, and sometimes I hit her. I may not hit her enough to cause harm, but I still phy
her when Iâ€™m angry, and sometimes I hit her. I may not hit her enough to cause harm, but I still phy
n he needs my help. He tells me although I help him doesnâ€™t mean that I am a good person. He alw
use before our child she said she was raped by a family member but she never went to the hospital or
guments and broke up with each other for a short period of time. We decided later to make it work. S
abuse does have negative consequences for your life as an adult, as it seems you are already aware.Â
y to watch. Â I agree with you!Maybe he felt so overwhelmed by anger, hurt and frustration that he w
boyfriend hitting his face sounds very scary! Sometimes when people are experiencing strong emotio

that everyone feels from time to time. But when you find yourself being caught off guard with unexpe
ow to resolve this. Some people seem to really provoke emotional responses in us. One thing to learn f
fe?If you've tried speaking with the person about your unhappiness to feel angry ""all the time"" , the
vent happens because you do not ration and question to find out if your interpretations of events are
n things that are out of your control (like losing the comb) happen? Itâ€™s okay to be upset, but some
mes, what does losing that comb mean to you?Â In the very split second that you have realized the co
re it directed at the wrong person and gets totally out of control.Â I have found that anger manageme
ers.Since you already understand that your reaction is overstated to the events which trigger them, the
pened to you in the past and because of that difficulty in moving past what happened to you, when you
oint about not emitting your upset about internal matters onto people who have nothing to do with wh
t that you would like them to hear you.Knowing you tried to be heard adds to your own self-respect, re
ers. Consider looking at what you notice in addition to anger and you may have a different starting po
ent contact with this person doesn't exclude the meaning or feelings from within your relationship wit
reconnect, etc. When we ignore or repress our anger, we are always ignoring these other emotions as
u experience anger, you will discover that there are other feelings underneath; Â shame, frustration, di
mper depends on several variables: how you saw anger acted out as a child in terms of your primary ca
think your angry feelings justify lashing out?Â Â The thing is that feeling angry is just that...feeling.Â A
trol of it immediately.Â Try going to an anger management class.Â It will help to discover what is the
nge his violent outbursts. Â They are his behavior, not yours. Â All you're trying to do is have a relatio

hildhood trauma carries its negative effects into our adulthood and affects everyone who loves us.Â Y
ts. My girlfriend always brings up past events and talks negatively about them,"Have you tried to talk a
when you don't sleep well. If you do feel as though you are mad all the time, can you think of any exce
es.Â Â Anger also helps us understand that thereâ €™s something wrong that needs to change.Â Once
or movie, he says he can't help these thoughts they just pop up. Please help! How do I deal with my so
or movie, he says he can't help these thoughts they just pop up. Please help! How do I deal with my so
m to just stop. I have two young babies that have to hear this, and I don't want my girls growing up wi
m to just stop. I have two young babies that have to hear this, and I don't want my girls growing up wi
y?,"Best question is....what are you so angry about?Â You can't stop being so angry until you figure ou
ng how you feel and also being able to stabilize yourself to act upon the tremendous anger you feel, a
ash out not just them but at my boyfriend. I feel like I keep causing drama due to my personality. I wan
ash out not just them but at my boyfriend. I feel like I keep causing drama due to my personality. I wan

ash out not just them but at my boyfriend. I feel like I keep causing drama due to my personality. I wan
ifficult to know your feelings? Â Your answer will give you clues as to unearthing your willingness to be
g mouth breathing and snoring.If you're sleeping beside your partner who does these actions, would h

d have delivery of a certain item by Tuesday, and when that particular Tuesday comes, the store doesn
art to get mad. I have punched holes in my wall. I can feel my aggression getting worse. How do I man
art to get mad. I have punched holes in my wall. I can feel my aggression getting worse. How do I man
ne go off. When my anger flares up, I get a terrible pain in my chest that lasts for a while. It's like there
ight to you."
our thoughts, see the situation more clearly and from other perspectives, and respond more calmly. C
or seven. My husband and I canâ€™t talk to each other without arguing,"Hi, Newark. It sounds to me li
ad of breaking anything in my room and having to explain it to my mom. I don't live in a bad household
the only thing you have control over is you - your response, your set boundaries, and your support sys
nal awareness also means that you can identify the link between the way you are feeling and your actio
ou to work with aÂ therapist that is trained in dream work.Â The researcherÂ Â Montangero (2009) po
waking state.Â Â In a nutshell, this refers to first writing out in detail the events of a recurring nightma
ides having some type of relaxing bedtime routine to set a peaceful mood for your sleep, and avoiding
et a weird feeling every few months or so?,"I'm not entirely sure whether this relates to something in t
ve either been barely sleeping or I over sleep, so I'm always tired. I live in a small town, so there's no c

nkrupt and my mother has a chronic condition. I was under a lot of stress, and life lost meaning. After i

nkrupt and my mother has a chronic condition. I was under a lot of stress, and life lost meaning. After i
'Mark (www.MarkMorrisLCSW.com and www.LivingYes.org)"

ious, communicating the crux of unresolved conflict between who we are and who we think we are su

ı I tell if my spouse had sex with a prostitute?,"The answer lies in what the outcome will be. How will t
ı I tell if my spouse had sex with a prostitute?,"One question I have, Â is how would this impact your re
ı I tell if my spouse had sex with a prostitute?,"I've been in this situation before and have some insight
ı I tell if my spouse had sex with a prostitute?,"It sounds like you've been living with this uncertainty fo
ı I tell if my spouse had sex with a prostitute?,"The fact that he has several versions of the story, could
ı I tell if my spouse had sex with a prostitute?,"I am so sorry you are going through this. The harsh reali
ı I tell if my spouse had sex with a prostitute?,"Most of us trust our guts, or go to someone who can he

ı I tell if my spouse had sex with a prostitute?,
ı I tell if my spouse had sex with a prostitute?,"The short answer is: you may never know.Â The only p
ı I tell if my spouse had sex with a prostitute?,"That is great that he shared this information with you, t
ı I tell if my spouse had sex with a prostitute?,"Unfortunately, you will never know the true answer. Th
ı I tell if my spouse had sex with a prostitute?,"Hello, The truth is that you will never know unless your
ı I tell if my spouse had sex with a prostitute?,"The only two people who know the answer to your que
have a threesome with my husband and another girl, but I feel really nervous,Because the acrobatics a
have a threesome with my husband and another girl, but I feel really nervous,"Hello there.Â As you h
have a threesome with my husband and another girl, but I feel really nervous,"As someone who speci
have a threesome with my husband and another girl, but I feel really nervous,"Hello, and thank you fo
have a threesome with my husband and another girl, but I feel really nervous,"You need to have an ho

mostly adults that are over age of 18.Â Â You are only one year apart.Â Try and focus on friendship a
À Pedophelia, is a whole other problem that you probably should not be worried about. I would be hap
ɔonse toward adulthood.Â You are at a healthy age to start the development of attraction and intimat
e, but you are not a pedophile!The fact that you worry about this means that you wouldn't be OK with
nging and it is a natural to be interested and attracted to others. It may feel wrong, especially if you a
difference as being one key factor in determining pedophilia if the older person is still in adolescence
mantic way then this makes sense bc romantic relationships include physical attraction to the other pe
ɹ. Like Frank said below, Pedophelia is a problem that won't apply to this situation."
to her against her will. Always remember that NO means NO, respect her, respect yourself, and be a n
,"I want to be short and brief about this. First, If you can achieve a good erection at anytime without y
,"Sexual desire seems to be straightforward - I like someone and I become aroused at the thoughts of
,"First off, I want to acknowledge the emotional pain you must be experiencing about not being able t
,"This is something I have

,"This issue could come from any variables. The pressure of being satisfying, or if you have experience
,"I'm sorry to hear of your problem.First step as always when a possible medical explanation exists, go

what to do. Is it possible for us to get past the cheating, or should I just move on? Is it possible for a co
what to do. Is it possible for us to get past the cheating, or should I just move on? Is it possible for a co
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what to do. Is it possible for us to get past the cheating, or should I just move on? Is it possible for a co

actually quite common for one partner to have a higher sex drive than the other, and can lead to disco

ns that you push your boyfriend away. It could be part of how you were raised, it could be because of
es at play; your sex drive and the resulting pushing your boyfriend away.Â Research mirror work, som
irth control pills which has changed your sex drive?My guess would be that possibly due to the hormo
ppy. What should I do? How do I tell a girl that I crossdress?,"Keep doing the crossdressing since you l
ppy. What should I do? How do I tell a girl that I crossdress?,"While this might not be the first thing yo
ppy. What should I do? How do I tell a girl that I crossdress?,"Thanks for asking this question. I think th
ppy. What should I do? How do I tell a girl that I crossdress?,"Normalizing cross-dressing and being op
ppy. What should I do? How do I tell a girl that I crossdress?,"If you enjoy crossdressing and it is an int
ppy. What should I do? How do I tell a girl that I crossdress?,"It would be my professional opinion that
ppy. What should I do? How do I tell a girl that I crossdress?,"Your happiness and healthiness is key.Â
nd about the way you're feeling?Start with this.Sex is after all, a two person enterprise.If he would like
asonable reaction to your experience with your husband. I want to encourage you that his actions may
s. Have you tried asking him about it? Sometimes starting with asking whether he would be open to ha
intimacy,

ything I can do to feel reconnected? I feel completely alone in my marriage,"Your question highlights y
ything I can do to feel reconnected? I feel completely alone in my marriage,"Piggybacking on the other
ything I can do to feel reconnected? I feel completely alone in my marriage,"I'm sorry for how you're f
ything I can do to feel reconnected? I feel completely alone in my marriage,"I'm sure you've tried to ta
ything I can do to feel reconnected? I feel completely alone in my marriage,"What you are describing i
ything I can do to feel reconnected? I feel completely alone in my marriage,"Feeling alone in your mar
ything I can do to feel reconnected? I feel completely alone in my marriage,"Communication opens up
ything I can do to feel reconnected? I feel completely alone in my marriage,Absolutely. Your question
ything I can do to feel reconnected? I feel completely alone in my marriage,"I can think of several thing
ast time we had sex, she cried and felt bad and didn't know why she cried. However, she also told me t
ast time we had sex, she cried and felt bad and didn't know why she cried. However, she also told me t

ast time we had sex, she cried and felt bad and didn't know why she cried. However, she also told me t
ast time we had sex, she cried and felt bad and didn't know why she cried. However, she also told me t
ast time we had sex, she cried and felt bad and didn't know why she cried. However, she also told me t
ı my husband. How can I have a better sex life when I don't like sex?,"There are many different ways th
ı my husband. How can I have a better sex life when I don't like sex?,"The numbers you write are low c
ı my husband. How can I have a better sex life when I don't like sex?,"It's encouraging that you say you
ı my husband. How can I have a better sex life when I don't like sex?,"There are a lot of different things
ı my husband. How can I have a better sex life when I don't like sex?,"I am sorry that you are struggling
ı my husband. How can I have a better sex life when I don't like sex?,"When it comes to sex drive, we a
ı my husband. How can I have a better sex life when I don't like sex?,"In order to develop a better intin
ı my husband. How can I have a better sex life when I don't like sex?,"Hi there,Â Thank you for your op
ı my husband. How can I have a better sex life when I don't like sex?,"I work with many couples that ex
t's driving a wedge between us. How do I stop obsessively checking if my boyfriend is cheating?,"Hi Gr
t about the comfort you each feel being with each other and what conditions would improve the sex li
: other concerns in your relationship, such as possibly needing to communicate better or trust each oth
ome colleagues may add others. There are quite a few things that can actually lead to disinterest or ina
ix my trust issues with my wife?,"Understand the reasons you feel mistrustful. Â Even though you aren
g whether or not to trust another human being, becomes much easier.Also, don't be in a rush to trust
ugh to know that the way you feel toward your partner is more than likely going to remain this way.Ta
d also try slowly using nonsexual touch and discussing what you each like and would prefer to do more
p letting things that happened in my past ruin my current relationship?,"The relationship history with
. Some would, but I think there is something much deeper going on for you. I would be more concerne
ing to do so.Marriage is its own unique existence dependent on what the partners want from it.Exami
le, and you are also concerned about your husband being unfaithful online.Â But it seems like there is
ul conversation in the context of couples therapy.Whether or not you should get a divorce is not the fi
rief description you write, your husband has very limited capacity to recognize how others feel and eve
ı can respond to his behaviors in ways that protect your boundaries and ensure your safety.Â This is ve
.The conditions needed for healthy intimacy can not grow when there is an absence of common groun
with your partner on the way you feel.Depending on the result and whether you'd like to try this conve
tell my spouse to stop getting angry when I am just being myself?,"Good for you to realize you have ju
Well, there certainly is distance he creates between the two of you.Whether or not the reason is from
ng this time. In the past, it has been my suggestion. We are thinking of going to a marriage mediator th
e to literally beg for sex and affection. My self-esteem is gone, and I feel so alone. He has stranded me
ess my grievances to my boyfriend?,Directly tell him what you write here.Either he is losing interest in
v can I not be afraid of commitment?,"One way to concentrate is that if your mind starts to wonder the
has a boyfriend. How can I cope with being led on?,"I'm sorry for your disappointment with this girl.M
end?,"Well yes, physical intimacy does give all sorts of positive feelings. Â The sudden withdrawal of th
ounseling. He went out that night with friends and said his ex-wife wasn't going. I found out in April th
ounseling. He went out that night with friends and said his ex-wife wasn't going. I found out in April th
ions between loyalty toward her family and toward investing herself in a relationship.There are so ma
per week that you know you will be spending time with each other (even if it needs to be on the phon
Am I in the wrong for going to him to reach out? He helped me so much with my depression and bad
Am I in the wrong for going to him to reach out? He helped me so much with my depression and bad
ectly this question?It is a good question and possibly would open a necessary clarifying discussion as t

necessarily means she will reject or withdraw from you when you speak of your fetishes to her."
o enter into an exploratory journey with an experienced therapist to identify your fetishes and the dee
he talks to this girl a lot. What can I do? Leaving him isn't an option. What can I do about my boyfrienc
he talks to this girl a lot. What can I do? Leaving him isn't an option. What can I do about my boyfrienc
living one life together, so it is good practice for the two of you to have discussions on the deeper and
minutes and try to ask questions about what the other person is experiencing to gain more clarity abc
When faced with these kinds of difficult challenges, I usually encourage people to look to their values
ust be so shameful to you and to ask for help. Regardless of your sexual attraction/orientation, I'd enc
or addressing, especially Â before you and your partner are married and have all the legal responsibilit
for seeking out other relationships. Are you getting something from the other men that you do not cur
nancially. If your fiance is not ok with an open marriage, it would be a good idea to seek the help of a c
ou are about to be married to and are also enjoying time with other men, it could be possible that you
ut every aspect of her lifeâ€”what do I do?,"Is being friends with this person safe for you?Liars don't g
ut every aspect of her lifeâ€”what do I do?,Have an honest and open conversation with her about hov
ut every aspect of her lifeâ€”what do I do?,"To be honest, I think more information would be really im
t be with me. My boyfriend wants nothing to do with me after his dad's suicide,"I am sorry to learn of
re a bit more in touch with how much is at stake in this whole love and relationship business. We are fa
boyfriend?,"You are in an abusive relationship-not because of your boyfriend's silences but because h
boyfriend?,"This has to be very difficult to endure.It's pretty common for members of a couple to have
boyfriend?,"As you say, if he does reply it is hurtful. But, if he doesn't reply, it sounds like it's just as hu
boyfriend?,"Try during a good moment between you to tell him you'd like to talk over something abou
boyfriend?,"This sounds very hurtful for you to be on the receiving end of this. You can ask yourself ""
marriageâ€”what can I do?,"This sounds very painful for you.Are you able to tell him how his flirting af
et the father of my kids go?,"Your story sounds like it gives you a great deal of tension and disappointm
h my manipulative husband?,"I think your own awareness will not allow you to continue in a bad relat
it, he's not willing to find a happy medium whatsoever. It's just non-negotiable. I'm not sure what to d
But it sounds like you may be feeling stuck in a pattern of pushing people away and are wanting to ch
boyfriend's family expects him to take them on dates, and he doesn't think anything's wrong,"Well, th
ey lied about some thingsâ€”what should I do?,Your doubts about your dating partner need to be adc
ask many questions about matters which usually wouldn't even come up.As long as your dating perso
fiancÃ© putting his family first before our family?,"Congrats on your upcoming wedding!Have you tol
can I regain my boyfriend's trust back after being completely dishonest with him about a lot of things?
and good will then this feels dissatisfying.Offering happiness to someone does not include tolerating n
lacks any ideas and prefers to just go with anything to avoid fighting. As far as dates, if I don't say anyt
can I stop being jealous of my best friend's boyfriend?,"You are definitely in a frustrating situation.You
t should I do after finding my boyfriend flirting on dating websites?,"Tell him what you know and ask v
t should I do after finding my boyfriend flirting on dating websites?,"I would suggest possibly talking a

he has done with other people,"First off, don't blame yourself or be too quick to jump to any scary cor
he has done with other people,"Ask him!Having a conversation about sexual satisfaction increases em
have a separate relationship than your relationship with your mother. Â By trying to control whether
What should I do about my marriage and my wife's behavior?,"When ""threats"" of leaving, such as w
What should I do about my marriage and my wife's behavior?,"This has to be very confusing.I wonder
What should I do about my marriage and my wife's behavior?,"Divorce is a serious, life altering decisic

my husband may have lied to me again?,"Do you want to be upset about a girl that he forgot about?Â
my husband may have lied to me again?,"Imagine your best friend just told you that her husband lied
my husband may have lied to me again?,"Let's look at your question and break it down. It begins with
my husband may have lied to me again?,In response to your answer. Yes because he broke a boundar
my husband may have lied to me again?,
my husband may have lied to me again?,"Is really difficult to tell whether he honestly forgot about so
my husband may have lied to me again?,"I would ask you first what made you give him another chanc
my husband may have lied to me again?,"Are you upset, is the more pertinent question.Everyone has
ics of your relationship, but I want to say that you cannot possibly be responsible for anyone else's hap
conversation when neither of you is upset so that you learn what makes each of you feel cared for and
paying it for him. My response was that he was giving me the money, and I just made the payment. I
paying it for him. My response was that he was giving me the money, and I just made the payment. I
with a lack of intimacy and partner's addiction to solo sex and porn?,"The comments here from the ot
with a lack of intimacy and partner's addiction to solo sex and porn?,"There is a lot of information out
with a lack of intimacy and partner's addiction to solo sex and porn?,"It sounds like your in quite a rou
yfriend and I do to cope with his cancer?,"I wonder if both you and your boyfriend could have a conver
yfriend and I do to cope with his cancer?,"Hello, and thank you for your question. I am very sorry abou
portant to look at this as getting through something rather than ""getting over it."" If you're aware of t
nsulting my body?,"My first thought was that I wondered what changed recently. Is he open to having
nsulting my body?,"Hello, and thank you for your question. I am very sorry that you are experiencing tl
I talk to my girlfriend about my anxiety from her exes?,"Talking about it would probably be helpful if y
e way that we look at different situations. Try to look at what feelings, for you when you notice that so
eâ €™s the thought. How do I fall back in love with my wife?,"First things first! Â Friendships that devel
nd works. How do I deal with a man who only contributes financially?,"After eight years and two child
now where they are coming from, but this is how I feel, I tried to stop, but I can't. I really like this guy, b
e can't accept or feel comfortable with who you are and decisions you've made, there's already a level
past?His answers may be very different than that he would like penalizing you.What you can do is expl
as been very blunt, and hurtful words just come out of his mouth. He makes me feel like I'm nothing, b
really enjoy some sexual activities that your wife hasn't initiated in a long while, but it's a big leap to go
ate things she did early in the relationship, and things she had once agreed to try that she will not do n

f sex,"These fears are completely normal. Almost everyone has the same fears you do, to some degre
f sex,"As hard as it may be to do this, since all the media and marketing of how an ideal person looks a
f sex,"The greatest sex experience will be with someone who you feel connected to outside the bed.Â
lty when they cheat, and others not at all. It could be that your partner doesn't know about the cheati
e did the same to you?
nt to your partner?Your guilt probably is pointing out the feeling of having done with your body what y
going to end or affect your relationship it will because you are being baggage from your parents into t
out hurting my kids? How do I stay when the spark is gone?,"Hi Pocahontas, This is a painful situation.
stick through it,"Hi Michigan, Relationships are so sparkly for a few years, and then things start to fee
en I had my son in July. Everything was great, and then he started the staying out. He then started no
en I had my son in July. Everything was great, and then he started the staying out. He then started no

y Chapman. He explains that there are five main ways to give and receive love, but we don't necessari
e to see family, he'll text me saying "whatever" and "leave me alone." But when we're together, every
e to see family, he'll text me saying "whatever" and "leave me alone." But when we're together, every
e to see family, he'll text me saying "whatever" and "leave me alone." But when we're together, every
d causing problems. How do you get over someone cheating on you when you are trying to make it w
se we know we can't have them we put this thought behind etc. etc. Is this friend and old friend, an ol
ll my life. But all my dreams get broken apart after she got into a relationship with a guy. Iâ€™ve tried

hing to say to someone you love...that you're ""embarrassed by them"". The subtext says ""You're not
serve the benefit of the doubt until there is evidence. If it's a ""yes"", then it's natural that these fears
y past relationships and has ended it as a result. He knows it's because it's the "same person" feeling,
n't even refer to it as an affair. I can't stop thinking about him. We just click. I've been married for 16 y
ng about something. First, it was about a girl. He hid text messages and claimed she was a friend and i
gn this contract that he wrote out listing things he doesn't want me to do anymore. I'm wondering if t
my heart the most. He deleted all the messages but two. I can't help thinking they were talking about t
u so that one working without the other cooperating in this work too, will have one person who does
your boyfriend adopting a cat since he was aware that this would likely cause problems in the relatio
mily." At that point, she said our marriage was over. Now over the course of the last few days, she has
mic that is unique to the particular couple. Â The dynamic results from the shared identity of being pa
what we need for ourselves by seeing other people as creating these circumstances and situations.Is i
it be struggling in this area, an initial question I have is do you want to be sexually active at this time o
?If ""yes"", then it is a topic which the two of you would gain deeper understanding of each other, by d
our significant other certainly can cause one to feel unsettled. Has your spouse ever done anything qu
t, is it possible for you and your wife to talk with other about areas which upset each of you?Wheneve
s time, I made a huge mistake: I drank too much, and I cheated on him. I slept with another man for a
hat there are things that your wife would like from you.Â This is a very common issue; two people with

o work out if thereâ€™s no trust. Itâ€™s hard for me to let go because I love him, but I am getting tire
. I'm scared of hurting my boyfriend after he had a cyst removed from his testicles,"Are you talking wi
me and neglects his family,"Hi Ohio, The crazy things about situations like this is that, almost guarante
me and neglects his family,"I'm glad you're aware to expect more satisfaction from being part of a cou
yourself obsessed with sexual thoughts,Â you may want to see a cognitive-behavioural therapist. Â T
ofessional can help to hold a safe and supportive space for you and your partner to open and explore

ealth issues. If all physical possibilities are ruled out then it's time to look within and enlist the help of
hen it comes to erection problems. Believe it or not, this problem is very common for men and wome
sex life has suffered as a result. Tonight she made a genuine effort to let me know she wanted sex, w
and flow. What I'd be more curious about is the quality rather than the quantity of the sex you are ha
expectations of what marriage ""should"" be. It sounds like your definitions of love and sexual passion
ask yourself is if this is something that is illegal or not.Â If this is illegal to engage in, then you need to
hear of your relationship struggles.Â One thing I wonder is did you volunteer the information about y

new loss.Have you looked online for blogs and forums about adjusting to a recent death? Â That you
s and wrapping yourself in those warm memories.Â Think of your grandpa in his totality, all the thing
f you live in Fl. Feel free to call 305-374-9990 to ask when the next grief group will begin. They are virt

who might be able to help.Â Or call the back of your insurance card and see if you can get in touch wit
l to talk to a trusted adult to get support with talking to your familyÂ about your need for counseling
rticularly in the early stages of grief. Healing from grief can include counseling, but also attending grie
own.Many counselors work based off a sliding-scale, meaning they may lower their fees to meet client
or undone? Are you gripped with fear? Caught in a cycle of anxiety, helplessness, or panic? Having tro
ituations, your outlook are shifting for you."

may I say to you that... (as I've long since said)... if you need to mourn, take about a week or so and m
s, you can dial 211 and find resources in the area that may be free of cost or low cost. In addition, ofte
ospice support organization in your community - grief groups and counseling are often available throu
elors who are expects with grief and loss.

l health agencies in your area. Sometimes they can offer low-fee counseling. You can also check the hc
re having a hard time with it.Â Counseling may be an option if you have a university near you with a g
out special memories you have of your grandpa.Â You could also journal about your feelings of loss a

means people withdraw themselves from everyday life as much as possible.While emotionally it is ne
Â It isn't a linear process so you will have days that make you feel like you did the moment you experi
nly have similar components no matter how old your baby was, there are some differences as well.In
l close. Â This may connect your sense of loss to how you may feel now.Also, you and your boyfriend

like ""this isn't fair!"" and ""why me?""Bargaining - Hope that you can somehow avoid the cause of gri
rovide support through this process?There is some information here about some of the changes you m
yes. Why can't I stop crying? Why can't I stop crying?,"It's good to know you are reminiscing about go
yes. Why can't I stop crying? Why can't I stop crying?,"Because you're sad and miss the relationship y
e you love is always difficult, however, losing a mother is a significant loss in a daughters life. Â What n
or a long time. Death and grief bring up so many painful reminders of relationships--what they could h
at and live more in the present? How can I stop craving nostalgia?,Do some self-reflecting as to what
ast between your question and your first sentence. Do you see it? ""I feel guilty about my father's dea
ough. If you can get the support of a competent therapist, this may be quite valuable in helping work t
ime, another guy came in and showed her attention. I'll forgive the cheating if she'll come home. I thi
about learning to live in a different way, without her physical presence. One of the best things you ca
our boyfriend's passing. Grief is something that can take a long time to recover from. Have you consid
ard thing for someone to go through.There is really no set time for grief to be over, but I agree that if i

I don't understand why I'm feeling this way. Does this mean I have a problem? I over endulge when I
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I don't understand why I'm feeling this way. Does this mean I have a problem? I over endulge when I
mom is buying or hiding them for her own use and not on behalf of your father?If youâ€™d like to lov
se that can often be missed. Â Be aware of behavior changes and mood swings. Â Be supportive and r
meone who is physically addicted to alcohol will want to drink even when there is no social activity goi
care providers determine whether their patients suffer from an alcohol use disorder.Â 11 Signs of an A
d, usage results in not fulfilling responsibilities, usage results in social problems, usage results in healt

ve you ever felt Guilty about drinking?Have you ever felt you needed a drink first thing in the morning
household.Â Something like this, alcoholism, is a whole family disease. In other words, family memb
hen they were not ready. Â Remember we can not ever make someone do something they do not wa
tion affect the mind? I don't know if my ex-boyfriend is using opiates again,"Studies have proven that
a way to get more. Â It is also a federal offense to take someone else's medication so if you did take it
stopping pills, Â taking them away will mean she finds them some place else.The problem that anyon
zodiazepines, like Clonazepam. It is a difficult road for people who are trying to become clean. It is als
t helping around the house and always being high. I ended up hitting my brother for getting so close t
ave reason for concern. While there can be negative stigma about using substances, for the most par
pain and suffering that one is experiencing. It is not impossible to overcome alcohol or drug use/abuse
most of them time consuming, with slow progress and very often with tremendous emotional pain.The
. Let me offer you this, frequently when we say harsh, mean, nasty things to others, we are simply pro
Although feeling hopeless is an uncomfortable feeling, it suggests to me that you know that you can n
ould suggest that you first get evaluated for your alcohol consumption. Â Alcohol is one of the addictio
your own conclusions and reasons for these, regarding the topic? Â Â When you feel confident in your
m will almost always find something wrong with it,"There is some great advice here that can really he
m will almost always find something wrong with it,"It is challenging to see one's parents age and to co
m will almost always find something wrong with it,"Being a caretaker can be very rewarding and dem
m will almost always find something wrong with it,"Getting to the root of what about her request ups
m will almost always find something wrong with it,"Let's acknowledge the fact that your mom has Alz
m will almost always find something wrong with it,"My love lots of empathy for you and your mother.
m will almost always find something wrong with it,"It is hard to watch our parents age, especially whe
m will almost always find something wrong with it,"It's a good question man, and it must be terrible t
m will almost always find something wrong with it,"Make sure that you continue to treat your Mom w
m will almost always find something wrong with it,"You have the answer already. It is not your mom's
m will almost always find something wrong with it,
m will almost always find something wrong with it,"It is very difficult to move from being the child to
m will almost always find something wrong with it,"When you feel the frustration and anger building
m will almost always find something wrong with it,"Let me first say that I am sorry you are going throu
m will almost always find something wrong with it,"From your initial description, I would say that you
m will almost always find something wrong with it,"Yes, certainly your mom's difficulty in having mea

expects to spend every weekend around us, gives unsolicited advice on child rearing and does not resp
expects to spend every weekend around us, gives unsolicited advice on child rearing and does not resp
ls than be with her at all. Itâ€™s not just a "teenager phase." I still love my mom and dad, and Iâ€™m v
ls than be with her at all. Itâ€™s not just a "teenager phase." I still love my mom and dad, and Iâ€™m v
ls than be with her at all. Itâ€™s not just a "teenager phase." I still love my mom and dad, and Iâ€™m v
constantly hide the real me. It hurts so much to hide the real me. What can I do? What can I do when
constantly hide the real me. It hurts so much to hide the real me. What can I do? What can I do when
constantly hide the real me. It hurts so much to hide the real me. What can I do? What can I do when
does not get to be decided or measured by how your mother feels about you. Ideally, she would be su
f.I'm very sorry your mom has such negative views on you.Please know that there must be some reaso
sing for you.It sounds like there are things for which you are proud of yourself, which is really good. I h
your niece. You cannot change your mother's feelings and responsibilities, which could create feelings
nts about your sister.The truth exists whether or not it is acknowledged. Â Bu acknowledging what fee
id them overall or if you would like to ask your mom to maybe only talk to you about it for a few minu
unicated your feelings to your family member, that would be a good first step. Â Communicate with th
s, and while I am sure you'd like to be supportive, you recognize that listening to her complaints really
to identify how it makes you feel after talking with your mother. Work on establishing healthy bounda
to ""not want to hear it anymore"" but if you don't maintain healthy boundaries, you will allow your fa
will or will not cross. It is up to us to create and hold them. We have the ability to rethink them and ch
ct or let her go to voicemail, she can leave as many as she wants and you donâ€™t have to listen, you
a line or space between you and another person. It is also a way of defining what behavior is acceptab

ife. A therapist can help you figure out how much interaction is too much, how to say no and set healtl
you tried telling your mom that this is not something you are willing to contain for her? Have you talke
ies with family members. A good way to start is to hear your mother and validate her concerns. Let he
stening ear to someone struggling. Perhaps having a conversation with your mother about making the
Â Therapy can help you to define, establish and enforce boundaries between self and others by being a
ngs by saying ""I am sorry you are going through this."" Then, to set the boundary bye stating what you
nd how she is feeling and you understand that she is under a tremendous amount of stress.Â Validate

nately I can't do that. Their acceptance of youÂ is a journey, just like coming out is a journey for you. So
sk, is this something that you need their approval around?Â Owning who you are regardless of what o
n itself needs so much strength and courage, that which you have !"
ybe it hasn't changed, maybe there is more realization and you need to process that. I'm sorry they ye
g. One thing you may do is to give them time to process their personal emotions. Another thing you ma

ke at this point. Make sure you connect with a supportive community or people and organizations that
what other people say.The other therapists below have given you some great advice on how to cope w
ourage to tell them. Â Once they realize how brave you were and how much you need their support th
naracter, will always be tough to digest. Time is important to let it all settle in and also making sure you
ving yourself some love. Bring your awareness to the room around you and some of the positive energ
the information may have overwhelmed them.It is up to the family members now to realize they han
to sleep and/or partner with to begin with?)However, it is of utmost important that you accept yours
s or is the problem that he feels that doing what they want will be an easy way to stop hearing them s

ıship from an outside perspective to begin with.Â Try to see what it is that causes your mom to be ups
maturity and growing need for freedom and independance. I'm all for helping you find new ways to co
eace with themselves and their understanding of what went wrong, who was responsible for what in tl
:ared that if you forgive your mom, that would mean it wasn't so bad, or she'll think it's okay to do it ag

ıeir lives on Facebook, some people even go so far as to make their lives seem better or more interest
er, an old wound can be ripped open again by a small trigger.You were betrayed by two people close t
y of handling your hurt is by noticing your own feelings and the current circumstances that increase yo
ınd have a mediated safe talk. Â So both hear what you feel in the respective relationships.Â Possibly t
the feeling of injustice that seems to have happened to you. The struggle I notice people have is with
d like your opinion to be considered, and listed the key areas you'd like them to keep in mind when ma
:hat, you may be able to talk with them about spending some time in both places. Even parents who liv
erned about telling your dad regarding your gender identity, I would suggest a couple of things. There
ge.If you are legally a minor, then consulting with a doctor for guidance on transitioning, will require y
ı. This is certainly a tough spot. I have a few thoughts and perhaps some colleagues will add some thin
hat they treat you less well than your sibling has reasons which you may or may not care to theorize or
ɔur mom, because she has the more potent and the more long term relationship meaning in your life.C
v do I tell my elderly mother that I canâ€™t stay for long visits?,"Good observation on your part, to dist
v do I tell my elderly mother that I canâ€™t stay for long visits?,"There are many conflicting emotions a
orry about whether it's right in her eyes. Would it help for me to talk to someone about this? I want to
orry about whether it's right in her eyes. Would it help for me to talk to someone about this? I want to
very big part of both me and my kidsâ€™ life, but now last month, my dad told me that he really likes
very big part of both me and my kidsâ€™ life, but now last month, my dad told me that he really likes
very big part of both me and my kidsâ€™ life, but now last month, my dad told me that he really likes
ng behavior?,"The part of your life which is in your control is the way you handle what your mom does
always picks similar ladies. Do we speak honestly and risk losing a relationship? Should I talk honestly
always picks similar ladies. Do we speak honestly and risk losing a relationship? Should I talk honestly
izing.Unless you are lying to yourself or to them, then your best effort deserves appreciation and supp
ere and I'm glad that you recognize the importance of schooling.Where does your family get the idea tl
, you may be able to get counseling on your own (without needing your parents' consent) under some
get my family into therapy? How can I get someone else to do something that I think is best for them?

ıot believe what she tells you.Parents are meant to nurture their children, not take them down with w
eatening control of the other person.Start by telling your boyfriend to keep his remarks about you and
ɹ go to see your mother. I'm not sure whether talking with her on the phone or through some videoco
do? How do I choose the right path with my boyfriend?,"Forgetting one's emotions is impossible.Since
'Understandably you'd like support from those who know and love you.From what you write, your fam
ither. How can I create a better relationship with my adoptive mother?,"Going to see a experience cou

'hile I hear you saying that it feels like she doesn't love you, there could be a lot of other pieces to this.

dad normal?,"It's hard to tell from the way you described it. Do you think he would be open to an hone
tive because of things that happened in your past or in the past of the people that you are protecting. A
ıs of relating to family members, is difficult work.In the situation you describe, both you and the family
ne means to live on my own. Is it normal to hate my mom?,"It sounds like you are hating some of the t
gh stages of grief, since the inability to see your father causes you similar feelings as if you had lost him
/ narcissistic, codependent, ill mother?,"Focus more on your own life and less on the very heavy descri
st with first yourself and then your family about appreciating their interest and concern, and that you'
re about my mental health. How can I get my mother to listen to me without her freaking out?,"How ca
re about my mental health. How can I get my mother to listen to me without her freaking out?,"Could
hat other people's behaviours...how they treat you...it's not about you...it's about them. I love that you
h is too much? and how do you express it without damaging those around you? yes mom's get angry, s
my family that I'm bisexual,"Hello, and thank you for your question. Being bisexual can be particularly

my family that I'm bisexual,"Coming out to family members can cause a lot of anxiety. However, Â alt
my family that I'm bisexual,"Perhaps you are not ready to come out to your parents.Â Often timesÂ o
ing will go perfectly, but unfortunatelyÂ I can't do that. There is no way of knowing how parents might
ıg a huge weight on your shoulders. Stressors come in many forms and you are engulfed in a few of th
of my parents are cheating?,"You as the child in the middle of your parents' problems is the worse po
enough to say anything to him. Your reaction is understandable; it's his responsibility as a parent to w
ıything you would like to have different in your relationship with your mother? I don't know if these qu
news of her pregnancy, to the family?Talk with your daughter first, whether or not she would like you
A pregnancy is a glorious gift to be celebrated.Â I wonder what gets in the way of you celebrating you
ere's a saying that goes ""hurt people hurt people"". It's possible that your aggression towards your fr
dest things about this, however, is getting both people within the relationship to recognize that they a
our brother. You will ALWAYS have that, you know? He's doing what's natural at his age...spreading hi
us. Feeling sad over these losses are normal. While there may be some things you can do to remedy th
y. We are in our 50s, and it hurts that he won't even think of me or involve me as part of the family. H
best to coordinate plans with her, but she always ends up frustrated about the lack of communication
best to coordinate plans with her, but she always ends up frustrated about the lack of communication
h other. He comes up to my school every day and it tears me apart that I have to lie to her. I lie to my
h other. He comes up to my school every day and it tears me apart that I have to lie to her. I lie to my
use it's up to me if I want to play for a certain team. I was planning on playing basketball for the high s
. No matter how often I try to tell him this, he never listens. How can I have a better relationship with

be precisely because your brothers demand so much more your mom's attention through fighting with

don't want that to happen I love her so much. Please help me save my marriage. Even my 3 boys want
ates, their family and my son are unforgiving. Should I forgive this man that I'm falling in love with or s
ionship that you have with him. A love for a mother is a very different love than one with a girlfriend

ıring my reaction to certain situations to my family's. What's wrong with me? My parents are threaten

ny family,"It sounds like keeping the secrets has become a problem for you now. There are several thi
gree with a lot of the things he did he has updated his techniques a lot these days.Â FYI I kind of one o
cted in relationships.Â Working with your husband to help him become a better listener and conseque
not being heard and do all the listening and if you want to take massive action towards your being hea
our husband about this in a calm and respectful way? You would have to bring this to his attention in a
rson cannot participate in a discussion. It takes a talker and a listener. Furthermore, communication wi
would look at this as an opportunity to see if you can become aware of what exactly is happening betw
whether the goal you'd like to reach is even possible.Some partners prefer that one person is the rule
ack on how his not listening impacts you. The best way to provide feedback is in 3 parts. The first part
some general ideas, but if some of these things don't get you to where you would like to go, consider
robably not likely, but I'm going to suggest it any way. Â He needs to understand that how you feel ab
band like dressing as a female in our bedroom?,"Depending on your own sexual history and what you
band like dressing as a female in our bedroom?,"It sounds like you may be asking two different questi
re,"Lacey, I'm SO glad you wrote. Thousands of people are having this same feeling right now. I'm gla
ears with this. It wonâ€™t go away. By the way, I am in my mid 30s and my wife is in her mid 40s. I'm d
ship. Trust, as you clearly know, is essential to healthy relationships. Past indiscretions or dishonesty c
that your husband's trust of your actions, makes a difference to you.The typical therapy formula for re
now you are doing nothing wrong. If the lack of trust on your husband's end has to do with something
the past for fear and insecurities to come up from time to time. His reactions may not mean that he d
nd desires â€“ if you consider a diagram of two overlapping circles, they may share perhaps a third of
omeone on a longterm basis is when two people see life and the world in similar ways.Even though ""
s speaking to: don't get too comfortable. But, in truth, no one really has the answer to your question,
at hardships are normal and something to work through is a big part of the healthy attitude partners i
e extensive studies with couples to determine what behaviors are key in making a marriage work and
werful biological bond that ensures we get together, mate, and have kids. When that magic fades, the

.Â A good spouse or partner knows to be patient and accepting.Â Knowing each other's strengths and
en it becomes emotional, or speaking over and for each other in these conversations. Coupleâ€™s sh
Positive Regard.Â Everyone has their favorite qualities they feel best fit a marriage. However, these are
ple is when he opens the front door, the dog runs out if he doesn't pick him up. Over and over again,
ple is when he opens the front door, the dog runs out if he doesn't pick him up. Over and over again,
ple is when he opens the front door, the dog runs out if he doesn't pick him up. Over and over again,
h, but does not mean you donâ€™t need to not be married.There are reasons why couples donâ€™t g
ee on what foods to buy at the grocery store.In both temporary or longer term arguing, ask yourself if
port right now, and yes, you need answers. She is in denial and is trying to hide the truth, to protect h
t. When couples are able to repair after an argument, they have an opportunity to learn more about e
known your better half for a long time, during the first months and years of marriage you go through a
you and your husband. Â Your perceptions of interactions that you are having don't sound like they
en to get hurt. I'm not sure how to move forward? About a year ago I found out my husband had chea
en to get hurt. I'm not sure how to move forward? About a year ago I found out my husband had chea
en to get hurt. I'm not sure how to move forward? About a year ago I found out my husband had chea
en to get hurt. I'm not sure how to move forward? About a year ago I found out my husband had chea
e only person that you have control of is yourself. So then the question that this reality poses is: What

you?Â What are you lacking in yourself that you allow yourself to be treated this way?....I can go on..If
sband what you wish he could do for you in this moment. It could be that he is showing that he is getti
taking care of two kids by myself. He's suddenly saying he misses me and wants me to be his adored w
taking care of two kids by myself. He's suddenly saying he misses me and wants me to be his adored w
want to sit on that couch. Am I wrong because I donâ€™t want to sit on the same couch my wife had se
ere is not too much wrong. Can this marriage be saved or is it too late? He said he would go to counsel
lren do not have a good relationship with him now. He has another child from a woman he was dating.
want to consider. Betrayal is very hard to get over so if it's taking you awhile to get over, know that this
appy but I couldn't help feeling disappointed too. I had told him numerous times before that I wanted

ɔrotect their client.Â In such a case, the therapist would need to discuss the options with the client, an
ıtal health hold. The client would be much more likely to end up at a residential treatment center for s
ɔners have license to judge whether or not a person fits a category of psychological problem.This is ad

it lasts for your lifetime.Â You then have access to local counselors/therapists who will see you for an
ı a sliding scale fee. Â I would google online mental health treatment providers and that should lead yo
r for a small fee. I suggest doing a simple Google search and contact therapists in your area. It never h
down important functions of the body to conserve energy. The consequences are dangerous and can b
ɔn for help? How can I stop bulimia after 6 years?,"Eating disorders usually result from a sense of insec
ɡ mechanisms I can use to break this cycle? How do I handle my binge eating?,"Hello,This question des
ɡ mechanisms I can use to break this cycle? How do I handle my binge eating?,"In dealing with an eatir
ɡ mechanisms I can use to break this cycle? How do I handle my binge eating?,"The fact that you are av
ɡ mechanisms I can use to break this cycle? How do I handle my binge eating?,"I believe that for result
you eat.Almost all packaged foods sold in supermarkets and cooked by fast food places and shopping
d I'm sure many others will relate to exactly what you're describing. There are a few different ways we
ɔu have finished eating. A simple walk around the block, calling up a friend and going to visit, or even g
with Sherry that in a close intimate relationship, you are entitled to ask questions about his relationsh
d like to ask a question, then go ahead and ask!Boyfriend/girlfriend is a close relationship and it is usua
k him.I'm not sure how you saw his phone if you're in a long distance relationship, because long distan
honesty is the right approach in this situation. Share with him that you looked at his phone, as well as
st way to get an answer is to just ask. I would defintelyÂ let him know you are asking out of concern ar
you be open to bringing it up in a matter-of-fact manner? Like who is she, what do they have in comm

at might be happening here.A few possibilities...it's possible that he's not as in love as he says. Some p
wants this and if not yet, he should be able to give you a reason why.Â People who drag their feet in th
have as infinitely different ideas of what, if anything generates from feeling in love, as there are peop
ıship?,"AWW at least she is honest and a "" crush"" is that.Â Stay true to who you are and she maybe t
ıship?,"I can only imagine how hard that must have been to hear. On one hand, most of us would say w
ıship?,"Hi! It sounds like you are stuck in a difficult place. You do not want to appear to jealous and yet,
ıship?,"Long distance relationships are very difficult to maintain, not just for the lack of communication
ıship?,"Thanks for writing in. Several things come to mind:I don't know how you are communicating, bu
ıship?,"Often, communication is the key within relationships. When faced with our significant other tel
ıship?,"Discuss with her boundaries and discuss what would occur if this â€œcrushâ€ becomes more th
ıship?,"You didn't define ""long distance"" or the specific circumstances leading up to it. Â That having l
ıship?,"She actually told you that!? You guys must have created a great amount of safety in your relatio
ıship?,"No one can tell you how to deal with your own relationship, even a therapist. But, you should a
ıship?,"Long distance relationships have the addition strain of being far away. Â It sounds like you and y
ıship?,"Did your girlfriend tell you her reason to tell you about the new person?Your feelings of insecur
ıship?,"Those words must have been extremely difficult to hear or read. It sounds like you are both hav

ı correctly, this ""maybe-boyfriend"" has done a partial break up, and wants to maintain a partial relati
ry confusing...and hurtful.Â You do not have to tolerate someone treating you in a way that hurts you
up the topic as to the way you're feeling?The best way for someone to understand us or to understanc
t and confusing.If you think your boyfriend would be open to having a discussion, try asking him for a t
ɔne in your life you feel you can trust and feel uplifted when you are around them?Â Sometimes e hav
ot comfortable with being our self. When you find that nobody is around do you feel alone? Your neve
ıring your heart here.Â I want to start off by saying, in kind of an ironic way, your struggle is somethin
; when we feel alone, even with the presence of family and friends, feeling alone most of the time cou
ve question which reflects good self-awareness.It is possible you are a more sensitive and aware perso
on,Â being heard.Â Â Communication Crunch High Impact Communication"
ɔvements you think of based on the impressions you feel others have of you, will progress your self-ex

ɔout how to sustain a long-distance relationship. Although maintaining a long-distance relationship has
ıicate as often as possible. Also,Â Â evaluate if you trust him, that goes a long way to know how to kee
ɹsband and I joined the USAF two months after we got married! How long do you expect to be apart? D
:o your relationship once your bf is away from you for extended time periods.All you both can do is sta
:an be complicated. If he loves you and you love him, that's a great start. I wonder if you would be able

nt to be friends with that other woman, but I don't think she believes me. How can I get my girlfriend t
nt to be friends with that other woman, but I don't think she believes me. How can I get my girlfriend t
nt to be friends with that other woman, but I don't think she believes me. How can I get my girlfriend t
nt to be friends with that other woman, but I don't think she believes me. How can I get my girlfriend t
'ever, I also don't want to throw away a great relationship over what might just be lust. Am I asking for
'ever, I also don't want to throw away a great relationship over what might just be lust. Am I asking for
'ever, I also don't want to throw away a great relationship over what might just be lust. Am I asking for
'ever, I also don't want to throw away a great relationship over what might just be lust. Am I asking for

·ocessing information. Have you checked in with your husband about this in a non-accusatory way? So

ɔ I pick between two guys?,"There are different types of attraction. Â You said that you've never felt th
ɔ I pick between two guys?,"Decide your purpose in being part of a relationship.Fastbeating heartbeat
ɔ?,"Try to figure out why you go back to him.Love is never enough reason to sustain a relationship.Thou
ɔ?,"There are a lot of pieces to the decision of whether to stay or leave. Can you have open conversatic
unavailable to you and others.If the police cannot find him, then there is a level of risk or secrecy to hi
ver 9 years, and we have a son. At the beginning of our relationship, I was unfaithful and she caught m
ver 9 years, and we have a son. At the beginning of our relationship, I was unfaithful and she caught m
ver 9 years, and we have a son. At the beginning of our relationship, I was unfaithful and she caught m
ver 9 years, and we have a son. At the beginning of our relationship, I was unfaithful and she caught m
h of them. Should I be with the man who is good for me and my children or the man I love?,"The answ
gh with wanting to message him.Regardless of whether the response you receive is what you'd hoped
where it will take you.Â You don't want to hold this regret of not letting your feelings known and won
imply tell him you decided to accept his invitation to be together?Probably your first concern about he
ɛ it. How do I save my relationship?,"Are there ways your partner acknowledges the difficulty to stabili

ot having confidence in the love you give to yourself.Possibly you consider the quality of your self-love
reasons but often people feel validated when they are in a relationship, the need to be in a relationsh
ys to look at this. It sounds as if there is a part of you that is looking for support. I wonder what it is tha
require having quite a bit more information about what ""relationship problems"" have occurred Â tha
me responsibility in some of the relationship problems you are having. This isn't always easy to do, bu
ɛ communicator will almost always improve the quality of your relationships.Â What stands in your wa
she says (without judging, commenting, refuting, defending, arguing, or scoffing--just listening, no ma
would be so much easier. I would secondÂ Robin's suggestion of reading ANYTHING by Gottmann. He's
dy on the right track.As far as learning how to listen, try some of these steps:Ask whether a certain tim
ɛ is not out to get you, just listen and work on how your reactive to people and sitations around you. C'
ationship is when both people are helped to recognize the ways the couple dynamic falls short of wha
feeling instead of trying to make yourself heard and understood first, that's often a good step. Also, wo
elp it. It's like I'm battling myself. What do you feel? Should I seek help or should my boyfriend and I s

nship.What type of move would you like him to make?If you mean you'd be happy to have sex with th
ear?,"One way to make good use of the situation you describe is to prepare and rehearse within yours
ting for you. You are confused and want to mend the relationship with him, but are finding it so hard t
e person does all the work to change their approach, what they expect, what they offer the other, the
portantly you have felt that he is. Â This will give clarification to the situation as we need to remember
arks my interest? How come no man sparks my interest?,"Yes, of course there's a reason!There's alwa
this or your reaction to it?Are you asking your question because his behavior upsets you or only out of

next move for you.When a relationship ends the daily life structure changes significantly. Â A break up
el the same way. I don't want to lose her friendship. What do I do? I have a crush on my bestfriend's br

ng a song without him thinking I'm trying to give him a hint. He even accuses me of cheating and lying.
ve interactive discussion groups.Also, depending on exactly Â what you mean by becoming ""emotiona
finance's hair preference for you reflects he still is in love w the ex.There are other many reasonable

sed from this single issue many times. How do I start taking initiative in my relationship?,"Do you know
ds, and I don't want a broken family because we can't communicate. Why do my boyfriend and I have
ds, and I don't want a broken family because we can't communicate. Why do my boyfriend and I have
ds, and I don't want a broken family because we can't communicate. Why do my boyfriend and I have
ds, and I don't want a broken family because we can't communicate. Why do my boyfriend and I have
back. I don't know what to do because I can't hurt my friend or my boyfriend, but I think I might Paul a
called me a particular profanity?,"It sounds like you are reacting to an issue in communication patter
. Â If any separation is difficult, you may need to examine why. Â Think about what it is that you miss a
nstantly talking to himself,"A rare topic & likely extremely troublesome for you... I would need to have

often care deeply for those whom they love. I don't know how long you have been together. It is also c
olest answer is that love feels good, obsessions don't.Love deepens a sense of peacefulness and securi
is first look at the different elements of a possible conversation in the future. If you are at a place wher
u have concerns about flights, it would probably be most helpful for you to speak with a local therapist
ne and not just the attention I give them?,Attention is often something that is both wanted and someti
you hold between you both: that you matter. Sounds like you are stuck in a cycle of hearing your ex sa
n all your adult relationships. Insecurity in relationships often has much to do with feeling unheard or
t what you'd like from a relationship may be very reasonable, only that your partner is not someone w
™t sexually perform?,"Hi,Â First and foremost, I want to acknowledge your efforts to gain (your) ideal
™t sexually perform?,"Hello, and thank you for your question. I completely agree with Dr. Zehner. Ma
are the only one who can tell you what it will take for them to trust you again.Â What they tell you m
o end my relationship with my boyfriend for good?,"From what you write, you're not too happy with h
o end my relationship with my boyfriend for good?,"Sometimes relationships just do not work.Â Don'
o end my relationship with my boyfriend for good?,"Hello and thank you for your question. I worked f
y boyfriend I wanna be with him but not in a relationship?,"It sounds like you're pulling away instead
y boyfriend I wanna be with him but not in a relationship?,"I have learned that the best approach is to
y boyfriend I wanna be with him but not in a relationship?,"Why don't you just tell him everything tha
thing is going on with him that he needs time to process, think about, and work through.Â Respect th
erent styles of reflecting on their lives, one of which is to retreat the way you describe your boyfriend
ve happened to prompt him to back off. Â The second is what it means to you to have a boyfriend who
esn't want to deal with me while I'm pregnant. He doesn't take me to the doctor or anything. I feel alo
o it gets so loud I can't hear what they are saying. I just stay away from people to avoid this. I look at p
otionally andÂ may haveÂ affected your sexual performanceÂ as well.Â Make sure the other girl is out
that I'm giving him a second chance again? Is it bad that I'm giving my ex-boyfriend another chance?,"I
im to leave my room. We recently just got back together. One time I was sick. He came to visit and fee
him. They have two kids together. He decided to put the divorce on hold. He left town for a month to
reason. Do you maybe hope that a baby will cement your relationship? It doesn't work that way. Do y

or another relationship, and I don't know if he ever will want to be more than friends. I have feelings f
ıbout me. How do I help my partner overcome depression over not having his kids by his side all the ti
How do I get my girlfriend back?,"New York, what would it mean about you if you got her back? Is that
ept for the fact that she has Tim's heart. He is convinced that they are in love, and maybe they are, bu
ıg site. When I found out, I asked him about it, and he responded with this: â €œMy apologies if I got r
ng on for two years. I do love her and care about her and her children a lot, but she seems really dema
: so madly in love with me, but now, it seems like he couldnâ €™t care less. I think I'm running him awa

make these intrusive thoughts go away, however, your feeling that you can't control having these tho
gh I come home during all of my breaks to take him out, he still poops and pees in the house every cha
bickering at each other over the smallest things. He thinks I don't have a reason to be mad, but I belie
bickering at each other over the smallest things. He thinks I don't have a reason to be mad, but I belie
:ious. There's a chicken and an egg, and I don't know which came first. One thing I see clearly is that yo
y for me so that I won't worry about her doing anything regretful. We love each other, but we're in a r

t experience and then lose it is awful. While it is easy to feel angry or start doubting yourself under the
ıerve better. My understanding of today's (western?) social cultural norms is that it is somehow accep
; he loves me but is afraid I will hurt him "again." I just want to know where to go with this because I lo
; he loves me but is afraid I will hurt him "again." I just want to know where to go with this because I lo
Generally, the only way to ""force"" someone to get mental health care is if they pose an imminent th
he other Ontario; in Canada. I'll try to help you sort this out. You have a long list of complaints about y
me, I can't help but think that something is wrong. Am I wrong for feeling this way? I try to talk with hi
les, goes over once a week and hangs out with the ex and does family things with her. Since he works
their afraid. They know that it's something worth holding on to but most feel they can't handle it and
broad facts that you state.What are you gaining from being together and are these gains outweighing
ves me. I'm very hurt and confused. My best friend says she loves me but is talking to a random guy,"C
r.If, for example, you feel you need a man because many of your friends are in relationships, then pos
ɔout you. The most important thing to remember is that you can not make her feel a certain way. Â Th
is often a self fulling prophesy because his accusatory manner becomes unbearably frustrating. Wha
What needed...(How partner make it better) We want to be soft on the person but hard on the issue.
rsations gently, taking responsibility, talk about your needs rather and pay attention to your own need
lationship therapist I work with a lot of people who feel similar feelings to some degree or another an
ry you are feeling uncared for. I'm sure there are plenty of people that care and love for you that you
ould make you feel no one wants to be with you?
e for you when you aren't present,Â talk to him. It sounds like you are concerned that he is building ar
l to be very open and expressive. Now she gives short answers and has no interest in sex or any touchi
st found out my boyfriend has been cheating on me,"Cheating is often a sign that something is amiss i
frustrated. I am in my mid-40s and am currently mending a broken heart over another failed relationsh
more texts that day telling him I was serious and that was the end of it. His wife (my good friend) saw
others you get to see a reflection of yourself. Sometimes you may enjoy that reflection, other times it
to where you might look for free counseling. First, I must mention that most insurances now cover for
start with the awesome realization you've already had, you want to notice that you have triggers. Tha
ıey adore pleasing humans and often LOVE to work on learning what you want and expect from them.
of hard not to stress about it, because the love of my life is losing feelings which is a sad feeling. He's a

:nced by you, they likely don't feel you are being influenced by them either. The best fix you can practi
ı discussion with him now that you are calm about why you were upset and how you would like to han

:ond guy, I don't know how to tell him that. What should I do? How do I choose between two guys?,"H
affectionate at all or I don't know how to please a man, when I work part-time, take care of a 2 year ol
g changed. That's when she told me she loved me but was not in love with me anymore. I thought may
itâ€™s hard for you.Â However, the most important piece here is that you know that this relationship i
e or close friend (or therapist). Depending on your current relationship, would you be comfortable disc
op us from fantasizing, but it may stop us from acting on our fantasies if we are in a monogamous relat
ntly and lovingly confront her if she continues to refer to you as a female. Â Good luck!"
of life.If you're in a solid and stable life, then enjoy your oral sex fantasies. Â They are just as normal a
ıse growing up. I am currently single. I crossdress and I don't know how to feel about it,"Let yourself er
ıse growing up. I am currently single. I crossdress and I don't know how to feel about it,"Normalizing cr
ıse growing up. I am currently single. I crossdress and I don't know how to feel about it,"Hi there! It sou

ıse growing up. I am currently single. I crossdress and I don't know how to feel about it,"If you enjoy cr
ater in life. Humans have a tendency to think of things in absolutes. Black or white. Good or bad. Gay o
. meaning our sexual orientation is not as fixed as most people believe.Â Women in particular tend to
or described you at one point could change. As we grow and evolve some things about us that were or
is understandable. There are no rules about who we are attracted to, who we may choose to be intim
fter being straight fr 40years !
t's because you are. Get in with someone to explore more of that why and what you want to do with w

ıing about humans is that we are continually growing and changing. During that growth and change, w
er time. Sexual orientation is very much a spectrum that one can move around in time. It does not mea

ely rare for someone to develop feelings of same-sex attraction later in life. I would explore whether t
ce exists on a continuum. Over the course of many years a person's sexual preference may shift.
ectionally to different types of people at different times in your life.
e to experience something new in your life?Â It is natural to feel attraction to all people. As young chil
be the one you decide after reflecting on your own reasoning as to your sexual attraction change.Some
ıkes into the consideration that your body is your own and therefore your own choice as to what happ
ıl journey and only you (with the help of supportive individuals) can make those choices for yourself! H
ce you asked specifically about hormones, it really depends on where you live, how accessible transge
insurance for hormone therapy.Â I would recommend that you ask your Doctor what their requireme

ıt it is a part of the process prior to an actual surgical transition.You may consider a book called the Tra
ic, and most valuable, pay attention to the way you actually feel around girls, how being approached a
ıful for you? From what current science has told us about sexual orientation, it's a spectrum. There are
one end, only girls is at the other, and bisexual is in the middle. Anywhere in between those points ca
you don't want to discuss your private life). Â I might also speak with your wife and share how hurt y
th her family? Without exploring what is or isn't okay through healthy dialog, it's entirely possible she
our wife's sister. Â You can also plan to take some time for self care after you see her. Â For example, i
e know that like sexuality, gender is a spectrum too.Â It's possible to look like a girl and feel more like
gender you are born with, and there are many different terms to help describe that. Gender is actuall
ou feel most familiar with. Â The most important part is not who people think you are, but that you kn
our gender, what is written on your birth certificate.Â Measure the significance of your answer to the
disgust. This is tough on me. I'm scared that I looked too many times. I keep thinking about it and shak
disgust. This is tough on me. I'm scared that I looked too many times. I keep thinking about it and shak
disgust. This is tough on me. I'm scared that I looked too many times. I keep thinking about it and shak
writing from Toronto Canada so it is hard for me to direct you specifically. Â I would start with two thi
d here:Â http://forge-forward.org/directories/listing/. I would start by connecting with a local organiz

that I'm gay,"I agree with Amy. We get a lot of pressure from others and even ourselves to define wh
that I'm gay,"Use this time to explore who you are...imagine what your life would be like if you were g
Just in the effort to be clear, the same idea applies if you are genetically and biologically male and fee
ınsgender therapist will also have the opportunity to answer your question. From the experiences that
ed toward anyone. Â I would suggest doing some reading on asexuality and see if it connects to how y
ıformation about asexuality - http://www.asexuality.org/home/There are a whole lot of myths surrou
ou did not mention what you do find arrousing either. Â Hope this helps."

ion. Â Exploring your sexual orientation and attraction is a wonderful opportunity to get to know your
, but not like before. I can also find men attractive now. I'm too ashamed to tell anyone. Why do I war

ıt.Having questions is a very valuable way of more clearly defining your sexuality.Write one or two of y
lity, because this is nice and neat and convenient...many people find that they don't fit perfectly into c
specializes in LGBTQ issues. Â From what you have written it sounds as if you still have some confusior
that I do act will make more sense if I was a girl. How can I determine if I should be a boy or girl?,"I un
that I do act will make more sense if I was a girl. How can I determine if I should be a boy or girl?,Genc

sive thoughts?,"Scary thoughts can feel overwhelming at times as well as feeling quite real. I want to a
sive thoughts?,"You are

sive thoughts?,"When my clients say they are having a similar experience I teach them two main copir
sive thoughts?,"There are some great thoughts offered by others here.Â I would just add that typically
sive thoughts?,"Such a great question! I'm so sorry you are struggling! You may be experiencing Intrus
sive thoughts?,"Hi there,I first want to let you know that having these thoughts is completely normal. S
sive thoughts?,"I'm sorry you're going through this problem of scary thoughts in your mind.None of us
ter equipped you will be to handle any emotions which result from them."
of your mood swings on a daily basis for a week or so. It would also be helpful to note how well you sle
everyone else may seem less fun.Try creating your own world of a healthy culture through social med
with different things, such as having dessert on certain days. If you are concerned about mostly eating h
st my own advice and my own thoughts, but it's just that I'm thinking of them through a voice other th
st my own advice and my own thoughts, but it's just that I'm thinking of them through a voice other th
st my own advice and my own thoughts, but it's just that I'm thinking of them through a voice other th
ow do I know if my daughter has bipolar disorder?,"Bipolar disorder has a lot of different components.
ow do I know if my daughter has bipolar disorder?,"This is not necessarily bipolar disorder.Based on the
s their pain, despair, shame, fears, and instead store them up, eventually the pile up leads to the situat

nality disorders are difficult to treat, However, there are some approaches that might yield better outc

eir intentions and interpretations about them.They tend to behave this way with most of the people in
that there is something wrong with you.Ignoring the person to the degree this is possible in the situat
nection with your counselor and you feel it's a good fit.Â It's hard to get through that anxiety already,
OCD. What this is, is a specific protocol that helps you build relaxation strategies and to increase the a
out it."
, no joy, no drive to connect w others.Itâ€™d be unusual if your bf is really a psychopath bc if he was t
ne spans than longer ones.Once you start seeing your success, this will motivate you to try increasing t
ways ask them is, ""What are you getting from sneaking out that you aren't getting at home?"" Many te
parents know you've been sneaking out.Â If that's the case, could you ask for their help?Â Sometime
lp to take a closer look at how we make our decisions. Usually we are getting something good out of th
rstanding the motivation behind your actions (in this case...your sneaking out at night) can often time
stop and cannot seem to be able to points to something deeper. That cannot be unpacked online, but
understand these reasons because the answers may give you good guidance as to other ways to get

ople for it not working out. Can you explain what's going on? What's going on with these mood swin
ople for it not working out. Can you explain what's going on? What's going on with these mood swin
ople for it not working out. Can you explain what's going on? What's going on with these mood swin
at a lot of people will hear a voice at some point in their lives and that there are many things that caus
ut the details so you can have some really specific support for what you are going through.I don't know
ative experiences. Â Many times when people go to trough traumatic incidents or changes in their live
vith whom you're close, under stress or somehow suffering?Dreams and nightmares are when our feel
elings. It could anything and it will change your life to know what your particular issue or trigger is. Ple
t who specializes in dreams, as I do. If you are hearing voices while awake, see a doctor right away.Â I
or psychogenic non-epileptic seizure. Basically, this is when a person shows signs of a full-on seizure (s
re.Your doctor knows you better than any of the therapists who write on this blog. Â And, because you
you could have a seizure during which you have some sort of symptoms similar to a hallucination (wh
bi polar disorder, then the description you wrote above is not sufficient for a self-diagnosis of like dis
ing like you are detached from yourself, and 2. The feeling that you are detached from your environm
ed in their past.It would probably be helpful to speak with a local mental health professional."
in your life which may contribute to the swallowing tic.If you've been under severe stress at work, Â fe
and extra communication in nerves and muscles that can be treated with medication.I'm not sure abo
hen sometimes the awareness of doing a repeated action not because its necessary but because it satis
nt out that the person may unnecessarily hurt someone's feelings.If you express your thoughts and giv
ected attraction to study the features you consider attractive in someone.Attraction based on physicali
ing someone, fear of being alone, fear of not being good enough. All those fears can lead to low self-es
ehavior is one of the hardest things a person can do. I agree with Sherry that being patient with yours
the person feels a sense of fear to change.What the roots are of this fear are usually easiest to identif
s type of dissociation may feel disconnected from their bodies, feel that they are watching their bodies

o I think about how easy it would be to hurt cute animals?,"A lot of different things could be happenin
Why does my granddaughter instantly switch moods?,"There are many possible answers here. It coul
throughout life, kind of like being on a roller-coaster, ""here it is, then it's gone not to return for quite s
our question. Bipolar disorder isÂ generallyÂ characterized by extreme changes in mood, ranging from
avioral therapy can help you to understand the source and thought patterns that cause the behavior,Â
that can help you live your life to the fullest.Â There a many people who are diagnosed with psychos
happening) and I feel like I'm too clingy. I've been having breakdowns for no reason at all,"There is a r

. When I'm driving, I sometimes imagine what would happen if I just let go of the wheel and kept going
ger"", and the emotions aren't so much about that event that's happening in the present; they are mo
rade. I am at an all-time low in my life, and I'm not even that old. I've always been a straight-A student
rade. I am at an all-time low in my life, and I'm not even that old. I've always been a straight-A student
d how this is causing a problem in your life. You're causing perhaps permanent changes (damage?) to y
erent types of Bipolar diagnoses in the DSM (diagnositc and statistical manual) and the best way to fin
ul programs out there including: AA meetings, SMART recovery, faith based programs and online servi
self. AttendÂ Al-AnonÂ orÂ Nar-AnonÂ meetings. While I hope that every person with a substance use
is not quite there yet I would snuggest individual therapy for yourself where you have an outlet and ca
e definitely connected to it. Most people benefit from professional help, whether they are the addict o
on what you'd like from him. Â Â This may encourage him to try loving you back instead of drinking to

very by acknowledging the problem and asking for help! The American Society of Addiction Medicine d
(I was in treatment in this organization). I work with mental health peers and run life skill groups. I do
(I was in treatment in this organization). I work with mental health peers and run life skill groups. I do
(I was in treatment in this organization). I work with mental health peers and run life skill groups. I do
(I was in treatment in this organization). I work with mental health peers and run life skill groups. I do
tart by spending small amounts of time with your own thoughts and feelings.Always being focused on

erapist to provide information about you to your current therapist if he/she reasonably believed it wou

want him to call me back. Can he just ignore me? Is it ethical for a social worker to ignore a clientâ€™s
want him to call me back. Can he just ignore me? Is it ethical for a social worker to ignore a clientâ€™s
: have to wait until he is released (or until you can visit him) to find out from him what is going on."
been) harmed, I would strongly recommend that you report your concerns to your local law enforcem
not prescribe or have access to medication. Most therapists won't even get involved in a custody battl
e providers discontinue treatment with you when you still need it, they are legally required to make s
n Tuesday. I called to cancel at 4:30 the previous Friday. I was late, so we contacted my doctor to tell h
e 13 to age 18) Â Second, even if you are old enough to to be able to tell your provider not to give any
t to get counseling if you don't feel supported by family members.Â There might be a few options.Â I
erapist?,"Your doctor might be required to tell your psychiatrist - especially if your doctor is concerned
cord a counseling session without the consent of the counselor. Since only one person's consent is req
d in different states Including ""technology assisted"" or ""distance"" counseling. So it might take a litt
rly assess whether therapy is helping and what progress is being made, the therapist needs to have wa
nade that the client can continue without that support. There are exceptions to this rule, but for the m
nt's inability to make forward progress in therapy; the clinician's inability to help the client (for a varie
what he or she has accomplished in counseling, so it can be a good idea to spend some time acknowle
. Here are a few examples.Â The counselor may determine that the client's needs are outside what the
end.Â I am always digging, searching and exploring.Â There comes a point where things come to ther

eloped the coping skills for which they came to therapy, counselors should encourage clients to decrea

luation, I identify my clientâ€™s short term and long term therapy goals.Â As therapy progress, we ve
para la conclusiÃ³n del tratamiento y proveer referidos segÃºn aplique, los clientes no necesitan prove
ey are finished. In the case of a termination because a client's distress has resolved, I might periodicall
ecrease the frequency with which he/she comes to session so that it may start off as weekly, then decr
e are many considerations counselors take into account, to help answer this question, I'll offer an exam
the client feels. In short, therapy ends when you feel your done.C"
re stable for a period of time and has reached therapeutic goals I will talk about termination.Â Some c
erience to work with the client. Â This may happen during the intake process or after working with the
are improving and receiving a benefit. And the therapist may see a benefit and the client does not. It i

:, by lack of interest in accepting or completing homework assignments, missing or cancelling appointr
ndonment.The way you'll both know therapy is coming to a close is that the discussion will feel lighter
ceptance where they wish to remain or even a breach within the relationship. Â The last aspect should
as met all of their goals, at least to a degree when they feel that they no longer need to work on them

his is a field you might be interested in pursuing.Â Regarding the length of schooling, it generally takes
ıat you want to be a psychologist, and that is one path to working in mental health. Â You could study p
o get him something special with my country's name on it, and I remembered that he likes wine. My c
o get him something special with my country's name on it, and I remembered that he likes wine. My c
o get him something special with my country's name on it, and I remembered that he likes wine. My c
es that may be appropriate for your child.Â If the therapist is leaving one practice for another and is ab

ned exit from an agency or practice they will inform their clients, and offer or provide Â transition sess
expected to tell you and write you their care plan for the child patient.Are you the parent who is legall
ıably be happy to help you.Â If that fails, and I hope it doesn't, consider finding a therapist on your owı
ther clinician outside of the place of employment. Third, the counselor could continue to work with the
ıot providing you with the help you need.My recommendation in a situation like this would be to let yo
ngs in common with other relationships; they work best if there is dialogue about what your hopes, th
on you. Any good medical professional will recognize that.You are absolutely right to think about the ir
Simply explain to your doctor the feelings you have been experiencing and how you feel that speaking

r values are then its difficult to do anything, and right now everyday we hear uncertainty in what used
'es, ""What is this stressor really about?"" Simplifying stress is a key to minimizing stress and leads to f
:s every area of your life; physical, emotional, social, cognitive and spiritual.Â You may experience phy
reduction, it can be useful to take an inventory of the emotional, cognitive, and physical manifestation
One of the best ways to combat the toxic effects of stress on our bodies, social lives, and overall well b
breathing 4. Take a break and listen to some music 5. Smile even when you donâ €™t feel like smiling d

elaxing and mediating like deep breathing, and trying your best to be in the moment!"
cise or alternative practices like yoga or tai chi.If the stress is more deeply rooted than temporarily fee
ıur mind that we are relaxed. So that means, taking slower, fuller breaths and trying to relax any areas

basic issues: sleep, nutrition, exercise and socially supportive relationships. A great car on an empty ta
ıt fantasizing about a parent. I am going to assume that you are meaning sexual fantasies, and I apolog

ard her.Sexual urges are sometimes hidden wish to be nurtured. Â If your sister reminds you of a lovir

nes the reason for being attracted to older men is because of growing up with a father who was distan
and I always fantasize about half of them. I want this feeling to stop because it is interfering with my t
ls like it now that I talk about it. I pushed this away until it recently came up in my head again. I'm havi
activity that makes them feel better when something is bothering them emotionally or mentally.Â Ar
respond to me? Why do I always get ignored by people?,"You are not alone.Â Social media marketing
respond to me? Why do I always get ignored by people?,"Stand in your power and ask

respond to me? Why do I always get ignored by people?,"I understand the feeling of not being liked c
respond to me? Why do I always get ignored by people?,"Sorry to hear your friends aren't responding
respond to me? Why do I always get ignored by people?,"I'm sorry that you are having a difficult time
e funny at all. Â And, if a person only jokes, then after laughing and realizing the person has nothing of
ic fluctuation between two people. I would ask you to question why you continue to remain together
munication. But what makes friendships special is that they last trough time, at least with those who v
best friend?,"The answer depends on how satisfied and happy you feel in being part of this friendship
?,"In order for your friend to forgive you she'd need to trust you understand the damage you introduce
?,"This takes time. I don't know how long it has been, but perhaps if your friend is willing to discuss oth
y sees that side of him. I was blamed for a lot of our troubles, and now we don't really talk much. I'm v
y sees that side of him. I was blamed for a lot of our troubles, and now we don't really talk much. I'm v
ully who adults wouldn't recognize as bullying without speaking to the bully?,"Sorry to hear of your pr
have specific fears about what would happen if we get close or let our guard down. Such fears may be
m or is this third hand information that someone else told you about one of the girls in your party?The

mic of living one day at a time and letting go of past problems, is more imaginary and wishful than rea
uccessful in that area, it can give us the confidence and hope to tackle anything life throws at us.There
lishment.Â Journal at the end of the day of how well you did that day in focusing on these things.Â Ea
we can do, so keep saying this to yourself and try to help someone each day.Â The happiness is helpin
her person.As long as you are taking steps in the direction of self-knowing, you will gradually improve
ot more of these things and I love that you want to do your part.What makes you want to be more unc
ds. Or are they really being insensitive and not respecting me in our friendship? I feel like my friends a
e manner, correct? Communication is key to any relationship. I would recommend speaking with your

You should be able to get a replacement ID card either from the Personnel Office on your local base (t
"Do you have any other form of identification? The first place to stop would be the Visitorâ€™s Center
"As a prior military spouse myself I can happily report that you have several options in this case. First,
exting HOME to 741741Although it is hard to accurately predict what might happen if someone cut the

Psychological testing.Â The evaluation process usually takes the first two sessions, depending on how

n associated with personal history and the presenting problem. Although counselors work toward arriv
, court records, medical records, and the therapist's observation of client's thought patterns, affect, em
great question, and I am happy to have the opportunity to explain my approach. When I am determini
great question. There is such a wide range of ways to define ""personality"" that it is difficult to identif
well :)So, you got the Jungians, and you got the Big Fiver's, and you got every manner of Ivory-Tower
erapy practice I avoid characterizing people except for whether or not they are self-harming or a risk to

ding you, choose a directive therapist. You can also ask them with which type of client/issue they work

metimes angry. I welcome all crying to my therapy room.
our therapist about crying and to explore your experience of emotions/feelings. Sometimes people wi

ears and buy tissues by the case.Â Â That said, if you don't cry during therapy it doesn't mean you are

ot have to feel alone. It is also a place where you address things that you have never faces or suppress
ng in the work you are in need of.
t something to be concerned with. They are trained to be understand and empathize with there client
n just like any other. There's no ""normal"" way to be in therapy, but crying is a frequent occurrence i

expressing them. Sometimes we even cry when we feel anger or joy.Â Your therapist should provide a
how you feel."
d try to â€œget over them.â€ When a person allows themselves to cry they are doing important work
ing about it can trigger raw emotions and can lead to crying.Â To other people Â who have never bee
al to hold space for you and to ensure you are safe.Â They will attend to you and ensure you are in a d
the therapeutic process. Change and processing is hard. Allow the emotions to come through naturall
y should be a safe place for you to be yourself, be in the moment, and give freedom toward healing a
ns to self-soothe. ...Dulls pain. ...Improves mood. ...Rallies support. ...Helps you recover from grief. ...
ere is a deep need to mourn or simply let the pain out, but not everyone has a good support system in

sion. It is almost as if they're seeking permission to be able to let go.Â My thoughts on crying is that i
."
here shouldn't be anything wrong with it. Crying is a part of being human. It's a part of expressing how
of strength, courage and vulnerability.Â If you are crying or experience tearfulness while in therapy th
emotions inside so that we don't have a meltdown in the grocery store or a business meeting. Therap

hat we need to heal. The urge to cry is our body telling us it may be time to let some stuff out."
ed, have just heard the funniest joke, and of course, when you're sad. All of these feelings are valid a
s, these are all emotions and insights that can occur. Allowing yourself to feel and express yourself in a

y've been conditioned this way.Â If you feel shame around crying, then you most likely learned at son
inful experiences. When we open ourselves to the healing process of therapy these painful things can

:herapy session, close friend or family member.We all have painful memories and feelings. Talking abc
; will evoke responses that were unexpected, but perhaps needed. What better place to begin explorir
.
rong emotions.
:ate a safe space in order for you to be able to share your tears, as well as support you in understandin
y, I cry at a good hallmark commercial :) Crying in therapy is not only normal, it is healthy and expectec

: can be beyond your control, so don't try to force it; let it out.Â If it is something that you are self-con:
olex. Sometimes we get really angry and mad, sometimes, there is no emotional response. All is well, l
'e many emotions, some are easy to share in front of others, some are not as easy. When you step intc
ended therapy previously, and often find the weight on their shoulders being lifted when they finally h
ing that, it can be really tough to experience that level of vulnerability. If you are seeing a therapist cur
ng.
an trying to stop crying, sit on the couch with it until it is done and you have finished with the clearing.
ussed, When discussing traumatic experiences, and at times crying has even happened to some of my
look at your true emotions rather than avoiding them.

xpect some tears when making yourself so vulnerable."
other space where they can let out their emotions.Â Crying can be a healthy way to be present with yc
motional releases that come with it.Weeping can be the first step to an unclogging of a blockage, so tl
apeutic setting.My office has tissues readily on hand, and any client who uses them is assured that the

person is processing (i.e., moving forward) through their emotions! I'm more concerned when I don't s
happens in session. Crying helps to release tension and help secure free emotional space. It may provi

lients who cry each session. And I have many other clients who cry periodically. And I have others whc
are talking to someone about your concerns, thoughts, or feelings. It is perfectly natural to cry if you ar
m for deeper authenticity in session as you let both your strength and vulnerability shine in alignment
otions. Oftentimes, these emotions result in tears.Â I personally feel that crying in a therapy session is
And feel-good chemicals are released in the body whenever we cry tears of sadness.Never judge your
el better than before. Â If you're concerned about how much you cry during therapy, it might be good
ay feel relief. Sometimes you might even feel anger. Everything you feel in therapy can be used to hel
s (sometimes unexpected) can come out and this is completely okay and very healthy.Â Research has
Crying is a healthy release. Many people cry during therapy - some perhaps once in a while, and other
, to name a few. These and many other emotions often lead to crying and your therapist will be there
re able to freely express those strong emotions."
s."

ally meet and you make the connections you need to make.
ive emotions and to cope with what is happening in life. We have come to believe that crying is somet
.Therapists are familiar with people crying during a session and will know how to be present for you w
part of processing and bringing closure to things that may have been pushed aside for a lifetime and c
herapy can bring out many emotions such as laughter, anger, frustration, relief, grief, sadness, and ma
ople often cry or become upset, it is in no way a measure of ""good therapy"". C"
/ people."
ittle as one session to multiple sessions. Counseling provide a safe, non-judgmental, empathetic atmo
d the things that bring us happiness and discontent. Â Therapy can create opportunities to try new skil
s to share their problems with close friends or family members. ...Counselors can offer various probler
eys.
t your difficulties into a healthy, happy, successful life is more important than what kind of counseling
is therapeutic and can make a huge difference in your life.Â Â Â Many times people don't feel heard o
nt things. There has been a lot of research conducted to prove that counseling is an effective way to he
based way to approach and manage a specific problem. It's important to remember that there are diffe
nd you get to focus on what you need and don't have to worry about the other side. This is also a place
choices, your motivations.3) Give you tools and information you can use to help create change in your
th Covington-McGee Christian Counseling, you can receive holistic healing for your mind, body, spirit, a
ollaborate with clients in developing a treatment plan that lays out goals and objectives to be realized c
al Health Collective are trained in CBT. Very simply, CBT is designed around the belief that emotions ar
he time, they get better... (there are reasons to that);2) In most therapy sessions, approximately 92% (
can show up through positive improvements in your moods, making more choices that align with your
oing you better understand yourself, the world around you, your feelings, and your behaviors.As is the
en realize they are avoiding.Also, a counseling session offers emotional safety because the therapist w
d their own answers during the session, because they have the right person listening to them.Â Some
a difficult time, counseling can be beneficial in helping you move forward and get your life back on tra
ten to the counselor for 45-50 minutes, but also that the client themselves opens up and shares with t

s to be a fairly untamed place at times, this sacred space allows us to explore ourselves. It allows for g
omething to get a handle on. Talking about your problems gives you a chance look at your situation fro
he counselor)What the person is coming in to work onHow motivated the person is to work on what it

s often met with a wave of relief.Â My recommendation is always to call and speak with a therapist ov
ut them on Psychology today as well as check out their website if they have one.Â Next, either call or
set up a face-to-face meeting. Studies show that the most important element in effective therapy is tl
nore specifically for the issue you are seeking support about. Â It's a great way to find out if they thera
issues on their own and thus giving the motivation to seek external help. That said, clients usually go s

nd have an idea of what would lead you to feel safe working with this person."
you hope to get from it, and the approach you need from your therapist. Each therapist is unique and
ther content on there page. If you are coming to counseling for a particular interest then having some
e qualities they are looking for in a therapist, and what are some goals that you have for therapy. Next

a good doctor or dentist, finding a therapist who is a good fit for you may take some time, the differer
e most popular ones:Â www.psychologytoday.comwww.TherapyDen.comwww.onlinecounseling.com
th them, tell them and utilize them; they gave you life and that bond (especially between a mother an
a call.Â Some therapists will provide a free 15-20 minute phone consultation.Â This is a good chance
it is important to know as much as you reasonably can about the person. I generally take the following

at line up with your goals, and never be afraid to call and set up a consultation. Usually these are free
just 15 minutes by phone, to chat a little about what you might want to work on, how I may or may no
ion in order to see how I may be able to help. Â Once we are on the phone, I like to get a brief sense of
make the process a bit easier:Â 1) Narrow down your preferred geographical area. Are you in a rural, s
ling service you are looking and that would best suit your needs. Are you looking for individual sesssio
a good overview of the therapist. Just call and say that you would like to talk to the therapist. Say your
earching for a therapist specifically in your area and with the expertise you're looking for. There are m
o many times you will have to take it a few steps further than that. Check out their website, social med
ology Today. Â These websites allow you to get to know therapists before you take the next step. Â Th
provide you with the therapy you need. Â To many times we do not know and it ends up not being a g
one. After a consultation then set up an intake questions. The overall goal is to make sure that you are
which generally continues for twenty minutes.I feel it is only fair that a prospective patient has a feel fo
stand their care. When I am first meeting with a client I take a more formalized approach in our first se
boring ice breakers, these are actually fun). You should of probably filled out intake forms and what y
om the clients only and emphasise on the coping mechanisms,"

some connections between the two, but so that the both of us can understand what is taking place. N
dea of the person'a concerns and the issues they want help with , I spend the next few sessions gather
g what you would like to be different in your life and developing a plan to get where you would like to
ney have.Â Then I'll let them know I'll be writing a lot in this session and I have an assessment form tha
: insurances and allows the Counselor to give a diagnosis, which is also required by most insurances in
stone as things may arise during your therapy sessions. You also agree on how often and when you wo
ı hope will disappear?The therapist is trained to listen for your emotions to your story. Â And to open t
ney are sharing too much itâ€™s going okay to say this. They should also be able to identify some copi
al type of education and want someone who can relate or even inspire to self grow.Â Â They need to
'erent depending on who we are sitting with.Â That skill is the ability to integrate assessments over th
to work to use these connections to have you improve your experience...Oh yeah, and there's some lis
w that their point of view is valuable and rationalClient-centered talk: Maintaining focus on the client
een identifying with their client, and empathizing with their client. An ability to not bring in our own ba
sic life tasks and everyday living."
y seek.Â Some were better at the Drill Sergeant style of coaching,Â or a liberal style, integrative, hum
stance to treatment which can manifest in ways such as reflecting the desire to end therapy premature
, so it could mean something different for each person.It can be really hard for most counselors to feel
It's like a mechanic who knows his way around every inch of an engine... he'll know what to do... heh h
elf and the client, which constitutes a relationship, might feel more difficult. And that's okay (sometime
nse to your question will reflect their unique differences as humans.On my list is when the emotional p

lly, only animals that are specifically trains to accomplish a specific task are legally protected as Servic
red under federal law to allow the ESA to live with you if you have provided documentation from a lic
ciation (ADA) only allows protection and guiltiness for Service Animals, which is fall under a separate c
ewpoint that your disability is not a physical limitation.Ask the manager if they'd accept an explanatory
types of emotional support dogs. The ones that are officially trained actually go through months of tra
rstand? I feel like my mother doesn't support me,"Do you live with your mom and have constant inter
rstand? I feel like my mother doesn't support me,"Your situation sounds extremely frustrating.You're
oncern!Â â›“ðŸ”—Are you finally ready to be free ðŸ•ŠðŸ¦…
down your own set of roots.Usually people who have a university level eduction are old enough to wo
have an education and some basic daily needs. I wonder if you may be able to look at your relationsh
npletely opposite of what YOU want.Addictions don't happen in a vacuum. If you've had any experienc

g activities she likes to do. Also, getting connected in a community of people is important to help with
partners meet each other as drinking buddies when one gets sober, the relationship ends. Â Once the
helpful."
h? If she just stopped drinking, she may be struggling to finding an alternativeÂ and healthier behavio

es?I think the idea of having a lifelong illness is frustrating and can be depressing to think about. Â Tho
ou are not alone! Out there, just waiting for you, is a group of people that will totally understand what
onsequence of PTSD since many people experience functional repercussions (impacts in work, social, a
hat you may want to look into include Cognitive Processing Therapy or EMDR. The nice things about Co

ling your loving vibes as you weather this time when you are trying to find new friends.Â I want to sha
ly it is sad to lose friends who are a regular part of daily life.How did you meet the two friends who jus

atic of other mental health concerns, such asÂ depression, anhedonia, or schizophreniaLIke I say seek
t, or researched what is called Dysphoria."
s in which you experienced gratitude. Practicing mindful breathing can also help you take your attentic
ningful life.What do you think once filled that emptiness that feels gone now?Â Was it people?Â Do y

very about the reason for the emptiness feeling.When do you feel empty, are there certain situations

ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca
ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca
ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca
ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca

ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca
ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca
ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca
ny wife and want to express it in the bedroom like I used to. What could be causing this, and what ca

nto a deeper depression. If you have noticed that this happens frequently, there are some ways you ca
t. Seek professional health to gain coping skills and other ways to manage symptoms."
about fall thru winter seasons; but, also can impact folks during the Spring and summer months.The b

onderland!"
th the winter blues:1) The winter blues can be caused by the seasonal invariable fluctuations in daylig
n comes again and see if you have the same results as last year without having a plan.
people who just deal with depression in the winter. Light affects how our bodies release and absorb n
ght if you want to (amazon has some for reasonable prices). Stay connected to friends and family. Try t

mptoms of depression such as sadness or hopelessness, lethargy, sleeping to much or too little, chang
e ""winter time blues."" Also, paying attention to self care. Are you sleeping enough, attending to phys
r you may have felt down during the summer.Everyone could get seasonal depression, but it tends to l
e possible to succeed. Â Winter for most creatures is a time of withdrawal and slowdown. Â Our bodi
xample, when its sunny you are an outdoorsy, active person and when the weather changes, you're wh
3 times per week,Â if after several weeks you are not feeling better....talk with your doctor."
bat seasonal depression. It may help to join a support group and seek out therapy to assist you on this
ing some indoor winter activitiesConnect with others. One idea is to join a group (such as a book club)

time answering them. (We usually do it over a few sessions.) It might even be helpful to write them d

it. Â Only if you truly didn't realize what you were doing, then you wouldn't be able to write about it.A
wesome to get your healthcare team to collaborate with you on.Â Discuss medications and any lifest
Having a balanced life takes some time and commitment. Sounds like you're ready, but you need som
vith.Â Â Have you ever tracked those highs and lows?Â I often have clients graph out those changes to
ime to time, isn't it? :)But, it's also weary-making, and leads to drainage that no man or woman can ha
e directly related to your cycle?Â It's possible that there are at least some contributing factors, even if
so hard to navigate !Â Looking at this from a holistic standpoint can help you understand why you ge
fe because you are aware of your ups and downs due to hormonal changes of your menstrual cycle.As
ly treatment for anxiety and depression is multi-faceted. Going to therapy, working with your primary
nedical issues ....hormone tests, blood tests, cat scans etc....Â then when you are ready and referred s
re the two biggest reasons people enter therapy, so you are not alone. The goal of therapy is to give y
I did Brainspotting with a therapist and LENS (Low Energy Neurofeedback System) and those were the
nd get to peace and calm. Hypnosis and meditation have helped a lot of people with anxiety and depr
ble to talk about things with a nonjudgmental person helps take some of the burden off of you.Â A th
otocol of natural health makes quick work of it (about 2-3 months-ish; maybe shorter with a good cons
PatternsA common symptom of anxiety is having racing negative and obsessive thoughts that create a
elf that leaves a person feeling shamed. Anxiety is a symptom of not being given the proper emotiona
epression and anxiety can arise due to experiences, genetics or a combination of both. I like for my cli
can be debilitating.Â Sometimes when life struggles and stresses build up anxiety and depression bec
n your own, especially if it's been something you have been battling for years.Â There are some differ
and relationships.Changing these deep major structures in your life takes time to try new ways and se
other ones.From what you write, your family members are not considering the effect their negative c
egoat and ends up feeling this way sadly.Â Please know that you are NOT the problem!Â It sounds lik
lly when you feel this way and are being told these things.Â Â I would encourage you to keep in touch

of options. However, if you live in a more rural area, options might be limited. Broadly speaking, if you
on the back of your insurance card.If you don't have insurance or your insurance doesn't cover provide
our zip code and you will find many different therapists you can talk to . Be sure to find someone that y
ooking for a therapist. I usually have them start with psychologytoday.com. Once there (there is a thera
make sure they are a good fit! I hope this has been of some help."
this website, and also via www.psychologytoday.com; if you have health insurance your insurer might
est.If you've got time to invest in looking for the best fit therapist for yourself, then google ""therapy' o
bsite to find a therapist. Â https://therapists.psychologytoday.com. Â I sincerely hope you find someo

o may not be in your area at all (although depending on where you reside, they likely just need to be li
network, basically creating a receipt for services that the insurance company will then reimburse.Â Or
s of matters, free of charge :)Online messaging and social media is a secondary option, however this or
ion and counseling, low-cost counseling.Did your primary physician tell you their reason to not help yo
cific Clinics, Hathaway Sycamore, Pasadena Mental Health Center, Burbank Family Center. If you goog
ss in myself. I feel pity for myself a lot but don't know what to do. When I have money problems, he d
re are two types of self-harm: suicidal and non-suicidal.Â A lot of people I see and have seen engage i
mean that you will necessarily be admitted into an inpatient setting - though Â to be honest, that can l
st of descriptions you wrote here.Usually people with personality disorder and people who have bi po
ormal response to loss, whether you lose a family, friend, job, or something you deem important in you
n with what the other person is actually doing.Unless the people in your family are actually interruptin
n with the way the current life is structured.If you think of depression as motivation to look for new w
er changes that mean that you have feelings of being sad without actually being depressed. Your stater
x issue.Â It is the root cause of many other issues including depression, anxiety and anger to name a f
h our parents what we have been trough, due to fear of judgment or punishment; but I have noticed th

know you are trying to find your way through PTSD?Would they believe that you've been traumatized
d. Â Ptsd can be managed through therapy. Â Mindfulness can assist in redirecting thoughts and gainir
etails you put in the question, I hear a couple things.Â One is that you seem like a helper.Â That's not
s a whole different ballgame. Anxiety can affect us at any time anywhere. This is the challenge, especia
ength to identify this long list of difficulties and recognize the difference between these pressured eve
ocus on small things that you do have control over. If you can hold onto that sense of having control ov
agnosis of depression can be depressing.Forget matching symptoms with a diagnosis.More important
g healthy and well exist. Step 1: Talk about it. With friends, family, partners, counselors, and other trus
at make us not feel good and we become isolated. Â This ends up feeding into a cycle that maintains t
eals, sleeping at from 6-8 hours and exercise at least 30 minutes a day.Â These will help you to regula
hough--it is a miserable thing to go through.The most important thing I usually start with for clients (u
ls you gave yourself, there are two possibilities.You don't really like your goals.You self-sabotage and
lf for being committed to working. You have no idea what is going to happen in the next second, so fo
m?,"Good for you on being sensitive to your human need for personal evolution.Wife and mother are
m?,"It appears to me that you feel as if you have sacrificed your dreams and aspirations when you ass
m?,"Being a parent can be all-consuming.Â And there are more societal pressures on mothers to be e
m?,"It is not easy being a wife and mother. You have shifted roles in your life. You went from having a
m?,"It sound like there are some parts of your life that you really enjoy it and also some things that yo
o respond to something going on. However, if you're feeling overwhelmed by racing thoughts, feeling
.Â Â I do wonder what you mean when you say you stress over everything and break down easily.Â Is
lf sleep, even if they don't work.Â Those methods of coping could be targeting something other than
e are mental health hotlines, so maybe speaking with someone would release your fear enough so you
l--what your son does, if he takes help or doesn't, and the feelings that come up for you about that.Â
s to yours.People who are addicted are not always willing to know themselves, understand their own
ving a ""common language"" with which to discuss their patients. Arriving at a diagnosis requires gath
vay you are interacting with others.Â Â Self-diagnosing is not typically recommended since there coul
ys you may feel, think and behave, doesn't help you or anyone to understand why the person is the w
l do about one health issue or another. Taking a guess about what may or may not be happening to us
llenging, even if they are loving and understanding.Â Â Have you ever discussed these issues in the pa
with attention-deficit disorder and obsessive-compulsive disorder, can you go back to the people who
having these symptoms. Â I suggest looking for therapist within reach (school, through your insurance
r parents the way you are feeling?Do you imagine asking them for therapy would be a surprise for the

s negative, we put most of our focus on that negative emotion and struggle to see that we do not alw
.If you feel anxiety about a relationship, then empathize with having lost the relationship.If you feel a
g to avoid, it may shut-down your willingness to feel or express empathy altogether.Â This also happ
idea what they are experiencing.Empathy is not usually categorized as an emotion, but as something r

ometimes people expect themselves to bounce back faster than is feasible. Â Then, the suffer from bo
ily that you trust and perhaps a local mental health clinician.I'm not sure what you mean when you say
ɔtoms. I recommend practicing self-care:Â stressing on balancing your life with healthy eating, exercis
if it's something psychological that's influencing your symptoms, or if there's other issues happening w
ɔ. Â As often as possible, sleep during daytimes in order for your body to catch up on its need for rest.A
as straightforward as it seems, since both issues tend to become patterns we engage in rather than so
h your way of seeing yourself and your life.Also, therapy isn't for everyone.Read about the different he
the most important factor in counseling, otherwise techniques don't really work.Â It can be the case t
tion of things you've already tried may be helpful.I would encourage you to continue trying different tl
ɔr suicide. It is very important, after hospitalization,Â to getÂ follow-up care with a professional as soo
ıd rather horrific inner struggle.In my work with CCT, or Contextual Conceptual Therapy, (see www.sui
includes things like committing to a contract 'not to harm' and what to do if he felt overwhelmed by h
most, know that you cannot fix this for him, and get support for yourself.As much as you are able, mak
a in your life and in your marriage; it's normal for both of your emotions to move from hope to despair
rful that you want to support your husband, but If your husband is feeling depressed and hopeless, you
you can hold onto you are while also being supportive to you husband.From the way that you describe
ain. Men also succeed more often than women because they typically use a means that is more fatal.
u decide against immediately telling him how you're feeling, knowing this about yourself will guide ho
ı to experience negative feelings while you try to make sense of the incident. Â Feelings like anger, sha
k on my feet while going through a bad divorce?,"Going through a divorce is often a very low point for
k on my feet while going through a bad divorce?,"You are in the midst of a really hard time and it soun
have time with friends for its own enjoyments sake."

se a particular moment feels calm, inside your feelings may be the sense of a strong unsettled emotio
ne good thing that happened each day. This way, when you're having a rough day, you have a list to th

s, and calcium deposits used to neutralize highly acidic areas...The 'depression' will evaporate when th

they affect, will greatly contribute to stronger self-knowledge within you.Greater awareness and sens
s to help make a person feel better. Â If a person was dealing with depression or high anxiety, that mig
he mind. It is its own kind of addiction. There is a therapy, DBT or, Dialectical Behavior Therapy, which
understand why. This may sound counter-intuitive, but sometimes we do things that on the surface ma
your life. This is one of the most common things that I personally have seen in the population of indivi
and neglecting yourself. Â If this sounds like a familiar pattern for you, this may have happened witho
yourself to decide an answer in a certain amount of time. Â Inner reflection work takes time and has its
hing we haven't achieved yet or on comparing ourselves to others that we lose touch with what we act

f you could consider how you would define yourself to someone who doesn't know you. For example,
hese early hurts.Be gentle, loving and kind to yourself as you listen to what hurts, bothers or frustrates
ity.The real way you'll find out what this feeling is about is to ask yourself your own question. Â Inside
Each person handles themselves differently in any situation.Since you are willing to speak about how y
It sounds like you have a lot of weight on your shoulders.I'm not sure what you mean when you say yo
outcome of positive behavioral change. Congratulations you did the first step! You are showing your re
r the right counsellor, and 2) What is the right approach?1) What are the identifiers for the right couns
re seeded from the earliest days in the service of perceptions of threats to needs being met, identifica
al. Review what hadn't helped.
ls work differently for everyone and not all people feel better from them.It is also possible the particul
all, I can tell that you really care about your friend and I think it's great that you are reaching out with

el.It keeps trying to get you to know whats going on deep within you.Anxiety is a sign of stress and wea
one of the difficult things about anxiety is that anxiety can lead to more anxiety because of being conce
nd and your daily experiences and interactions. Often we assume that feeling sadness is bad and that w

make a joke because never once in my life have we talked about our feelings. How do I talk about my f

tle better and why the dynamics you describe take place, is to understand the particular dynamics of y
question. I am very sorry that you are struggling. I have a few thoughts and perhaps some of my collea
gnostic and Statistical Manual of Mental Disorders), depression includes the following symptoms:-Dep

you feel, which includes the possibility that a few of the ones whom you tell would offer you emotion
it seems to grow the more we isolate ourselves and hide it away so I'm with Laura Cassidy, when she
at is a great start, and you've taken the very first courageous step.Â Depression can feel debilitating ar
nd of thought because it lends itself to suggesting that happiness comes from the external, rather thar
y is a very natural human desire and at the same time learning to enjoy ourselves, even when we are
PTSD, etc. Â More background information would have to be needed. Â One thing I would say is that y
e you are noticing that there is a significant difference between how you are feeling on the inside and
etimes there are no labels for how we feel. Â Sometimes there is no name for the emotions that we ar
it, but I have never received apologies for so much of my pain. I don't know what to do any more. I dor
it, but I have never received apologies for so much of my pain. I don't know what to do any more. I dor
ess and depression, though. Sadness is sadness and sometimes we have to go through a grieving or otl
ive under their roof, Â are dependent on their support, and are either part of the decision or not, of wi
ole of years. I entered my first year of college in a really tough program with high demands of expectec

; from suicidal thoughts to trying to quit my job. I have no one. My family doesn't care about me; they
is warranted to understand if indeed you meet criteria for a Major Depressive Disorder i.e.., are delres
e space to express yourself in your relationship or if you feel like you really aren't being heard. Â It's ha
ing that you would like to discuss something important to you and see if your fiancÃ©e is open to that
kay, and I don't know how much longer I can try. I'm just really tired, and sadly, I can't afford the help I
kay, and I don't know how much longer I can try. I'm just really tired, and sadly, I can't afford the help I
after I was diagnosed with severe depression,"Wow that is tough. There is nothing worse than fearing
after I was diagnosed with severe depression,"I'm sorry for the hurt you're feeling from your husband
after I was diagnosed with severe depression,"The fact that you mention that he is ""constantly chang
after I was diagnosed with severe depression,"Although the marriage vows say in sickness and health,
after I was diagnosed with severe depression,"When you are at your lowest, you have an opportunity
after I was diagnosed with severe depression,"If your husband is changing his mind about whether or
esources, and yet I keep trying. Why? Why does God insist that I continue to exist? Iâ€™m not suicidal
esources, and yet I keep trying. Why? Why does God insist that I continue to exist? Iâ€™m not suicidal
rry I am for the experience you had with your parents. That is a grief and trauma that is certainly hard
ork on not always thinking so negatively about yourself is to surround yourself with people who are m
ame time every day. Also consider only using the bed for sleeping so your brain knows that it's time to
edom for a few hours a week, at least? A lot of times stay at home moms have groups when they mee

g separated from the military?,"It sounds like being separated from the armed forces is a major loss fo
pening at the same time. I would encourage you to call and speak to a local therapist. If you are having
provide consent for their own treatment. As for billing purposes, try talking to some local agencies. If
elings and talk to someone about that.You said you are alone. I would see if you can find someone that
becomes more difficult because it's what you are focused on. While that is still something to work on,
as though you can be yourself around them.Sometimes we put a lot of pressure on ourselves to do rea
ther things.I don't know whether you're also saying that you feel sad or if you're saying that you feel a
ou are are only based on a few moments that haven't gone well. Depression is so treatable, but you h
,"It sounds like you are feeling pretty overwhelmed and stuck between wanting to improve your work
the triggered by unexpected life changes, or building up throughout time.The important part is that yo
are: "" My parents won't understand me"", I may cause more problems to the family"", ""I am worried
tion and getting their agreement is a great first step. I would then make sure your location of the discu
ending on your relationship. Â Maybe saying ""I wanted to tell you guys something.. sometimes I worr
are feeling pretty stuck, lonely, and hopeless; like you have a desire to be more connected to people a
n that you don't like, feel oppressed by and have no way of avoiding.Maybe you would qualify for a dia
someone else feel emotionally engaged with one another.Consider if you feel like concentrating you
chemical imbalance thatÂ affectsÂ your mood, plus exercising gives you time to vent and be distracte
nething that is part of life, so therapies that indicate we can get rid of it are questionable. Our natural i
o deal with anxiety is to embrace it and accept it, and in fighting the fight without fighting we will ever
er in a while, you may want to. There are health conditions that can affect your mood and energy level
locked goals and when their predominant issues are evaluated, they discover that they are anxious (w
east one trusted friend or family member can be a start towards increased personal support. Â Some p
s does not mean that things have changed between you. It does mean that the two of you may need to
ow, go do what you would do if you had lost the weight. Don't hold yourself back. Little shifts can help

cult for most people to reach.If you truly weigh more than is healthy, then figure out the reason for be

en's father left me. I fell into a spiral and got depressed. How do I get to know myself?,"What your are
ou're taking responsibility for your pessimism here. There's a modern parable about two young brothe
eed someone to show that they care. How can I love myself?,"I agree; you need more care and support
thing wrong with you. There are many good reasons why you didn't say no. You didn't say no because
ou want this to change. Working with a competent therapist may be a good option for getting some mo
of when you felt something other than empty. Â Recall what you liked about this time, whether you w
eel.Since you've observed how you sometimes interact with people and realize you aren't happy with
toms you mention are certainly common signs of depression; rarely happy, emotional numbness, hope
he other half of the time, I just want to walk away, but I feel like that will only be a temporary fix. I thir
ces started shortly after, then yes, it is possible medication created your problem.Start by telling whoe

t with anyone else. It's damaging me and my life. I'm depressed and unable to connect with people af
onder if you're bottling it all up somewhere instead of letting it show at all. If this is the case, I admire
ars of having a panic attack. My family offers little to no support. They think it's fake or "all in my head
line:Â http://www.suicidepreventionlifeline.org/
you go about daily living. It is a way of offering loving recognition of your identity and who you are.Lov
eading H.P. Lovecraft and Edgar Allen Poe. I go hunting every Saturday. I feel powerful. I don't enjoy th
ould be most likely to succeed in addressing the problems you describe.If you and your daughter have
house, one which she asked awhile ago or was this her greeting when you walked in the door?My ques
keeping me in a place of despair. I became worried that the medicine was making me complacent and
ting to fake a smile at school. How can I be happy again?,"As silly as it may sound, making sure that we
onal as soon as possible to help assess your immediate needs and address any underlying issues that m
feel lonely, this can lead to fears that we are not worthy of love or that the world is just a cold and lon

ds like you are feeling like things are hopeless and out of control and you're not sure what to do about
feeling very unsure and out of place and the prospect of continuing to feel as you do now for the rema

le relationship was only us. We didn't have friends. It was me and him against the world. We didn't tal
octor gave me some for a "dislocated hip." I had a severe reaction and passed out moments after takin
elf-understanding, be able to attract people who will feel like satisfying friends.Having a relationship w
of work with a therapist can help you."
tivities in your life.If you are able to feel, sad, recall both good and not so good memories about your
ir own daily life, then here are some suggestions.Start with small changes in your life so that you will fe
hile, I'm having good and bad dreams, and I feel hated. Can you help? Can you intervene? Can I speak
of mental health in our country is about telling people what's wrong with them and giving pills for thes
u gain the ability to deal with them better. Â I've been an adult a long time now, and that is so true.Â I
ces as well. Â In the end, diagnoses are systems of behavioral labels. Â If you believe that one label (P
our area should be able to help you what's going on - either feelings of depression, PTSD, or both."
ferent people. Â It's not always the first one that helps. Â And some of the medications take some tim
erÂ and also was featured on a wonderful podcast about making anxiety into your relationship superp

Iow do I get over a slump?,"I'm sorry to hear that you are feeling as if you're in a slump. First of all, not
·e causing the depression and anxiety in the first place and then to replace these with more positive th
depression isnâ€™t related to your health. He or she can either look at prescribing you an antidepress
ng abused to reach out for help. I want you to know that I am here to help you in any way that I can.Â

mood. ...Rallies support. ...Helps you recover from grief. ...Restores emotional balance. ...Helps baby
to put words to the tears as well, to help you expand on your experience and begin to make more sen
s between you and someone, clears you for new ways of handling interactions.As a therapist, I always
in check until you feel comfortable and a bit more relaxed with your counselor and with the situation.
nebody that can hear you and accept you. It's so brave of you to go and share yourself with your couns
lyâ€™s natural response to sadness, grief, happiness (think tears of joy!), stress and even anger, for so
out in your session and if there's something that feels too uncomfortable, just say, ""I'm not ready to t
you and they began to cry. If you felt concerned, supportive and empathetic then you know exactly ho
se. Providing a safe environment for our clients includes not judging them and being comfortable with
e naturally. Every Counselor should be well equipped to handle that level of emotion, and you would b
À Starting therapy takes a lot of courage; when you work with a therapist ,once you feel safe , Â you tal
ctually do more harm to themselves by trying not to cry than by crying. Crying is very cleansing and an
ould feel). So if you need to cry, that's ok. If you feel embarrassed because you cried, or if you feel anx
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"You might be surp
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"Hi California, Wha
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"You are having th
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"Good questions! T
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"Your life here mat
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"Religious questior
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"You need to find a
crazy? I don't think these thoughts are normal. Thoughts of afterlife causes anxiety,"Many people gen
aper.Â If you need to maybe do a group first then individual then couple.
it is always unnerving to see a person who is a stranger and to share intimate things with that strange
this way; and probably hoped to feel the opposite..Â Well, my initial response is yes, sure, it can be wi

know well, can be anxiety-producing. It's also common to feel anxious when you are discussing some
therapist, you will eventually start feeling less apprehensive before sessions. Consider bringing this up
·ing. Therapy is a delicate, private decision and I would first like to commend you for the fact that you
irst, stress-inducing step. Hopefully by now you are starting to feel a little more comfortable with your
. Opening up to stranger can be scary. After you feel comfortable with your counselor, and trust has bu
ach out and attend a therapy session. For many people, it can take weeks, months, or even years of co
t we challenge you to do.Â It can take quite a while to feel more comfortable with your counselor and
sessions, the man or woman with you, and the man or woman sitting across from you.Â I'd listen to th
e confident you are in your ability to work through those difficult feelings, and while you still may some
who I work with that have difficult times in relationships, maybe being able to trust people is tougher
ves as you get used to your therapist and to the whole process of talking about yourself and vulnerable
omething to bring up to your Therapist and openly discuss (scary to do but its ok) this may even relieve
es and struggles, remember we are human and constantly fallible. Another important thing to note is
g dynamics of human interactions. Â For some people the fear is that the therapist knows more abou

n issues. Â It takes courage to face issues head on. Â Being nervous is part of the process. Â The fact th
e."
: you comfortable with your therapist? Â Is it a good relational fit? Â Â Â Maybe this is a good thing to
Â First, because your opening up things that you might have never wanted to.Â Second, your still build

f anxiety is impacting the quality and benefit of your sessions. Â You might try some relaxation technic
e not behaving according to that prescribed standard. Â Instead, what I'd recommend is to pay attenti
g openly in your sessions about this. That way you can process your thoughts and feelings with the gui
in somatic therapy which deals with our mind & body connection. I would think it may not be a questi
you feel more at ease. In any case bringing up your feelings about therapy inÂ therapy is totally appro
o decide why you are hitting your head. Is it a sensory sensation, you like the way it feels, are you tryir
Something is causing your pain. I know thatâ €™s staring the obvious. But taking a step back. Taking s
en shown over the years to be effective at helping people recognize and change their behaviors. But, a
are for having had a rough childhood and realizing that life can be better than how you were treated w
vioral perspective if what you are doing is useful for you. In other words, does it serve a purpose in son
s level is with a combination of appropriate medication given to you by a medical doctor, and therapy
er is something that is generally a protective emotion that quickly arises to keep us safe in some way,
ar a ping of helplessness in there as well.Â That's heavy.My question is: who is supporting you?Â I knc
walk, and smile or wave at others.Â Strike up a conversation in the grocery aisle.Â Think of topics yo
ople without social anxiety have a hard time talking to their partner's family--it can feel overwhelming
awal, then this is not necessarily a quality to fight with yourself against.If your girlfriend isn't empathet
e. We would build a hierarchy of fears, that is a list of fears ranging from least to most, for example the
ou are fully immersed in your fear and overcoming it.Â As you accomplish each step along the way imp
of lesser fears that would eventually lead to the main fear of speaking in public. You could start your lis
ou fear to be a threat.Â Having a fear of spiders makes sense because in evolutionary terms, we need
ple or situations when you were growing up?Often these overwhelming situations of childhood stay w
intment.Â As a result of viewing our human emotions as ""bad"" or ""wrong,"" we often get caught up
l talking with a therapist in your area.A lot of fears that we have come from something that at one time
eaning it is not rational for you to fear that thing. If your situation is a phobia, exposure therapy can he
just take over and we cannot overcome them. There are some options:1. You can go to a counselor an
combat them is to figure out whose voice the words are said in. Oftentimes people say things to us an
whether you mean the thoughts each of us has about what to do, our opinions, including self-criticism
e people do. In my experience, medication seem to help. It is also important to understand when you l
aring voices can be incredibly difficult and can feel like you can't get a moment's peace, even in the priv
ee a medical doctor ASAP to rule out medical causes for this. Many diseases, illnesses, and conditions c
his leads you to feel and if they can stop? Open honest communication is a key cornerstone in relations
nething that comes naturally. But can and does come with practice.Having gone through two masters
you are giving the responsibility of the stress to the presentations and taking that away from your self.
d.Â Â Communication Crunch High Impact Communication"
have expectations to meet each time (including your own).Practice is the best way to build confidence
your confidence over time. In the meantime, do whatever you can to help yourself feel prepared for
king the same presentation to a larger group.Giving presentations is not necessarily a difficulty with co

nagging thoughts of self- doubt as ""imposter syndrome"" is a huge step in the right direction. Â From

ıate school and other high-pressure, competitive settings. I am glad to hear that you have some sense
rome and instead understand the reasons for it.""Imposter syndrome"" sounds like a name someone ı
ern where theÂ imposter syndrome is more or less present. Are there specific situations where you've
urselves to others and carrying what others think.Â Â Make a note of what all leads you to feel as if yo
er feelings is to explore the cognitive distortions that contribute to the negative emotions. ExpertÂ Jes
\ When I was in graduate school, I felt the same way and continue to at times now even though I'm lic
shame about our own inadequacies, our imperfections, the limits of our knowledge or abilities. It's bas
se.Basically, there is a fundamental lack of honesty in some important parts of your life (my guess wou
cles already about impostor syndrome, but still didn't get the answers you were looking for; you proba

al sum of your worth."
ps you from enjoying your life or interferes with your functioning.Do you think it may have to do with
eness of others' ""judgment"", what I find is excitement of wanting to express themselves too...It's fun
can do.It is okay that the fear doesn't make sense, most fears don't make sense."

about being continuously monitored, with no privacy even in your own mind, and as if people are con
en watching for years. Iâ€™m paranoid about driving on main roads. Iâ€™m very jumpy at the slightest
en watching for years. Iâ€™m paranoid about driving on main roads. Iâ€™m very jumpy at the slightest
en watching for years. Iâ€™m paranoid about driving on main roads. Iâ€™m very jumpy at the slightest
d a change in your throwing away urge when you changed with which parent you lived, would you fee
about your loss, as well as your previous horrible experience with therapy.I agree with what Laura wr
l this experience. Therapy should be a healthy positive experience off g growth.Â You have the right to
e are some basic tips to handle those stressors.Â·Â Â Â Â Â Â Â Â Learn thought stopping techniques:
deal with the stress in our lives by getting us geared up for action.Â Some helpful ways of managing a

organization and time management skills. That might include the use of a planner, a consistent sleep
ur children, etc.Â It also shows that you definitely care.How much of that worry allows you to plan vs.
gain, so losing a car means you no longer hold responsibility to keep and maintain it...If you're really u
s who are not encouraged to try new activities, have fun in relating to others, learn to not trust themse

catastrophizing (predicting the worst), future telling, black and white thinking (if it's not perfect, it's te
s much of an interest.Â It could be your age or menapause (hormones) and injury.Â SO many things c
ggered by a fear of being around people or people seeing you.Â It may also feel like leaving the safet
and situations until many people get in the habit of not leaving their home at all in an effort to avoid th
(and all of your feelings), that's it's not something to be ashamed of. If we are ashamed of any of our b
y attached, then you may simply be creating the solitude which is necessary to better understand and

u feel nauseous, but I haven't heard of any that cause mouth blisters, so there may be some other und
ecting to see what comes up there.Â Maybe you are worried about losing your best friend, or somethi
metimes we overanalyze what we say or how we react in fear that we will seem weird or they won't lik
want to get to know you! Â I would wonder with you, what is the self-talk going on when you get too sc
moments are the opportunity for us to be the person we feel we really are. Â It sounds like you like to
we must ""go go go"". Especially in the current world situation, even simple things can feel overwhelr
If these are lacking in your work life, social life, or personal life, that could be draining.Â This can be a
like ""no reason."" Perhaps you are feeling burnt out! That is a big deal, and please try not to take it li
will more likely relax your mood and mindset enough for the tension and anxiety you feel, to dissipat
o fall asleep.One thing to know is that those thought patterns are a protective mechanism.Â Ruminati
t relates to panicking could be very specific to your experiences and your own body's reaction, though
f panic to be heard.Â Some of the best ways to counter that message is through focusing on the prese
orry to hear that.Â And my assumption is that the car accident was traumatic for you and still impacts
and where the feeling is coming from.Â Once we understand the source, it is important to normalize
lace at a greater level is during adolescence, because a teen's ""job"" is to figure out who they are wit

is often the culprit for social anxiety because we think other people will see the flaws in ourselves that
. It definitely does feel like it's more about ourselves, however--meaning it feels like we worry about v
ence, etc. that helps us to determine the path for us. Often, when someone is worried about the exter
ng I'd for sure ask if we met in person is what those repetitive thought patterns look like.Â Some repe
d to continue something you don't really enjoy.Â Are you maybe worried about disappointing your da
om what you write, as much as you would like to please your school and dad, something within you d
your dad about this, but he may think you love track and may not know you are getting so upset the c
your mind and body.Â There's a lot of apps available with calming scenes and soundscapes, such as C
at feels right to you and what doesn't.Â It's OK to be different than your friends, and just being aroun
where this happens most?Â Does it ever happen with people you feel safe and comfortable with?Â O
o look for threats and often the greatest threats we experience on a daily basis are social in nature.Â
one was talking to you, and this is anxiety producing. It's understandable that it could be confusing anc
allows more intense thoughts and feelings to surface.Â Â Here's a couple things to try:One thing you
ast a psychological and emotional level for themselves before reaching an age when doing so would h
een a theme that a lot of them see dark figures out of the corner of their eyes.Â Pretty common with
ometimes have less confidence in yourself than you'd like to have? Â Or doubt and question yourself i
wrong, then the first step is to identify the way you feel your methodology described above has a role
t the things that need changing. The awesome (and challenging) thing about it is that when you work
Or tasks related to your job?Â Or is it something else?Â It's important to know what you may be tryi
fidence you need to solve problems in the future.Â Now I wonder:Â are things getting tough in a way
ow. Another possibility is that you are changing things in an effort to get away from something that is
er people you know who have been through a similar experience and are willing to share their story v
gh.My first thought is that it's possible your dreams are your brain's way of trying to process something
ormal for us to wake a few times in the night, however, when we are dealing with high anxiety or stres
urface of your mind so you can study them and release some of the harm from the terrifying experienc
ponse for you?Â Do you have panic attacks when holding your baby sitting down? Or is it just when yo

ic attack?Â Sounds like you are feeling some dread about what will happen to you and physical sympt
sy about, especially your deeper emotions of being emotionally harmed or injured by meaningful peo
ing those within your family.Â Going through trauma can make it more likely you will experience high
orst aboutÂ interactions with others, regardless of evidence;Physical symptoms like headaches, sweat
f not wanting to accept anyone who hasn't been part of the group for at least a dozen years, then walk

u feel you are struggling.If you are worried about people harming you, that paints a different picture.
your growing up years or witnessed someone in your family be violated, emotionally, physically or thr
ave fear about how to talk to a parent, let alone two at the same time.Â Most adults don't do what yo
would make you feel more relaxed about talking to your dad or stepmom.Also its possible you simply
has a fear of public embarrassment. But for manyÂ people, this fear can becomeÂ so awful that it begi
more social?Â Would that improve you quality of relationships in your life?Â These answers can clari
art of who you are.People have the capacity to judge others regardless of whether the group is large c
'm afraid she will take me off them and put me on something else. How can I talk to my psychologist a
'm afraid she will take me off them and put me on something else. How can I talk to my psychologist a
'm afraid she will take me off them and put me on something else. How can I talk to my psychologist a
'm afraid she will take me off them and put me on something else. How can I talk to my psychologist a

'm afraid she will take me off them and put me on something else. How can I talk to my psychologist a
need to protect you by not letting you relax and instead keeping you awake and aware to anything ar
d to a good night's sleep.Really we all are and feeling rested from the day and life's tensions will better
at kind of paranoia you are experiencing--like someone will hurt you?Â That something bad in general
s fears.It is much easier to manage a problem when you're not fighting yourself for having a problem.C
in the sense that it quite often masquerades as something that seems under our control.Â For exampl
n there is less pressure than to be in the midst of a situation which frightens you.Also, she may feel sin
reasons people have panic attacks is if they are under too much emotional or physical stress, any type
any activities or involvements to pay attention, then it is easy to not give full attention to all of them. Â
ety (particularly panic attacks) can lead to anxiety about having more panic attacks. Also remember th
e--imagining an experience while sitting through the rise in anxiety.Once public places start opening ba
It is possible you'll see a pattern of your preferences for certain eating environments. Â Maybe you'll
predator. I would never hurt a kid. I like kids and don't know why I'm so scared to be around them. I
predator. I would never hurt a kid. I like kids and don't know why I'm so scared to be around them. I
predator. I would never hurt a kid. I like kids and don't know why I'm so scared to be around them. I
that's a GOOD sign.Â Â You are also concerned enough to reach out on this chat forum.Â That tells m
ne if they do the opposite of love, which is to kill, that they will get the recognition and acknowledgem
ughts of killing someone, but they would never actually do it. They really don't even want to do it, they
such a young age. I'd start with discussing with mom your concerns and ideal situation. I'm unsure wh
feel like you have no control as a teen.Â Â Have you checked your state's laws?Â In some states, you c
decide which parent you want to stay with full-time. I would gently and lovingly tell your father that yo
your safety and take care of those thoughts of hurting yourself.Yes, this is a major problem for you and
t the current house rotation of where you stay, bothers you?Since each parent has an interest to be to
igh this. Divorce can be so disruptive in a child's life.I'd really need a lot more information about your s
wo of you are having a discussion, Â not a prelude to sex.If you meant in your question that you feel ar
ith a particular person.Having sex can lead to feelings of great vulnerability. If your partner is someone
en trying to do random acts of kindness in hopes that karma will somehow even out. How can I atone
en trying to do random acts of kindness in hopes that karma will somehow even out. How can I atone
away?,"Despite your anxiety you are highly attuned to your sense of well being and skillful in articulati
away?,"With the way you described your anxiety, it sounds like you have different types of anxiety. I'm
. The counselor could possibly order an evaluation to determine how to help.Build your self confidenc
and or talking to someone you don't know. Here is some information on social anxiety:Â https://social
s thoroughly as possible as to what you imagine will be the outcome of meeting others or of speaking
about whether or not either or you would like this relationship to continue.Otherwise, the answer to
first. It would be up to him to reply when he can and wants to, but I don't know why you couldn't initi
a link to a quiz...Â https://www.psycom.net/social-anxiety-test/.Besides being a therapist, I am a Mo
rder. There isn't really enough information provided here to suggest a particular disorder, but it might
often presents in two key ways: Â 1) physical symptoms such as: racing heart rate, sweaty palms, dry r
f the triggers that lead up to moments of anxiety, i. e., heart racing, sweaty palms, sweating, shortness
hard time. Items to write would be what were you doing before you felt this way, did you eat and wh
that it is intermittent, it may be a good idea to talk to a therapist and explore what triggers the anxiety
t would be helpful if you work with a therapist who specializes in anxiety disorders."
ustrating.Yes, you're describing classic symptoms of anxiety.Anxiety itself is the indirect result of repea
point. That certainly seems to fit what you're describing here, but that doesn't mean you have an anxi

er had a plan as to when you will be together as a couple?Long distance relationships are not for every
mal hair or dander, or may feel distracted by an animal in the classroom.You may end up feeling worse
eone who was raped? Â One general direction of what would help is to regain confidence in your decis
ow their assailant. Given these statistics, it is perfectly logical to be afraid. However, there are things y
uch about your history, I wonder if the trauma you suffered has lead to the anxiety, anger, and memo
to start with your family physician, because you have some physical symptoms. While it seems anxiet
n. Dissociation is our mind's way of disconnecting us from aspects of our experience in an attempt to p
issociation. Â People who dissociate might feel like the world around them is unreal and unfamiliar, or
nerves or anxiety. That is totally normal and understandable given your circumstances. Another thing
14, you can have therapy without your parents' consent. If you are young enough to use their insuranc
without your mother's consent?Your mom's attitude toward you may be one significant reason on why
rent types of protection. They may be able to help you to know about all of the options that are availa
nedical advice, or is this someoneâ €™s

u sex was dangerous, was wrong.If this message came from your upbringing, then it may a deeply emb
partly our fear of trusting ourselves to do what is right. There is so much more going on within you tha
ay not like the attention. You may find that ""talking"" to others through the internet is more comforta

talking to an audience?Maybe, for example, if you prepared and rehearsed your talk more than what
t, are really common for people and so many people suffer from them. Here are a few things to consic
eeling more secure. Â Also, it is important to trust your intuition! Â Perhaps there are good reasons to
you don't trust him for some reason or you are insecure with yourself.Â Which is it?Â Do some soul s

rapist who specializes in working with anxiety disorders and most importantly one with whom you fee
th panic attacks. Â Chain analysis is a fantastic way for your to map out the situation starting with the
our in danger (your stomache feels like it is knots, your heart is beating out of your chest,) validate by
nple ""I'm scared of spiders."" But if you change the thinking from being scared to ""I'm bigger than th
ded, this is an issue with boundaries.Â Â Sounds like your uncle goes to your mom and possibly your n
thing, the first question you can ask yourself is ""Whose problem is this?"" It is amazing how many pro

came a counselor and had to lead classes.Â I asked myself why were I so anxious?Â I admit at that tim
:e I was a child,"There is no scientifically established formula for understanding dreams, that I know ab
·m of loss in your life that you have not dealt with properly. Â For some reason you are depending on y
s. I like and care for him a lot. He just makes me nervous and gives me the butterflies. Why am I all of
t therapist will be able to help you work through this anxiety, in a sensitive way, and eventually encou
ɔu do not find you ""annoying and bothersome."" Despite knowing that people like you, it seems that t
it will help you monitor yourself so that you're not affecting others negatively, but your alarm is going
·e?""Friend"" is a broad category.She may not know you as fully as you know yourself.Basically, it is po
you reduce your judgments. Â In addition, I've written extensively about this in my book, LIVING YES,
ıey are paranoid. Â They believe their actions to be reasonable responses to potential threats.From wl
like a couple of things are going on here; you are noticing yourself feeling judged by the people aroun
en to raise, I am most terrified of not being able to raise and protect them. How do I get over my fears
the guy I love,"Keller, it sounds like you're living this relationship in your mind, instead of in the real w
y am I not as comfortable around my boyfriend anymore?,"How is your boyfriend responding to your
y am I not as comfortable around my boyfriend anymore?,"Hi New Jersey,You talk about two very big
d and use their power in the family and in the world. Of course your toddler defies you, and that's hea
ut the various areas in life that you cannot control, you will find yourself stressed out and unable to m
ırge to be obeyed.Trust and love are effective guidance and usually feel happier and lighter too!
)nce you feel stronger and more secure from such a behavioral program, you'll be able to sleep more p

n too nice. It causes me depression and brings me down. Iâ€™m in my early twenties, and I really nee
·s on why you are feeling the way that you are feeling. A lot of people secretly go about their lives eve

ession. Sleeping difficulties, irritability and anxiety attacks all are correlated with these mood disorder
anxiety, feeling more irritable, and struggling to sleep consistently. There are many possibilities, in reg
ecause I constantly feel frustrated and angry and that he is not making the relationship enough of a pr
ecause I constantly feel frustrated and angry and that he is not making the relationship enough of a pr
ole to gain insight into the nature of the anxiety, develop tools for coping with it, and take steps that m
eone who can teach you healthy ways to cope. Self-harm is not the answer to managing those emotior
selves.Self-talk is a major part of what guides our decisions and how we make sense of relationships a
ave experienced such scary violations of our bodies - we may experience residual effects of fear for m
s you age and develop. Please see a therapist, who can help you find the root of the anxiety."
ur emotions. Â If the issue doesn't get a chance to get resolved within, then external action doesn't ne
makes me have a cold shoulder and not want to talk. How do I become less anxious in conversations?,'
social anxiety and depression are especially painful because they make behaving constructively a chal
ld be to make an appointment with your primary care provider & discuss your concerns. Â They woulc
spend it with my family! Easier said than done when we are living in a tomorrow kind of World, right
k my mind. It isn't possible for me to get professional one-on-one help. He tells me to grow a pair and
, I donâ€™t feel that moving in with your girlfriend would alleviate your anxiety. Although you may fee
lt. On a very basic level, There exists a primal need to protect them from harm. The hard part for pare
ade point averages often have the symptoms you are describing. It sounds like, your gut is telling you t
e some conversations with your girl to figure out where she is getting the ""information"" that she bu
and guidance can be a difficult thing to do. I find that most of us seek validation and sometimes that c
19 and pandemic related stress! Play therapy is a great way to learn coping skills and to help your daug
e of what is required of her and what other expectations are for her. She may need to speak with some
enting. I think you are wise to consider helping your daughter around this particular issue. I think encc
ing to be proud of! Yet, as you're aware, your daughter's efforts to maintain such a high level of achie
ut an intelligent, high-achieving daughter. It is hard to see our children struggle! What makes you thin
er than a doctor as a doctor can only prescribe medication to treat the symptoms and is unlikely to be
t help but wonder if it is much more for her. Sometimes when we ""overreact"" it is a manifestation o
ors in their lives, it can be social stress. Teens place a high value on their social lives. Itâ€™s part of the
gy field from all the pressure.Very little info on her date of birth.Â Outside evaluation to help her see
es the students who are the highest achievers tend to put a lot of pressure on themselves to stay at a
et her to her Pediatrician to rule out medical issues and if the Pediatrician says that nothing medically
ur daughter. Second, as I am reading through your posting I want to share that often when our childre
What seems silly to you may not be to her and it is better to give her an outlet to deal with her stress
ink of them to be ""silly"" often times stress presents differently to those who are directly experienci
them feel they need to:Earn straight Aâ€™s to get into their college of choiceHave the perfect appeara

nd anxiety she is demonstrating could be completely unrelated to school. If she is adamant about it be
ucceed - even be perfect in these areas of her life. Behind perfectionism is a feeling of shame related t
es seem much more complex and we would love to have the stressors of school at times but this may
ghter's stress might be building into something more. It sounds like you have noticed a recent change
y are smart they often do not get to many opportunities to fail early in life because they adapt quickly.
ching out as a parent and wanting to help her. My first thought is whatever is going on with her is not
vels of anxiety based on her value system of wanting to ensure she is 'good enough' or 'doing all the r
ing to come from the perspective that she is in grade school. If this is the case, there is likely a lot of pr

you care strongly about how she is feeling.I think there's a lot of questions that come to mind when I re
ve had so much life experience and know how the world works.Â I think whatever is bothering her at
better however, if your daughter is stressing to the point that she is crying and freaking out then that
feelings and staying calm when she is crying and ""freaking out"". Â It's equally important to do some s
pressure and stress that she is dealing with.Â It is a good thing that your high achieving daughter is ca

et her to a doctor!Before you do that, and if she were my daughter, I would provide her the necessary
e needs to know that God accepts her as she is. I can provide her with a knowledge of her God-given, i
our children are being bullied, stressed, or exhibit other symptoms of teenage angst. We walk a delica
e in my practice are going through similar behaviors and concerns. If she feels like she can talk to you
uggle and it's no surprise they're stress out. There are simply not enough minutes in the day to get eve
daughter stressing about things at school. Based on your description it sounds as though she has very h
nd her emotional well being. Her behaviors are worry some as you feel she seems to be approaching h
has a low tolerance for failure.Â As her mother one of the most important messages you can share w
hool and compete with one and another.Â Determine Career-minded students, tend to be very hard c
nportant step toward getting help for you as well as your daughter. The period of adolescence and em
ter and noticing that she is concerned! It sounds like you have been a positive influence on her for her
nagers)...I hear your pain.Â Raising children in our society is no joke.Â Kids are under a tremendous a
sounds like theyâ€™re experiencing anxiety from their stress. Itâ€™s always a good idea to check in wi
anxiety and she is having really big reactions to what you view as small problems or issues. What have
would recommend mindful meditation or yoga, just the two of you. Something you find time for in a
ented but I shall give it a go, Is it possible that your daughter is afraid of failing, I've seen many childre
ssed. Â Are you able to open this topic in conversation with her?Also, reflect on your own expectation
that we have to learn how to let go of our past. Jesus says that anyone who is trying to move forward i
at does not mean moving on from your child. ""Moving on"" then would involve accepting the end of t
needs you. Statistics about fatherless children are staggering. Research shows children raised in a fathe
h care as it involves your children. Â When parents are attempting to co-parent, the clearer the bound
ldren have a way of making things their fault, even when they have done nothing wrong. Because of th
st ways to handle particular situations.Basically, distinguish that your father relationship to your child
how to have relationship so that they can parent their child. We might divorce our partners, however,
accepted as this child's parent and you have a commitment and an obligation to play that role. Â If you
g to find the right thing to do.Short version: your child needs you as much as possible. period. Always.
nfluence in your kids' lives.They may have worked so hard because they understood how difficult and t
from him and giving it back to yourself.Â Do not base your worth on othersâ€™ opinions. Often how o
n emotionally protect yourself from him.Doing so is much more difficult than maybe it sounds.Do you
They often do in cases of abuse. Your safety is the number one priority.It's difficult to offer advice with
ther factors going on here that need attention. Nevertheless, don't hesitate to seek out legal counsel a
eement the two of them made either formally or informally before you came into her life, to residual s
shes to see his Property, it be done off of your Property;And, that as long as it remains your Property, y
.Â Did you ask her about that?Â Is there a reason he still has a key to theÂ home?Â Has there been a

or withdrawn.Â A parent may learn a great deal by asking the teachers questions such as whether the
ll need to step in."
lay with him?Â Does he plays alone in school, but is social in other environments, with family or neigh
ve friends outside of school or daycare? Does he socialize in other situations or is it just at recess wher
assmates?Are there any special or unusual circumstances in the home and family environment?Go thr
commend contacting a local mental health professional with some experience working with children.I

orbing the potential effects of an action taken in present time.Pretty much your toddler demonstrated
f you are in school, please consider speaking with a counselor on site who can help give you some goo
d abuse are different from state to state. But usually, things like what you describe your dad is doing a
pact on your perspective of your self and people around you. Â Please find someone support to talk to
am, which can be disrespectful. You said ""always, and I mean always"" and that is troubling. If your da
n so, so sorry you are going through that. That would be considered emotional abuse because it sound
d is ever calm when you and him are with one another, Â ask for some time to talk about your relatior
off"" about something.Punishment will most likely result in more of the same, not less of the peeing yo
uld refrain from punishing your son. Â Instead of utilizing punishment when he wets himself provide co

. If the child is considered an

; welcome to come.Â However, as you pointed out she took a vacation by herself last year - she chose
don't have enough money to pay for her to come along.You may find yourself feeling more guilty towa
unds frightening and overwhelming, and Iâ€™m glad you are reaching out for help. I canâ€™t say for su
w your theory about your kids behaving fearfully means theyâ€™ve been w someone who created thi
ds like your children are walking on eggshells, and behaving in a manner that suggests that (at minimu
she could be provided with treatment recommendations like occupational therapy, reading glasses, o
d's pediatrician, as well as school staff may be the first places to start. You can request that she receive
ent then addressing it with the school is the best solution. They will be able to provide a full assessme
sensory motor difficulties. The therapist will develop a plan of care if your daughter demonstrates dela
ıd inÂ some cases, 4th grade who do not have learning disabilities write in the manner you have descri
ational neuropsychologist.Â I would also suggest having her vision checked by a developmental optor
our daughter.Without knowing more about the context of your daughter's life, for example, is she a ne
hat she can spend time with friends, play games, or do something else. She might need some extra hel
uld be able to evaluate her to see if she needs extra help and to tell you more clearly what may be hap
most familiar with the child'sÂ developmental history. Also, children tend to regress behaviorally whe
e indicative of some stress in your child's life, so the issues she is facing should be examined.Â Seeking
behavior . Â It's really a great first step that you are reaching out to get some ideas about what might
ey relationships, they are not the only indicator of someone not developing normally.Is your observat
ild with autism?,"Behavioral interaction with someone who has severe autism requires highly specializ
right road, and then he tells me he quit his job because he didnâ €™t like it. I just donâ€™t know what
right road, and then he tells me he quit his job because he didnâ €™t like it. I just donâ€™t know what
ned that her child, from whom she always assumed honesty, was capable of being dishonest.Â That's
mportant to you.
y what the other person wants to hear. I bet that, as you begin to show her that you are not going to li
used debit card, I am going to guess he's a teen?Â Assuming that, there are a couple of important thin
our son to see if anything is wrong. There is some key information here (I don't know your son's age, v
e noticing these changes with your daughter. I canâ €™t offer advice without knowing much more abc
daughter why she's doing the behaviors you describe?Often the best way to find out why someone d
e wondering if it is normal, which means is this common or the rule.Â This question about how you fee
There are many reasons for attachment disruption.Â Â But attachment isÂ important for the child as v

el!Many people state having a favorite child so the reverse would also be possible, of having a least fa
ult with your husband about his opinion and his way of handling the situation?Have you talked with yo
lk with your stepdaughter about expectations in order to stay living in the house. Â When it comes to s
that you live in."
-- for example, stating that it should be done in the privacy of the child's own room. Â I'm wondering if
lem. Sure, sometimes kids don't get along, but most schools look at bullying seriously, and this sounds
robably a good place to start your new life project.If your partner doesn't work or doesn't contribute h
where do you put your needs? Often times we show people how to treat us based on how we treat ou

tory? What are the long term effects of losing one's adopted mother?,"The true answer is, ""no one ca
It can lead to others issues such as bullying from peers as well.Â Whatever your grandson has done, t
embarrassment is unconscionable.Â The entire job of a parent is to prepare their child to become a su
nsibility for the way he feels and blames you for his feelings.I'm glad you recognize he's handling hims
t.Â So what the custody arrangement? Does your dad have full custody? Is the custody shared?Â What
addictions?,"Blaming others is one of our greatest coping mechanisms. Â It is not just for addiction, an

tion. Â Since you are not currently living together, one way to do this would be to plan a date in which
ay show you patterns of when and to what you are especially sensitive.For example, if you usually feel
o look at the world through their eyes. You may have a better way of explaining things so that they lea
esn't always work so well these days. Slowing down and being mindful of the little things, celebrating t
inimizes it by saying that he has "repented." It is a constant strain on my husband, knowing that his gir
inimizes it by saying that he has "repented." It is a constant strain on my husband, knowing that his gir
inimizes it by saying that he has "repented." It is a constant strain on my husband, knowing that his gir
r daughter's history that she is struggling with. Physical trauma is usually easier to identify, but emotic
s a way to avoid this?You don't have to ask this one, simply observe and add this to what you already k
urtful as your daughter's comments sound, there's also a message in them about how she genuinely fe
istened to carefully about these matters, but just because a child has unresolved issues about a parent
y them a relationship with their dad, but to be called crazy and then watch them hang out with him hu
y them a relationship with their dad, but to be called crazy and then watch them hang out with him hu
y them a relationship with their dad, but to be called crazy and then watch them hang out with him hu
me she blames me to a degree because she doesn't know about his alcohol addictions. I feel like there
u; you have bonded with this child as a result of the significant time you have spent with him. He's a lu
a boyâ€”he is now in his late 30s. She doesnâ€™t even have custody of herself. She hasnâ€™t asked ye
tation supervisor contacted you regarding why your daughter hasn't shown up for the past three years
a, so I don't know the laws in your state. It depends on that a good deal, perhaps.Â In my opinion, a chi
ıg in the same house. She has made it clear that she wants me gone. Recently, I was talking to my fath
t's impossible to say what's going on. If there are other signs of distress or very unusual behaviours, yo
and her being so young. We never have adult time when sheâ€™s not here. Sheâ€™s the "golden child
ıem he is not?,"Well Boise, the cat's out of the bag now, isn't it? I love that you want to help your kids
of other reasons. Regardless of the underlying motivations for fighting, most conflicts result from mis
and let him know that it is where it goes to try to encourage him. How can I help him get over this fear

ears, I thought we had developed a close mother daughter relationship. She gave me good reason to c

ɔair is a very essential skill in and part of developing healthy relationships. Your love sounds deep, sit v
ɹation for a parent. Do you know if the child has been evaluated by a mental health professional? Early
ever more than just kissing. I have come clean about these situations with my boyfriend, and he decid
ever more than just kissing. I have come clean about these situations with my boyfriend, and he decid
ng.Â Adult coloring books.Â I have a popular one if you are an upcoming Goddess. Or any outlet like a
your negative thoughts.Â On the other side in the second column, write down a different statement t
ı have great qualities.Â Â Do not allow others' opinions of you to penetrate your psyche.Â Often what
ɹk of and speak to yourself. One way many professionals do this is through the process of developing s
those hating yourself , to an experience of connection. A self-compassion break consists of placing yo
t of positive qualities. Acknowledge those qualities as often as you can. Next start small with the thing
working toward self-love often means moving around through all these. Becoming aware of your emo
ing yourself (big question!). You can and will uncover that confident self!
us to believe that we are not enough. Unfortunately, I believe that low self esteem is a social epidemic
ce is one part of you. There are many other parts, if you give them some space to also ""speak up,"" th
ate the people close to you, especially your parents. Even if you are an adult, think back to your childh
n to the way you handle interactions and make decisions.If you start to notice what you'd like from an
I do works. Nothing has changed, and I feel hopeless. Any suggestions or ideas? How do I cope with "r
I do works. Nothing has changed, and I feel hopeless. Any suggestions or ideas? How do I cope with "r
I do works. Nothing has changed, and I feel hopeless. Any suggestions or ideas? How do I cope with "r
I do works. Nothing has changed, and I feel hopeless. Any suggestions or ideas? How do I cope with "r
I do works. Nothing has changed, and I feel hopeless. Any suggestions or ideas? How do I cope with "r
friend and I were only dating for five months, but I still can't get over this betrayal. I'm not sure what t
t or someone else, and ultimately reject you. One question I would have for you is what is your eviden
e beliefs, which can sometimes be quite upsetting, are based on our own life experiences, including pr
ɔur own expectations for self and strive for those.Â Make sure your expectations are reachable and re
ıy a woman like her is with me, so I'm always dreading when a better dude will come along. I don't thi
ıy a woman like her is with me, so I'm always dreading when a better dude will come along. I don't thi
ıy a woman like her is with me, so I'm always dreading when a better dude will come along. I don't thi
ıe loss of your dear grandmother. It appears you were close to her in many ways and she had a great ir
ɹk for blame----and the easiest person for us to blame is ourselves. Put that with grief and you've got a
rote that you have been looking for a job, so that tells me that you have most definitely not failed you

r feelings toward a girl so that youâ€™ll approach someone who attracts you for reasons in addition to
congrats on having a happiness problem.Go slowly and tell your partner how you feel as you discover h
You're in a lot of good company and it's great that you're in a positive relationship. Congratulations!I c
Hi! Thank you for your question. It's tough to be in a healthy and loving relationship when we believe
This can be really anxiety-producing when you have not felt it before. It may be helpful to work throug
am not. I told my parents that I need to go to a therapist, but they think I am fine and I think they don'
am not. I told my parents that I need to go to a therapist, but they think I am fine and I think they don'
ia. Â Para una cita puedes llamar al 787-466-5478."
hen we have overwhelming or difficult experiences as a child including poor caregiving, the ways we r
ith the information provided and not knowing what your childhood was like or what you've experience
or people who have experienced abuse, neglect, or other forms of trauma. When people experience tr

ool and putting up with bullies or not knowing how to step to the side of people who bully you.Both co
ope this provides a few nuggets of helpfulness to you!
clothing is somewhat fitted and shows more of our physical bodies than regular clothing, and to be co

hat is amazing and beautiful, is that our brain has great capacity to be re-wired to no longer accept the
hat is amazing and beautiful, is that our brain has great capacity to be re-wired to no longer accept the
s yourself can be helpful in building self-esteem.Â Another tool that can be helpful is that puzzle piece
mother forced my father out of my life so I do not know who he really is. We've gotten in contact but
ning insensitive. Â There is nothing shameful about your body and it was not your intention to ""displa
Â We often times will focus on the negative and forget about the positive.Â Next, you had an inciden
opriate then the instructor should tell you--If he/she didn't then assume the swimsuit was okay, but th
s you learn something for the future from your mistake, then you will be doing all that any human bei
d self-blame, but why does it seem so difficult to overcome it sometimes? If you tune into your own th
e ask of ourselves, no matter the subject. On the other hand, it sounds like the location of the mistake
get how you feel; you wish your body looked different and you're embarrassed that you tried to make
ometimes we let our insecurities get the best of us, causing us to make some interesting choices.Â Ho
Vear baggy clothes to disguise the problem and if you do this for a long enough time, then your friends

ife when people teased you or told you something hurtful, or did something to you that made you fee

anxiety that is a bit beyond what the average person might feel. Most people have some amount of w
nuinely cares about you, who doesn't judge you, and who you can voice your concerns to. Â Over time

so been suicidal before. What can I do about my roommate's drinking problem?,"It does sound like yo
u what they thought and then not further discussing it.What qualities do you want to see in the partne
validation from other people to compensate for a lack of something on the inside, build yourself up o
cial environment where we constantly receive otherâ€™s feedback, which at times validates us, make

make one! Make a list of the resources in your area--community colleges, friends, free classes, volunte
that we can give you some words of wisdom that will make it all go away. However, I will give you som
foot in front of the other in order to move forward. Experiences allow us to grow, find a balance and w
ou can get pass it; grow from it.Â Unfortunately, we forgive others faster than we do ourselves becau

ɔrk to reduce. I'll get you started.You feel shame in a debilitating way that is probably way out of propo
u?Have you been in a clash of ideas or opinions and feel yourself in the minority viewpoint?Or does yo

À Â Â Â

pe of care you'd like in your life.""Care"" means anything from checking in on someone to deep, intima
an feel almost unbearable. You are not alone in feeling alone. While it can take time to build deep rela
l let you refocus. Also, brain activity increases with physical exertion. Just walk around for a minute an
deserve such disrespect? Â Just a few questions to ask yourself..
you are concerned about your behavior, and at the same time you feel compelled to continue it. In wo
my Dad. It's very embarrassing! Why am I so angry and jealous?,"In case knowing this helps you, there
rticular guy likes you or does not like you, the possibility of an unfavorable outcome, creates anxiousn
e holding his ugly behavior within you and feeling it.Does this sound like a possible explanation of why
care about your friend (""don't want to hurt him""), I imagine there are many other reasons that you a
s not respectful of them. My gut says that you learned early on in life that your value is in your sexuali
normal teenage girl feelings?,"There are some struggles that are less ""obvious"" than others, an eatin
me and self-loathing you feel are normal responses to the rapes you experienced. A good therapist ca
ts have upon our lives as we process through some of our experiences. Â EMDR can be a particularly e
this. Â A conversation that happens in a safe relationship, will give her a chance of being supportive to
talking with her because he thought we were going to have a break up. My heart is completely broke
ps possible, to move from ""hate"" to ""self-love"".Divorce signals a loss of familiar life structure and
ense of comfort and happiness with myself since everything fell apart. I'm scared to because I don't wa
ense of comfort and happiness with myself since everything fell apart. I'm scared to because I don't wa
work. Either a support group for victims of rape or sex/love addiction www.sa.org sound appropriate.
efs, you can then work on changing them. An easy way to recognize an irrational belief is a thought tha
go to school 4 hours away from her. So now I feel constantly depressed because even if I told her how
velop, grow and flourish as healthy and fulfilling ones for both partners. This is a key factor, ""reciproci

Your therapist can ask questions to guide you in uncovering your true feelings about whether this is th

ship
person, because my partner is in my life?3. Do I feel like our relationship is reciprocal - that is, are we
like every interaction is tense and filled with negative emotions. When communication becomes diffic

thing to lose get uncomfortable and do what you need to do. Trust your gut! It usually doesn't steer us
ed in working on it.Â This means that both people are willing to take responsibility and work on their c
absolutely gives us an initial rush. We feel energized and happy. Guess what happens when you eat su

and cons for staying. See which side has more. Follow your gut. Hope this helps as a start."
happy. Are there reasons you are staying in the relationship that don't make you feel good? It might be
artner and determine if together you want to work on these differences. If there is no agreement to w
ave regret.Â Take time to do some soul searching and imagine your life without this person before yo
ight.Â Â If it is realistic and your boyfriend is on the same page, seek help putting a plan in motion for
ship better?"", ""Is he abusive in any way?"" These are just a few questionsto think through in order to
eaker. I know of a young woman who broke up with her boyfriend because he decided to adopt a pet c
ell my clients when they are facing this decision is to spend some time and imagine your life without th
scale from 1-10, 1 being not a big deal and 10 being a deal breaker. What are your deal breakers and h
cerns about the relationship. In any successful relationship, the research has shown that openness in c

to be loving with each other.If you've presented your needs and no change results, then ask yourself if
planned for you. Itâ€™s a future filled with hope â€“ but to get there, youâ€™ve got to turn your focus
gh,Â Â guilt, shame fears. If you are open you could write a letter of what you would say then release i
ou will find a way because you've asked the right question. Dr. Spencer"
y to distract from the obsessions for 5 minutes and work to increase that time over time. Celebrate you
essary to ""move on"".Â Start learning something new or try a new activity that you've always wanted
ow ourselves time to process and move through the grieving process, we may remain stuck and it may
nce these feelings all at once or one at a time. Â Allow yourself time to grieve by expressing your emot
ike work, rent, bills etc. Â Â Secondly, it's important to do things that make you feel better and not wo
tips to help with your recovery:Â 1. Make sure you surround yourself with people who love you and su
ip is over, and make sure to get sufficient support in processing all your feelings. Â Once that takes pla
you will feel fresh and new again."

around scarcity- are they the only person who can be a healthy partner to you? When thoughts of ther
I think you should instead, say ""thank you"" to that relationship. Thank you for showing you what qua
r which you value.Two possibilities exist.Either you continue to feel strongly that the qualities in the p
ese things off as being the normal ups and downs of a marriage, but whatever it was (or wasn't), it's ob
ol is in your hands now as to how long you are willing to continue in the relationship as it is currentlyE
able that you are questioning whether to trust your husband as you learned that he was involved in an
ary factor for an intimate relationship to feel safe.The person who must repair the trust is the one who
g time passed since the two of you separated? Â Sometimes, and really this is very rare, people decid
husband. Don't chase and please don't stalk him.Do some deep searching as to why he left and what p
go to any extreme to save the marriage is common, but having to do things that go against your valu
made you two separate? What do you think about being in a relationship where your partner does no
to recover from than if your sonâ€™s mother vanished from his life, or if the mother wants nothing to
ship dynamic between you and your son's mother.When you say that she ""never looked back,"" I ima
detach, then learn about it.An attachment to a pathological liar, or to someone who is psychopathic, is
cause I actually love her. Should I tell my separated wife that I'm expecting a child with the woman I'm
cause I actually love her. Should I tell my separated wife that I'm expecting a child with the woman I'm
riage wouldn't have a good start if your fiancÃ© was cheating on you.Congrats on your intuition and fo
on about this guy.He may very well love you, only with the ex so prominent in his mind, it is possible y
ot here.I'm not able to tell you whether or not you made a mistake because the decision is yours. I am
s? I might add he has been diagnosed with borderline personality disorder and as a narcissist. Why do
s? I might add he has been diagnosed with borderline personality disorder and as a narcissist. Why do
quite some time it's likely that you are very comfortable and familiar with each other. While this is a goo
and reconcile, what will have changed other than you having time apart?Â You will need to gain new

ınication. Â People cheat bc they feel diminished regard for their partner.You pulling away doesn't exp
ɔbination of the divorce and your sister not supporting you in the way you wish.When you feel ready a
was feeling or why she reacted that way.I can say that divorces can be difficult or confusing for everyo
ɔne new. Â And not giving you any explanation as to why she made her decision.I'd suggest two possib
, close friend, best friend, early romantic partner, committed romantic partner, and many more.If she
?A relationship is happiest if each partner concentrates on the happiness of the other.Strange for som
ɔ forgiving him. Â In order for forgiveness to be effective, the person who has done the injuring must
ɹpport and empower you.
; the pain of griefTo adjust to a world without the person who has just leftTo find an enduring connecti
ɔer is in a new relationship.It is possible that since you love her and would like to be together again, th
·girlfriend. His daughters donâ €™t want their dad with me because my two boys (grown adults and on
s, creates a lot of tension."
d it may be helpful to take a day or two to consider the ways in which you typically interact and make
ɔth the good and bad, the ups and downs. When you get to the finale of your Â story, you create the er
you for your question. Boy, ending relationshipsÂ is tough, isn't it? Sometimes it's tough even when w
t you truly would like in the current relationship. Understand your reasons for staying in the relationsh
alled friends. At the end, he was a nasty and narcissistic person. Now itâ €™s hard to be social. Why is i
s long as you:Don't love or respect yourself first...Don't love and respect your son...Don't demand resp
rd to say that it is a midlife crisis stage..Â could be... but so much more seems to be going on or have l
However remember that a person can only doÂ to youÂ what youÂ allowÂ them to do in relationships
stion I think a lot of people deal with...they feel confusion about why they can't forget about or get ov
rstanding their own interests and wishes.Concentrate more on what you'd like from your marriage. Â
hat he isn't ready to give that life yet... Now if you probably pressured him about it then yes, he would
ınd he has done. But he is seeing someone else on and off for years now. Will our marriage still be sav
ɔiness as a standard in your marriage.If you start considering that life can be better than what is curren
. The awesome news is that they've also identified antidotes; gentle start ups, taking responsibility, dis
lty and how much he doesn't care, as well as most other people in my life. I feel like I don't exist to any
ing, terrifying, and challenging experience. It is something you will remember for a long time and it sh
first job is turning into a place of tension.Did the matter between you and your boss get resolved?Do
rything in my relationship?,"Hello. That must be very frustrating for you to feel that you to be reminde
rything in my relationship?,Here is the truth: You will never get her to understand! because that would
rything in my relationship?,"It sounds like you feel your wife doesnâ €™t trust you and itâ€™s frustrati
rything in my relationship?,"People often project their insecurities onto others.Â Has she been cheate

rything in my relationship?,"You may not get her to understand your point of view with any more succ

you because of some unusual pressure in her own day, and ask for feedback at a different time on a di
nflicts, but there are typically resources in place to help employees and mangers communicate succes

otion-based instead of fact-based thoughts. After reading your question, I wondered how you went fro
priate content to them, then require compensation for use and enjoyment of your Property, without y
ther's way to handle his friendships.There's a difference between an agreement between you and the
ntent, it is not up to you what your child's father looks at or what his friend sends him. Â It is really har
that is one of the important parts of the job of a parent. Although it is challenging to supply an answe
ttracted to my boss,There are many possible ways dating your boss could go awry and jeopardize your
ttracted to my boss,"Human attractions can be tricky things, and in this case - a power dynamic. In the
hat he want me to reimburse him $25.00 for a hotel room he wanted to get in the first place. He is ou
continued employment with themÂ for you to go to their Employment Assistance Provider (EAP) if th
Employee Assistance Program (EAP) where employees can talk to a therapist about any issue, not just
work tasks. At times, burnout can also stem from a lack of challenge at work.Â Feelings of being burn
ofessors and students; or any time the relationship might negatively impact your (or their) clients.Â La
within all of us.Â Â As in the beginning when the solar system was created in dark matter.Â Â We are c
get to choose what belief system works best for you.Â Some questions to reflect on might be:1.)Â W
what does ""real"" actually mean to you? Often, the concept of God has to do with what you believe
Ask yourself some of these questions. Â What is it that makes you feel so strongly that they are lying?
is system, our system and societies system around us to help us define what life and (death) is, this sy
mena in nature and history and figure what is the statistical probability that they happened randomly.
of this concept, or believe one of the concepts of what god is, handed down by religions.All the religi
decide that he exists?Â This is a personal choice.Â Reading scripture may help to learn more about th
d let go of my past?,"Seek deliverance from parts of your past youâ €™re struggling to let go. Ask the
d let go of my past?,"Investigating how holding on to the past serves him and working to forgive the p
d let go of my past?,"Although it is difficult to move forward from past regrets, it is important for the
d let go of my past?,"Our actions unfortunately cannot be undone, and we all do things we regret. It i
d let go of my past?,"For you and your fiance to move past this, he needs to accept you just the way y
d let go of my past?,"You might ask your fiance about people who have let him down in the past; past
d let go of my past?,"You are right that his insecurities are at the root of the issue. Â You cannot chan
d let go of my past?,"This suffering and clinging to the past, especially a troubled past or a past that w

ıd let go of my past?,"Your patience with his pace of accepting your past, is the factor most in your con
ıd let go of my past?,"Sometimes we have difficulty keeping the past in the past. The best way to build
ıd let go of my past?,"One of the sometimes difficult things about being in a relationship is the fact tha
reating LGBTQ+ clients. An experienced therapist can help you to explore your feelings around your ge
of the other counselors here have shared those resources with you. We don't know for sure how your
horia or gender incongruence is normal.

ge and validate that sentiment. All to well, I have worked with clients such as yourself who struggle to

ıe masculine experience and body, and wish to find a way to be more comfortable.We will approach tl
ɔw you feel and potentially gain supportive persons if your family does not accept you. It will be really

e the identity that is genuine to them, and still maintain their spiritual beliefs! Briefly, the keys are to fi
ally.One way to make this conversation easier for yourself is to prepare yourself for the outcomes you
who do accept you. Creating your own sense of community is very powerful for helping you love yourse
you are as a person can take time and life experience. At the same time, who you are may change acc
that has its shape changed by the wind, life whittles us away and carves us constantly, trying to under
ıal church service (the Salvation Army usually has something) so you can discuss questions or ideas tha
ɔn for a while. What you find in the silence is yours alone, your ""you"" ."
ıuldn't help loving the people or things I loved, no matter who tried to talk me out of them. All I neede
but never truly understood until that moment. I remember understanding all the teachings I had lear
ea as well.
are able to develop a sense of defining yourself without fear of judging yourself, you will start coming
thing you want badly then think about other things. What others want or what you need or what other
ing.Â Do you have anyone in your life that is pretty constant?Â There are also many grief support gro
ıing of a potential future together. I really do feel like he is in my life for an important reason. I'm incre
ıing of a potential future together. I really do feel like he is in my life for an important reason. I'm incre

stead of trying to sway them in a certain direction.Â There are many families that are united despite tl
h whom we are close may be different from us is the only way to create a world of peace. Â This may

guidance, experience and support of a professional to identify all the triggers that effect you and obtai

l therapy called EMDR that is limited in the amount of talking and also has quick benefits for the reduc
e, it can cause your brain to go into a hypervigilant state, thinking that it needs to constantly protect its
npact us, our functioning, and our relationships with other people. It is possible to learn ways to cope
; back.Â Â http://abuseisnotasecret.com/why-abuse-is-not-your-fault/One day at a time.
suggestion is to develop patience with yourself and the process of regaining your willingness to trust o
mily Systems Therapy are all highly effective treatments for people dealing with complex trauma. Â If
e impact of traditional talk therapy and there benefits. There is a helpful therapy called EMDR that is li
a person is permanently gone from this earth, is unsettling and can feel painful.That you had no curre
you know what these emotions are as you are trying to cope? Be aware, that ""coping"" is not process
self. However, just because you are not able to feel or express emotions, does not mean that you do n
raumatic event. Â You can think of it as emotional shock-- you experienced something that was so awfu
sociopath, and that your reactions are normal responses to traumatic events. I'm guessing you are exp
ve difficulty talking about it. This lessens the impact of traditional talk therapy and there benefits. Ther
after experiencing a traumatic event. It is the brain's way of trying to protect us from something that is
All it means is that your brain has shifted into ""survival mode"" for a time and might need a little supp
at you are becoming a sociopath, and that alone shows you have emotions.It is incredibly normal to fe
trauma, it is natural for us to shut down as a way to protect ourselves. A kind of freeze response. Think
eme and we are unable to escape, we â€œfreezeâ€ which numbs us from pain but disconnects us fron
of your question, I understand what you are talking about. Sometimes when a person experiences a tr
to you. Â When horrible things happen, people often react in a way that interferes with the ability to li
ing no emotions at all. Try not to push yourself to feel, just notice the lack of emotion you are experier
al severely distressing situations.Your sense of self may be protecting for a while until you recover the
ing bad happens and we just can't deal with any more pain. It's temporary - which is both good and ba
ly become a sociopath - this is a normal reaction to an event that is completely overwhelming. There a
nd also has quick benefits for the reduction of symptoms. For those who are in great distress you can a
with you to help you learn healthy coping skills, feel safe in your body again, manage emotions, and in
ntify your triggers, ground yourself and regulate your emotions better for example. It is possible to rec
ion, increasing tolerance for talking about traumatic situations, and a deep understanding of how to te
to try to avoid or suppressÂ these emotions. The more you avoid them, the more these emotions will e
ath of a trauma can leave people feeling constantly on guard, panicky, depressed, isolated, and riddlec
; of satisfaction in your life.It is possible that the trauma in your life requires such great attention on yc
an be very emotionally exhausting, but you can learn ways to cope with its challenges and findÂ fulfillr
symptoms are a normal reaction to an abnormal and traumatic event. The nightmares, the anxiety, th
psychological condemnation, you will often have a negative self-image that you may ""know"" is not tr
at you were deeply affected emotionally and on the foundations of your basic nature.The way for thes
es. Your comments here lead me to wonder that you may have experienced some form of trauma in th
one on a regular basis until the symptoms of your trauma have subsided.
heir tone of voice, that may help to center you. Tried to stay grounded and/or mindful. That is being av
hen I would suggest some meditation and journaling in addition to talk therapy to process your traum
scenes in our life that we wish had turned out differently or Â in an effort to desensitize us to it. Â If yc
e you to truly love yourself and know that you have every right to every sensation, emotion, thought,
, enjoying each other?Its possible her physical withdrawal, due to her sensitive nature about who touc
: it's constantly scanning for threats and makes a bunch of noise if it detects one. Smoke alarms can't c
said is insightful...when you touch her ""she feels as if she is being abused as a child."" Â From your d

seeing his current children, and be clear about the circumstances that led up to the decision of him no
develop PTSD in the first place.Â Â You could work on developing ways to work on decreasing the nega
wn simply because of how strong your urge to avoid it whenever thoughts of the traumatic experience
e ups and down of PTSD makes the journey much easier.
that there is no ""right"" or ""wrong"" way to deal with loss and the ""best way"" for you may not be t
at we could've have done more or something to stop it, but often the fish in the fishbowl cannot see th
long run they may prevent you from being able to work through the thoughts and feelings that you ha
your friend. Â It's during this time, that you may experience the various stages of grief. This includes d
to keep the letters in a jar, maybe fill the jar with sand so the letters are buried. I recommend writing t
ixed emotions that make their grief complicated and anguished. Your friend either had an impulse tha
n realizing that you are having a difficult time coping with it. Â I would reach out to a therapist that ha
that were related to other traumatic experiences.If you have been deployed to a combat area, you ar
will never understand the sorts of experiences that military members have encountered. And we kno
nptoms or severity after something like a car accident. It is just adding trauma onto trauma. Sort of lik
iences a car accident develops PTSD. The chances are definitely increased due to your prior diagnosis
e you felt there was a significant risk to your safety or that of others, there can be a cumulative effect.
eactions to an abnormal situation afterwards.Â This may or may not be related to the traumas that yo
a car accident could increase PTSD symptoms such as hyper-vigilance, anxiety, nightmares, re-playing
ompulsive disorder?,"One way to handle the situation is to develop willingness to tolerate her unusua
eir family context, creates their foundational expectations of others.The best way of releasing yourself
m know confidently, every day, what kind of person they want to be and what kind of world they wan
a professional would be a good step to take next. By seeking treatment and having a therapist who y
does not have to define you or your future. Â You have power over your life and your future. Â By lear
mourning, or creating beautiful in your child's memory. Â Of course, the best ideas will come from you
w yourself after a trauma (especially at the hands of a caregiver) and learning to trust yourself can fee
who is trauma-informed or a trauma therapist who has knowledge about sexual concerns. Â Even cons
ad that you were able to get away. Â Your body is yours and yours alone. Â I would highly recommend
atic Experiencing are all highly effective therapies for complex interpersonal trauma. Â If you are inte
ma is like surgery, it requires a skillful clinician to help resolve it. While you are contemplating getting
with your friends.As far as feeling scared when you are alone, I'm not sure if you are referring to havir
nds for Eye Movement Desensitization and Reprocessing and it is a specific trauma treatment. I am no

ve and Hour"" which is an hour a week for ex-service members, often times you can look to your local
eciding what you think will be the best fit for you. There are several different types of trauma therapy,
et Center, or the Soldiers Project. Â You can get more information here:http://www.mentalhealth.va.
er costs of this treatment. Basically, start with the traumatic event(s) you have experienced and move
rough sexual trauma? It can take some work, but healing is possible. If you feel able to, it may also he
wanted and consensual. Â You may want to consider seeing a therapist who specializes in trauma to
npt to protect you from the experiences in your past. Â To recover them can be a slow process done b
eeling de-stabilized by realizing that the people whom you expected to trust, are harmful.Already you
to be"" your father. It's tough enough being adopted (unless I'm reading it wrong, I think you're adopt
st your will, and all the personal and professional loss that has come since, your fear of what will happ
k regardless, speaking with a therapist about your sexual issues would be beneficial. It seems like you
help. What you are going though sounds overwhelming and Â exhausting. Here is a link that talks abo

decide whether to stop name calling or not.I would take very seriously that she doesn't show any will
partner when she's not angry about the following:If she's angry, maybe she can talk with you about wh
since she has been back, he is convinced that she cheated on him while we were gone. Now he is sayir
let me speak because he's louder than me, and that makes me feel frustrated. I have another problem

that can help and provide you some more support. They can also safely plan with you if you choose tc
e of this.If you feel ready, tell him the way you feel and pay attention to how willing your husband is tc
have positive moments in them and typically for survivors those are things they still love and care abou
ith a therapist, and maybe help them find one, they should have school counselors available and if not
ng, you may want to consider processing your memories of the events with a trained trauma therapist.
ow, let's talk about these nightmares. The first thing I want to tell you is that you are NOT losing your m
hout your permission.Â There are some exceptions to the general rule of confidentiality however.Â F
d calls me awful names. Should we call it quits? I'm tired of crying, but we have a toddler together. My
er finally caught us, and I was kicked out of my house. I left with him of course, and we went from mee
ysically lash out at her. I donâ€™t want to lose her, and I donâ€™t want the situation to worsen. I am a
ysically lash out at her. I donâ€™t want to lose her, and I donâ€™t want the situation to worsen. I am a
ays discredits me as a woman and itâ€™s hurtful. I spend most day crying and feeling lonely. I am unh
the cops. Now me and my family don't talk. She's always telling me I'm annoying and just belittles me.
hortly after, I found out that I was pregnant. I wanted to tell him during his next visit. However, he nev
There are confidential and free crisis hotlines that you can call that deal with sexual abuse. Some/mos
ent back to an old behavior from his past in which someone hit him for having strong emotions.Now t
ns the emotional pain becomes so overwhelming that they try to relieve the emotional pain by causin

cted anger or feeling anger at a time when you canâ €™t express it, it can be difficult to cope with. So,
for a quick review of yourself when you are provoked is to pay attention to your body.Â Notice your he
problem has been going on for an extended amount of time and nothing changes, then the next step v
rational and legitimate.Anger is an emotion that communicates to us that something is not right and w
self-awareness about whatâ€™s going on to cause those feelings is important, and only you can know
omb is missing, there is a reaction that occurs within you, accompanied by an image or thought that lik
ent classes has been helpful for my clients.Â Try and see if it will help.Â You will be surprised at what y
e reactions you're having are more than likely anger that is leftover from past events, either in the near
u are reminded of what happened you get angry all over again. Please know that it IS possible to reme
hat bothers you.Your internal stressors are real, otherwise you wouldn't feel the way you describe.Tak
egardless of their willingness to do as you ask.If you are simply left with no chance to make yourself ur
int. If you get along well with friends and don't get angry with them, look at the differences. Do you fe
ch this person. Â Â Relationships don't require a time measurement in order to affect us. Â Â Your que
well.Meditation is the midpoint between expressing and repressing anger. It allows us a space to stay
isappointment, and fear are some of the feelings that we cover with anger when we are not ready to d
aregivers and what you internalized as being normal in terms of managing conflict, and your communi
cting out is behavior and that affects everyone around you.Â Do you need to manage your behavior, a
root cause of your anger, what triggers it and how you can control/manage it.Â If you can't go to a cla
nship with this guy.The one task to do is during a quiet time to tell your boyfriend the way you feel ab

our question is brief, so I'll just try to give general answers as best I can. From my experiences treating
about the subjects of the past, in the present at a time in which there is no heat between the two of yo
ptions so you can see what is different in those times?"
we understand that something else caused us to feel angry, then we can explore the source of anger.
n's violent thoughts and dreams?,"If your son is reporting ""extremely violent thoughts and dreams""
n's violent thoughts and dreams?,"Let me start my stating this is important to take seriously - taking to
th a mommy like I have been lately. I just don't know how to get back to my old self. How can I deal wi
th a mommy like I have been lately. I just don't know how to get back to my old self. How can I deal wi
t what is the root of your anger.Â If you feel like you have anger inside, while I am sure you do.Â Tak
re fine qualities.Anger, whatever the magnitude, generally reflects emotional pain that has not yet be
t to be a better person and learn to let things not get to me and be happy and graceful. I hurt the ones
t to be a better person and learn to let things not get to me and be happy and graceful. I hurt the ones

ıt to be a better person and learn to let things not get to me and be happy and graceful. I hurt the ones
e aware of the way you feel.Sometimes the family in which someone grew up, did all they could to stop
ıave a different response than if you overhear mouth breathing and snoring from a family member wh

n't have what they told you they would, and you are furious.The fury may have more with many times
age my anger?,"First off, it is great that you recognize that some changes need to be made. It is also re
age my anger?,"I'm sorry you have so many arguments with your parents. Â Ideally parents are people
is a fire constantly burning in my body, and anger is gasoline. Why am I constantly angry?,"Hi Nashvill

One of the strategies that almost always helps is deep breathing. When faced with a stressful situation,
ike your husband is going through something, and I think you understand that. You might feel very hel
d. I have a great family, a great relationship with my boyfriend, and a good job. I have no idea what this
stem. It's very important that you set healthy boundaries, express these expectations to him, and cons
ons. In other words knowing that your feelings dictate what you do.Often feelings of hurt or insecurity
pointed out that in Â using the cognitive approach to dream analysis, the therapist follows the basic ten
re you have. Typically, there is an element of fear, danger or helplessness.Second, we rescript the nigh
g viewing violent films and video games as entertainment, maybe even avoiding news stories which so
the mental health realm or if there is something else happening. I know you said that your doctor said
one I can really talk to because I'm not really that close with my family. Is it normal to blame myself for

improving my life and developing a habit of running and exercise to release stress, my symptoms impr

improving my life and developing a habit of running and exercise to release stress, my symptoms impr

pposed to be. You might be remembering so many dreams because your conscious mind is ready to he

hings end if you find out he had sex with a prostitute? Will you leave? Will you try to work things out?
elationship now if you were to know the answer? It sounds as though you may be experiencing issues
to share with you.Â In my experience, he was lying and trying to cover it up. By pushing you to std tes
or those couple years since this happened.Â Â The reality is you won't ever ""know"" - mostly because
indicate the presence of deception concerning the events that occurred.If he expressed that he may h
ity is that you canâ €™t possibly know. Being in a healthy relationship means that you have to trust tha
lp us to piece the puzzle together, like a therapist. In this case, is that what's important? The knowing

erson that really knows is him.Â Here are some things to consider.Â If you're asking this question, it n
hat you were tested (and hopefully everything was okay), and that he continues to answer your questi
is is really frustrating to hear, but you will never 100% be able to guarantee that he has given you the
husband decides to be upfront about the details to gain your trust.Â One thing is for sure though, not
stion are your husband and the prostitute.The question you did and can answer is the reason you wou
and excitement of sex has nothing to do with the meaning of deeper emotional attachment to another
ave courageously explained your soulful dilemma. I can appreciate the complexity of this situation.Â Y
alizes in sexuality and polyamory, I can tell you that your experience is incredibly common. It can be he
r your question. Nervousness, when doing something new, especially something sexual that can feel s
nest conversation with each other about WHY you both want a threesome. Evaluate the status of your

nd work on keeping yourself busy in activities so that you are not having these type of thoughts.Â Dir
py to talk with you in more detail about this."
e bonds with those around you.Â Pedophilia is a disorder in which adults or older adolescents find the
being a pedophile.Â Â Sounds like you have a healthy reaction to your girlfriend!"
re a Christian and have grown up in that home due to the messages that are sometimes sent your way
. You being only a year older than your girlfriend doesn't qualify, so go right ahead and be attracted to
erson."

ormal teenager! Have a healthy relationship. Holding hands, kissing, and more should only be done wh
our girlfriend, your penis is fine. However, erections work through getting enough blood flow to the pe
being intimate with them - but that idea does not always take into account other factors.Â Stress can l
o experience an erection -- you're not alone. And, it took a lot of courage for you to post your query he

d anytension. Do you have any uncomfortable thoughts or is anything from your past coming up?Â Ha
for a urology check up to either your internist or a urologist.Once you know there is no medical reaso

uple to overcome cheating if it only happened once?,"Infidelity is common. In a largest study conduct
uple to overcome cheating if it only happened once?,"HelloYes many couples have survived infidelity.
uple to overcome cheating if it only happened once?,"Hello. Thank you for your question. Many coupl
uple to overcome cheating if it only happened once?,"Do you feel he will do this again, and do you tru

uple to overcome cheating if it only happened once?,"Hello. I'm sorry that this happened to you, and t
uple to overcome cheating if it only happened once?,"Definitely yes, it is possible for a couple to trust
uple to overcome cheating if it only happened once?,"As a relationship therapist I work with couples a
uple to overcome cheating if it only happened once?,"Betrayal in a relationship can be one of the mos
uple to overcome cheating if it only happened once?,"Finding out about an affair is quite an emotiona
uple to overcome cheating if it only happened once?,"It's possible but challenging. Both partners neec
uple to overcome cheating if it only happened once?,"I think there are many different directions we c
uple to overcome cheating if it only happened once?,"<!--

ɔrd in the relationship. The good news is, there are ways to deal with this.You may have already answe

culture, it could even be your own insecurities about yourself that are then outwardly manifested in y
ıetimes this technique allows us to get to the root of our issues. You can also practice this in a therape
ınal changes of the pill, your own awareness and understanding of yourself in this relationship, is what
ike it.Your problem sounds more a matter of timing and reason to tell the girl about it.Not keeping a s
ɔu want to discuss when you meet someone, it is important for you to be yourself. Â It's better to weed
ıe most important part of what you mentioned was that you do it because it makes you happy. For tha
ɔen about who you are.Â Consider if this could be a deal-breaker , which would encompass considerin
:egral part of who you are, giving it up for anyone else or to get into a relationship will only lead to res
t the desire for you to keep it a secret at all, while yes I could see it as ""giving you a chance with a girl,
I would not suggest that you hold back and keep it a secret.Â You should be up-front about it, but pe
e to talk about the way you're feeling, great and wonderful. Â The two of you already are continuing to
/ have little to do with you, and regardless of outcomes, I hope you find the help you need to process t
ɜving an important discussion can be a good beginning. If that starts well, perhaps continuing with som

/our pain very clearly.Â Â What you are describing is one of the most common scenarios I see in my pr
r respondent's suggestions, I also agree that most couples could use more frequent and more bonding
eeling in your marriage lately. Â Are you and your husband able to talk directly about your feelings? Â
ılk to your husband, but if not, could you? Have a conversation with him about him and his life, his wo
s something I often refer to as ""living with your roommate"" phenomenon. This is the idea that you f
riage is one of the most painful feelings. Wanting connection with your spouse yet feeling the all too f
ɔ what is called ""cognitive space"" for your partner, and allows them to do the same for you. The mor
shows that you are going through a lot of pain and I'm sorry for that. Many couples go through this dis
gs that may help you to reconnect. I don't know how much time you actually spend together, but one
that the last time we had sex, she felt me in her, but it just felt "ehh" and wanted to stop. That makes
that the last time we had sex, she felt me in her, but it just felt "ehh" and wanted to stop. That makes

that the last time we had sex, she felt me in her, but it just felt "ehh" and wanted to stop. That makes r
that the last time we had sex, she felt me in her, but it just felt "ehh" and wanted to stop. That makes r
that the last time we had sex, she felt me in her, but it just felt "ehh" and wanted to stop. That makes r
hat can be approached in your situation.1. I would recommend a complete medical examination incluc
compared to how much sex many other people would be satisfied having.The key is your and your husl
want ""to be better connected with [your] husband,"" and since he hasn't left you, he must care abou
s that could be playing a role here.First, different people have unique levels of sex drive, and sometim
g with this! I would love to help. I have a few questions first and I know you can't answer back unless y
are talking adrenal function, and a little bit of kidney;The endocrine glands require a bit of pumping up
nate connection with your husband, it's important to first cultivate a strong connection with yourself. Â
enness about the challenge you are experiencing in your relationship. Sexual intimacy is an important
xperience a wide range of sexual and relationship challenges. The one aspect I tell many folks that I wc
reenville, I respect that you're owning your own overreactions, and that you want to give your boyfrier
fe.Medical rule out is always the first consideration.Before addressing in detail any topics of trust, care
her more, these concerns could be showing up related to your question about sex."
ability to have sex. Things such as depression, illness, anxiety/stress, substance or alcohol abuse, andÂ
n't finding evidence of cheating, your weak sense of faith in your wife's behavior is worth examining b
someone. Â Trust takes time to develop. Â First observe someone, listen to the person, whether they
alk with your gf about your feelings because she may not wish to be in a relationship in which her partr
e of compared to what is not as desirable. After doing this for nonsexual touching, it can also be used v
your mother was probably quite painful and left emotional hesitation to avoid similar dynamics with c
ed about figuring out the deeper reason you are having an affair. Do you have shame and guilt? Do you
ne your terms of satisfaction from the marriage.Maybe you have very clear reasons to continue the m
something that keeps you with your husband.Â Â And I have so many questions for you: What are yc
irst question that comes to mind for me, but more along the lines of do you want to be together and w
en less capacity to empathize with the person.The best you can do is convince yourself of your own wc
ery hard to do without support.Â Finding a therapist who understands the dynamics of abusive relatic
d or lack of a sense of ""safe space"" between you.Learning to nurture yourself in this type of situatior
ersation several times in order to see your partner's receptivity to explain their side, you will know hov
ust as much right to talk and be heard as he does.And, that your words deserve as much respect as his c
his cheating on you is impossible to tell based only on the information here provided.You could open
his time because there are financial issues that need to be resolved. He cannot see the whole picture v
. He uses his passive-aggressive ways and ignores every comment I make. He refuses to talk to me in c
you or he is simply caught up in short fun w his friends and video games.A conversation on this subje
en remind yourself to bring your attention back.Start with short time spans of expecting yourself to co
aybe next time you start to like someone talk with the person to find out if they feel similar to you. Â Â
hese is certainly possible to trigger a reaction like the one you describe."
at she did go. I gave him the chance to get everything out in the open. I found out that he stayed that
at she did go. I gave him the chance to get everything out in the open. I found out that he stayed that
ny ""maybes"", that the best way to strengthen your relationship is to ask your girlfriend if she feels ar
ne). Because this much time could be scheduled ahead of time, at least you would know there was that
habits, so that's why I thought of him to reach out. He made me feel awful for thinking highly of him tc
habits, so that's why I thought of him to reach out. He made me feel awful for thinking highly of him tc
to what each of you expects from the other.

eper story behind the ""who"", ""what"", ""when"" ""where"", ""how"" and ""why"" they are importar
d being so close with another girl?,"I wonder if you could have a conversation with your boyfriend abo
d being so close with another girl?,"Well, as hurtful as witnessing your boyfriend's closeness with his fe
l more intimate concerns of your lives."
out what is happening. This particular type of conversation wouldn't be about reaching a certain soluti
for help in determining what their behavior should be. Indeed, it is usually when our behaviors conflic
ourage you to get honest with yourself and your partner/fiancee and put a temporary hold on your we
ties of married life.You gave yourself the biggest clue as to where to start solving this problem.Since yo
rently receive from your current partner? Such as,Â is itÂ more exciting with others and that exciteme
ounselor before you get married."
are attracted to people of more than one gender.Having said that, some people have feelings toward
generally distinguish who they bring down with them or in service to themselves.Step one is to underst
v her behavior is negatively impacting you (and others). Â You will feel good knowing you did the righ
nportant here because what you are asking could have a lot of different meanings. Consider making an
this.Â You must be extremely frustrated and heartbroken.Â To begin, he is correct.Â You have done
alling in love and letting someone close to our hearts and there's a vulnerability in that; we can get hu
e is comfortable being sarcastic and hurtful, never admits he is wrong and never apologizes. It is your
e different ways of resolving conflict. Very often, one person wants to deal with the conflict right away
urtful (though more in my opinion in terms of the longer-range effects on the relationship). The behavi
ut your relationship and that you'd like to set a time with him to do so.When a person shuts down and
what am I learning from the way I am being treated? "" Â and consider whether or not this is in fact ei
fects you?Maybe he doesn't care enough to change, and maybe he does.Long term if he continues thi
nent.You know you are not getting the amount of love and kind of relationship you'd like.It is almost a
ionship.Be glad something within you is telling you that there are better ways to be treated than how
do honestly. He doesn't trust me as much as I wish he did. Honestly, sometimes I feel like his enemy, a
nange that.Â Pushing others away may be your way of surviving relationships and may have proven to
hen you learned something new about your boyfriend!Are you fine with having a different opinion tha
dressed and solved so you can fully believe him again.Otherwise how would you actually know whethe
on is willing to accept their responsibility to earn back your trust, then the person would naturally und
ld the thoughts you write here, to your fiancÃ© ?This is the place to start since you clearly are unhapp
,"Start a conversation with him about your sincere interest to earn back his trust.Ask him what he exp
nean comments such as the ones you describe here.Tell the person that you are trying to please them
hing, plan it, or have money to chip in, we will not go. I feel like I put in a lot of work supporting and so
r friend and the boyfriend are doing what is natural for couples who are in the early stage of their rela
why he is lying to you. Â Â If he tells you he isn't lying and you have proof that he is, then you can eithe
bout the type of relationship that both of you want to create. For example, you may want a relationsh

nclusions. Â Human sexuality can be incredibly complex at times (e.g., what turns us on at one time ma
notional intimacy.Not only will you potentially feel more deeply connected from a sincere conversatior
r or not you visit your mom, unless you are in agreement with this, is building tension between you an
hat you described in your question (""kicking you out, wanting divorce"") are continuous in your marri
if the two of you would be able to have a conversation about what it is that she would like you to kno
on.It is best to decide any serious matter through reflection and discussion.Start by knowing what you

Think about it for a minute.Â Do you want to measure your trust based on knowing how many fema
to her all the time and that he had broken every promise he ever made to her. What would you tell h
the word should. As a first reflection, it implies that there is a right and a wrong way to feel, in this ca
y of yours that he knew was important to you. The question that should be asked is are you able to go

meone or whether he was really lying again.I don't know whether he would be open to having a discu
ce after he repeatedly lied and broke every promise to you? Â I would imagine if he repeatedly lied to
their own tolerance for lies and their unique reasons for being married. Â Trust your own answers to
piness. Â If you are interested in a good read on this topic, I highly recommend The Four Agreements
valued. It could be that you are showing caring in a way that doesn't quite match what she is really lo
didn't think of the coverages. He was angry about it. I still can't figure out that anger. Why is my fianc
didn't think of the coverages. He was angry about it. I still can't figure out that anger. Why is my fianc
her therapists are ""spot on"". As a Certified Sex Addiction Therapist-Candidate I'm convinced your pa
there right now about how porn is harmful...to a person's brain chemistry, to a relationship and one's
gh place, my recommendation just based on what you type might warrant a visit to a psychotherapist
sation about what you both want, wish for, and desire from one another right now. That doesn't nece
t this life-altering situation that both you and your boyfriend are going through. To be sure, this is a de
he reasons why you are jealous, I don't know if they relate to this relationship or a previous one, but y
a discussion about this so you can ask questions such as that one?It's possible that he does not unders
his. To be honest, this kind of behavior is really emotionally abusive, and you likely know that already.
ou're both in a place where you can decide when is best to talk about something that is important. It
meone is ""checking her out,"" and perhaps when you have felt these feelings before.If you trust your
op in times of struggle may be a great emotional support, but also become confusing there's sexual at
renâ €™s, people change.Â I suggest to talk to him about how you feel, let him know that although he
ut I'm afraid that I'm messing up the relationship. It's just stupid. How do I stop feeling jealous in my
of discomfort here that shouldn't be ignored. No, he doesn't have the right to penalize you or punish
lain how pressured you feel by his questions.Ideally, the two of you will become much closer by talkin
ut I so dearly love him with everything in me. He said it wasnâ€™t a mid-life crisis. My husband said h
from that to ""I married the wrong person"". Fear is telling you that she doesn't respect or like or wa
ow. I end up thinking about it all day. I feel rejected and think I married the wrong person.Like we ofte

e, especially if they lack experience. Men also feel far more of these fears than you realize. That can he
and performs sexually, surrounds us, keep in mind that the images presented in order to sell movies ar
This is something that you should feel comfortable in talking with your partner about.Â The relations
ng and you haven't had to face his/her emotions and reactions. When something we do is hidden...a s

your spirit tells you is a violation of the commitment you feel toward your partner.The good news is th
his relationship.Â Don't allow their problems to become your problem.Â You didn't mention that you
When you're in a relationship, you assume that you will continue to receive warmth and affection. Wh
l different. Most of the time, this is simply because we've pulled back from all the attachment-forming
t spending time with either of us. I just don't know if I'm doing something wrong. We've talked and he
t spending time with either of us. I just don't know if I'm doing something wrong. We've talked and he

ly all speak the same ""love language"" as our partner. You might feel that by going out to work and e
thing is okay. No fighting or anything. I love this man, but I just don't know what to do anymore. How
thing is okay. No fighting or anything. I love this man, but I just don't know what to do anymore. How
thing is okay. No fighting or anything. I love this man, but I just don't know what to do anymore. How
ork?,"Hi Michigan,This is a common issue. How do you trust after you know someone is capable of hu
d flame or a new acquired friend; the latter is complicated and probably the most questionable, in my
to be in relationship with guys, but I canâ€™t be in love with them. Am I a lesbian because I love a girl

good enough"", and I love that you can reject that false message.You don't have to be different for an
would be triggered and you can simply let your partner know what triggers the fear and what you nee
but how can he get over this? My partner is bored of being intimate with me,"I wonder how long ""any
ears, and I've never liked anyone other than my husband. Now I like him, and weâ €™ll never be toget
t was a friendly conversation when it was a girl he once found interest in. Next was his ex-girlfriend. H
his a healthy relationship to save or if I should walk away. My boyfriend wants me to sign a contract of
the old times together or something like that. It really kills me, and I can't stop thinking about it. I foun
all the changing.This dynamic itself creates problems of its own.About your husband telling you he fee
nship with you?If you don't already know his answer, then find out. Â Doing so will tell you a lot about
s taken a "friendship" from a coworker. She insists there is nothing more than friends, but she has sper
rt of that particular couple. Â Loving another person is a one way dynamic of one person toward anoth
t possible that at this time period in your life, being alone is positive for sorting through your true valu
r is this something that you feel pressured into doing.? Â If you feel pressured into being sexually activ
liscussing.If ""no"", then possibly one reason for hating sex is that your boyfriend doesn't notice who y
estionable that would cause you to not trust her? If so, then it will take time and some work to gain th
r feelings are hurt, knowing what exactly is problematic and being heard and understood by the partn
bout five minutes before realizing what I was doing is wrong. I told him and he just got really rude. He
different sexual drives or needs. If you both want the relationship to improve, a couple's therapist wh

d. What can i do if there is no trust in our relationship?,"Hi Louisiana,You say that the problems are wit
th your boyfriend about his doctor advises on starting to have sex again?Being able to talk together ab
ed, while your husband is out working and away from home, he feels he's doing it all for you and the k
ple, than you currently describe yourself as having.Are you and your husband able to talk about any o
ake care."
these dynamics. You can also pick up some amazing books like Passionate MarriageÂ which could be w

a sex therapist. Here's a good article for you to start with.
n.Â There are some things that you can try naturally, before resulting in medication, such as your eatir
hich is a big deal. Once things started, she had the most obviously fake orgasm I've ever encountered.
ving. I'd also want you both to refocus on building up your little daily moments of connection, I wrote
have merged together, that's both common and confusing! Intimacy and sexuality within your marria
seek counseling help immediately to control the urges.However, if your fetish is not something illega
our past or is this something that he asked about? In the future, it is probably best to leave details out

know you'd like another person to help you adjust, is a good sign of your own mental health stability.I
s about him, so you remember the entire essence of him. Perhaps you could write to him, saying what
ual

h a community mental health center that helps clients who can't afford normal prices for therapy. Or g
at this difficult time. You can find free resources and support online at:-https://whatsyourgrief.com-w
f support groups can be helpful. Generally, there is no cost for attending a group apart from a volunta
's needs.Â This can vary by location and therapist availability.Â Another option is to try searching for
ble resuming a normal life with grief and pain as your constant companions? Grief counseling could h

ourn like your life depended on it.Â I mean, get to weeping, gnashing, moaning, crying, solemnness, a
n hospitals and community centers, churches, etc. have support groups. These are often free and man
ıgh these centers.Â Don't just tough it out and wait for your sadness to fade.Â Your grandfather woul

ospitals in your area because they may offer free or low-fee bereavement support groups, which can b
raduate marriage and family therapist program. Graduate students provide counseling at a very low c
nd how you miss him.Â Another thing that might help is to talk with a friend or family member.Â Sha

ecessary to primarily care about knowing your recent loss matters, monitor yourself to eat properly, ke
enced the loss. Â On other days, you will feel better and may not even think about the baby. Â I hope y
general, I would suggest that you find more than one person in your life who you can trust to talk with
can talk together on the subject of how you each feel about the abortion. Â This may start a more con

ief with a promise to compromise or change.Depression - Feeling sad, discouraged, and/or hopeless.A
ıay be experiencing as well as a link to a place where you may find support groups:Â http://psychcentr
od memories.Â The sadness and crying is normal when you are missing a loved one.Â You are noticin
ou had w grandma and your brother.The academic point that grief takes a different length of time to li
nakes this loss complicated is that it appears you have also had a loss in your relationship with your sis
ıave been, never were, and what was lost. With death of a family member the family often falls apart f
areas of your life you'd currently like to develop.The good news is you know how happiness feels.That
th"", and ""I spent my WHOLE LIFE taking care of my dad."" Wow. After everyone else had left him to
hrough this process."
ık my wife is running from the pain of losing our first born,"I'm sorry that you lost your first born child.
ı do is find a good support system. You need to talk about your loss, and talk about it a lot. Talking hel
ered speaking with a grief counselor? Being able to speak with someone that specializes in grief woul
t has been three years and you are still crying every day then this is past the time for normal grief. I do

drink alcohol and feel extremely guilty about it the next day,Maybe this will help you understand.Â Fi
drink alcohol and feel extremely guilty about it the next day,"Hello, I commend you for your courage i

drink alcohol and feel extremely guilty about it the next day,"The short answer is yes - if you feel 'reall'
drink alcohol and feel extremely guilty about it the next day,"That is great that you recognize you over
drink alcohol and feel extremely guilty about it the next day,"Thank you for writing in with this importa
drink alcohol and feel extremely guilty about it the next day,"Guilt is a narcissistic, self-indulgent focus
drink alcohol and feel extremely guilty about it the next day,I offer that getting a professional assessm
drink alcohol and feel extremely guilty about it the next day,Speaking with a licensed therapist will hel
drink alcohol and feel extremely guilty about it the next day,"Usually when someone asks if they have
ingly make your father aware of your findings then be clear on these answers since most likely heâ€™l
eady to listen often times individuals suffering from addiction will deny use until they are ready for he
ng on or they are not in a circumstance in which relaxing with a drink is possible.Often the drive is so s
lcohol Use DisorderYou drink more alcohol or you drink over a longer period of time than you intend to
h problems, usage results in risky situations,Â withdrawalÂ occurs when stopping, andÂ alcohol tolera

(Eye-opener) to steady your nerves or to get rid of a hangover?There is an online assessment from th
ers often unknowingly contribute to the alcoholism and enable the alcoholic to continue the destructi
nt to do. Â There needs to be at least a little willingness on the other party to make some changes. Â I
addiction affects the brain, there are many coping skills that addicts use to enable their addiction as w
she could have you arrested. Â In other instances it can be more dangerous to take medication away t
e who is addicted to pills has, is that the person is psychologically and at least with xanax, physically ac
o a very difficult road for those who love the person and are trying to be supportive. During those time
o my mom's face. I feel terrible, but he's always picking his girlfriend over us. Mind you, he tells other
t substance use is an attempt to cope with emotional distress in the absence of sufficient coping strate
/dependence on your own, but you will likely find much greater success with the help of a therapist o
e basic path is to figure out what motivates you to drink too much and be addicted to weed. Â Almost
jecting our own thoughts about ourself. I am not advocating that this is ok, it seems like your stepdad
ot do this alone. Â The best course of treatment for you is to treat all of these problems together. Â Al
ons that you may need to seek inpatient treatment for. Â If not inpatient then be monitored by a docto
own reasons for your conclusions, then obviously ask your daughter in law for some time together an
lp, but you need some direct support.Â Please find a caregiver support organization, a grief group and
pe with the new demands.Â Your mom means a lot to you, and that is why you get easily frustrated.Â
anding. This is not easy work, particularly when the person you are caring for is experiencing significar
ets and frustrates you the most.Â Does her asking ignite the realization of how much this condition ha
heimer's and some who you know about her is not present sometimes. That's a part of the disease, we
I am not sure if you are taking care of her or not, but it is difficult to see people we love change. I thin
n Alzheimer's is involved. I echo what others have recommended regarding the need for support for y
o see your mother in the state she's in.Understand that Alzheimer's is due to under-performing functio
ith respect. However, you also need to make sure that you have time away from her so that the stress
fault. Always remember that in spite of the disease, that human being you call mom is still there. To c

be the care giver as in your situation. Your mother's behavior as you describe it is a part of this disease
inside you have that be a trigger for you to remember a feeling that you want to experience instead of
ugh this. Yes, this is a symptom of an ugly disease, but that does not make experiencing it any easier. If
r mother is ""Maloriented"". In this stage of Alzheimer's individuals tend to be blaming and difficult to
ningful conversations with people results from the Alzheimer's disease process which weakens her bra

ect our privacy at all. He barges in with no warning. He has a key and lets himself into our house witho
ect our privacy at all. He barges in with no warning. He has a key and lets himself into our house witho
ery close to them. However, itâ€™s my sister I donâ€™t love or have ever really liked at all. Is it wrong
ery close to them. However, itâ€™s my sister I donâ€™t love or have ever really liked at all. Is it wrong
ery close to them. However, itâ€™s my sister I donâ€™t love or have ever really liked at all. Is it wrong
my family doesn't accept my sexuality?,"Sending you healing vibes as you endure their being unaccep
my family doesn't accept my sexuality?,"Many people do not accept the reality of gender beyond mal
my family doesn't accept my sexuality?,"They would probably be helpful to speak with a local mental
pportive but that does not seem to be the case.Â Providing yourself with love, acceptance, validation,
n in her personal history or relationship life which drives her to criticize you so strongly.The natural dy
ope there are also other people in your life that are currently able to recognize the good things that y
of frustration and helplessness. It must be equally hard for your mother to assume full responsibility f
ls real and necessary in your life, you are helping your mom see what she may not like to see and wha
tes about your niece in each conversation that you have.Maybe you can connect your mom with some
e intent of simply expressing your feelings and your expectations going forward. Â Do not blame or sh
does not help her and drains you.Â In addition to that, it sounds like Mom's complaining has become
ries where you do not feel obligated to engage the complaining daily. Maybe setting a time limit to ta
amily to make you feel guilty for ""not wanting to hear it anymore"". That's not fair to you.Give a copy
ange them as needed. It sounds like you have thought it through and would like to makes changes in t
can delete them.Â The boundary could be that you do not hear her complaining at all. Boundaries are
ole and unacceptable. When working with clients, I teach them that there are 4 Rules to Setting Health

hy boundaries, and how to prioritize your needs so you don't become resentful or burned out."
d to her about how hearing about it makes you feel? Do you feel safe enough with your words to discl
r know that you hear her complaints and can see why some of her concerns may be upsetting. By first
communication more productive in nature. It seems like your mother is obviously having some difficu
assertive.Â This involves determining what things make you uncomfortable and how to communicate
u need from them or what you are trying to do with your life to destress and that you can't be a listeni
her feelings and words.Â After you do that, tell her how hearing about it daily is affecting you let.Â L

metimes families initially respond this way, but after time they become more accepting and even sup
thers say sometimes helps.Â This may not be a part of your life you can share with them.Â We all hav

lled, is that a common response to change in your family? Also, do you accept you? That's the first step
ay do is to offer to provide local resources such as PFLAG to help educate them. Finally, I would like to

t are afforming of you and your identity. If you are unable to receive support from your family, you car
with your family's reaction and how to manage the pain you are feeling. I wanted add to their response
ey will come around. Â Maybe you can write them a letter (for them to read without you present). Â I
u're taking good care of yourself... I think you're brave and I give you a lot of credit for not denying wh
gy within you. As you become a bit centered, you're likely to be able to work through your emotions m
dled their reaction in a way which may have upset you.Whether or not they do this, you still can be su
elf as bisexual, and sometimes that is easier said than done. But, when you are able to get to that acce
ay what he doesn't like hearing?Talk through whether he actually believes what the others are telling

set (such as you responding in a tone of voice she doesn't like) and see if there is something you could
ope and interact with your mom.Â Ultimately, you only have control over yourself, so that's the place t
he situation, and clarity on their own motivation, actions, emotions including pain, regret, resentment,
gain, or she won't realize how hurt you are.Â I invite you to look at forgiveness in a different way. Forg

ing and post mostly false views of their life. Facebook is watered down, candied version of our life, you
o you. That's a complex injury. I don't know whether you're still in the marriage or not, or whether you
ur sense of pain.Concentrate on your own life and making your life the best it can be.
the last step is a mediated Â safe talk with sister, husband and youcoversation, in the future."
the forgiveness. Forgiveness is something that is asked of you from your partner but also you have the
aking a final decision as to which house you will live, then you've done all you possibly and reasonably
ve in different states can do that sometimes. It's not as frequent as spending one week at one house a
are a lot of groups or other supports for people who are working through some of the same changes t
our father or whoever else pays for your health insurance.The way to tell him if it is a necessity, and e
ngs. You may want to spend a few minutes calling to mind any conversations that you have had with yo
n.Regardless of their reasons, their behavior toward you is not excusable.Protect your emotions and d
Open the conversation as your genuine need for a positive settlement to the end of their relationship.D
tinguish that your feelings in relation to your mom are not necessarily connected to the way she handl
and tasks that arise when one becomes a caretaker for their parent.Â Expressing positive emotions to
make my own decisions,"If the only way the relationship you have with your mother feels ""okay"" is
make my own decisions,"ABSOLUTELY. Â Having someone who's outside the situation and, even mor
my friend and wants to marry her. Sheâ€™s like a sister to me. My kids hate the idea. How do I get my
my friend and wants to marry her. Sheâ€™s like a sister to me. My kids hate the idea. How do I get my
my friend and wants to marry her. Sheâ€™s like a sister to me. My kids hate the idea. How do I get my
s and the way she talks to you.It is possible the two of you have very different opinions on a great num
to my brother about his girlfriend, risking our own relationship?,"If you and your brother are open w e
to my brother about his girlfriend, risking our own relationship?,"This is tricky and quite delicate.I wor
port from family.The family members may have reasons besides the actual outcome of your school wo
hat you are not putting in the effort? While people can interpret ""effort"" differently, with talking abo
circumstances.Â If your parents are refusing toÂ consider counseling, you might want to try talking to
Â The answer is you can suggest, but you canâ€™t force them.Â I spend a lot of time teaching my pati

ords.Kids go to summer schmo for all sorts of reasons. Â If you were unable to concentrate during the
the interests he is in which you two disagree, limited to these areas.Your relationship with your moth
nferencing application (such as Skype) would be something you could do in the meantime until you so
e you are in a relationship with this guy, your emotions keep your feelings active toward him.Does he
nily members do not offer you your very reasonable expectation.Start by telling particular family mem
nselor would be my advice. Â You will have a neutral person that can listen to both sides and help you

Have you ever told her about how much she means to you (when she's not angry)?"

est discussion? It could be that his comments about your outfit are designed to make you feel good or
A lot of us have natural instincts that we do not want other people to be in pain. For other people, con
/ members who ask for your intervention, will be affected by any change you decide to make in the wa
:hings that your mom does rather than hating her.Something you may be able to do is call the area age
ı.Â Perhaps you could send him letters expressing your feelings and hopes.Â But do understand that
iptors you wrote to describe your mom.All the words you wrote represent psychological conditions wh
ve different ideas on ways to live, than they do.As long as you and your family are able to talk about th
an I get my mother to listen to me without her freaking out?Communication with our loved ones can b
you tell her ? Â What would happen if you said ""Mom, I love you and I really want to share myself wit
u don't blame yourself for your mom's behaviours. It's not your fault. She's getting upset because she
sometimes too easy... but its their responsibility to manage their anger-- get their own support and pu

nough I cannot promise what their reaction will be, the benefit is that you will no longer have to hide w
ur readiness is not dependent on what others' will say or how theyÂ react.Â But more so dependent o
t respond until you tell them. The truth is that people have come out to their parents in many differen
e major ones as it relates to dealing with the declining health of your father, family conflict, as well as
sition to be in.Â I can only imagine your hurt, pain and confusion on what to do.Â Honestly, this is a h
ork harder than you to create that safe place for you to be open. But that's not who your dad is. Your d
uestions resonate with you or not, but if there are some conflicted feelings in regards to your mother,
to tell other family members.Also, given the other facts you mention in your post, if household and fi
r daughter's pregnancy?Â Are they excited about it? I bet they are. They've been together for seven ye
iends is connected to your mother's behaviours. When we are treated poorly, especially as children, it
re both responsible for the successes and failures within the relationship and remove all the all-or-not
s wings and looking for love. You may be heading into that zone soon too, but I get that it's weird that
is situation, it is important that you try and understand that part of life is change. The fact that your b
e doesn't even care. I am leaving him as soon as possible, but I hurt so bad that I didn't know who to t
l seem to have on my part and then makes condescending comments about my character that include
l seem to have on my part and then makes condescending comments about my character that include
mom about my relationship,"I understand that this can be difficult when you care about someone. Hav
mom about my relationship,"Hi Los Angeles, I can tell you have a moral backbone because it's hurting
school I get into, but if that means continuing to play for the team I hate, then I wouldn't want to play i
my father?,"Thanks for the question. Regardless of whether or not you are sensitive, it is okay to want

her that she pays more attention to them. It is a common situation in families where the ""squeaky w

us to work it out. They love us both and want our family together. Please give me some advice or hop
should I dump him? If I stay with him I will never see my family and granddaughter again. I'm in love w
or wife. There are certain things that he may look towards his mother for and certain things that he ma

ing to get rid of the only things I still care about,"It sounds to me like you have had a lot going on and

ngs to consider before you make a decision.- You mentioned that you don't want your wife and mom t
f those interns back then who suggested because I know what I was dealing with during war time with
ently, a better communicator is going to take some work from your part.Â You have to calmly be able
ırd,Â communicate your needs.Â He may not know how you feel and regardless your needs are key ar
a way that doesnâ €™t put him on the defensive because it could very well be that he doesnâ€™t realiz
ill breakdown if each party is only focusing on his or her agenda and is not open to what the other pers
veen you, when you try and talk with your husband.Â Sometimes, it can be in the way dialogue is appr
e maker or the only one who is entitled to talk about themselves.If your husband tells you he wants to
is telling him the emotion you are experiencing when he doesn't listen, such as hurt, sad, and unlovec
seeing a therapist who specializes in couples:Remember that you can only guarantee change in yourse
ıout this issue equates to not being as happy in the relationship as you could be or he thinks you are. Â
grew up expecting to be ""normal"" in the bedroom, I can easily imagine that this came as quite a shoc
ons.With regard to what you said about your husband dressing as a female in your bedroom, I wonder
d you're paying attention to it.Â When you first meet someone, there are all kinds of sparkly feelings a
lisgusted by my own fetish,"Try to understand your own ambivalence to having your wish fulfilled.Sinc
an damage this trust and make it really hard to confidence that these things will not happen again des
estoring trust between two people after some sort of betrayal, is for the one who has broken the trust,
you did in the past, then be patient and give it time. Once trust is broken it takes time and effort to ga
oesn't trust you, but rather that he gets scared that he's going to be hurt again.Â You're a bit vague abc
the circle with overlap to indicate commonality (could be more or less) and then there are parts of the
opposites attract"" this is a short lived dynamic which breaks apart when there aren't enough similarit
otherwise wouldn't we all have a ""good"" marriage? Also, what even is a ""good marriage?"" What is
in lasting relationships share.Â Some degree of conflict is not something to be scared of or a sign it's ti
what behaviors could predict divorce. I think this book might be a good start if you're wanting to learn
difficult work of making good marriage starts. It takes more than love.Â You have to have a shared pur

d imperfections and working with them to lift each other is how you strengthen your love for one anot
ould strive for engagement and support, but doing it in a way that works for each person individually. I
e what I think are great starting points."
he lets the dog run out, and I am afraid he will get hit by a car. My husband yells â €œenoughâ€ when
he lets the dog run out, and I am afraid he will get hit by a car. My husband yells â €œenoughâ€ when
he lets the dog run out, and I am afraid he will get hit by a car. My husband yells â €œenoughâ€ when
et along. Finding out why you cannot compromise and working towards similar goals can help. Talking
the points being argued are core principles of yours or matters which you can accept in service to the l
erself. This is a natural behaviour. You don't indicate whether she wants the marriage, or is planning t
each other's needs moving forward.Â I'm also curious if you're having the same type of arguments ove
process of settling in your new roles and confront new challenges together that as you resolve becom
natch up. Â It would probably be helpful for you both to work on communicating using ""I"" statement
ted on me,"First of all, my heart goes out to you. Infidelity is an extremely challenging obstacle to ove
ted on me,"To begin, I'm sorry to hear about your situation. Like many of the professionals have state
ted on me,"It is completely understandable that you are struggling to forgive and forget this betrayal,
ted on me,"Let's just start with acknowledging that trust is huge and betrayal hurts. You're entitled to
are you willing to change? If you love yourself and know that you have tremendous value, if you can s

: you can answer these questions, maybe you will answer your own question of WHY are you with your
ng mad at you because he is worried about you and it is just coming out wrong. Maybe he would be op
'ife, but the whole time, I'm remembering how I've been emotionally starving for the last five years. M
'ife, but the whole time, I'm remembering how I've been emotionally starving for the last five years. M
ex with another man on while we were still married?,"Houston, It's normal for this kind of thing to be a
ing, so I don't think he has given up. Can my marriage be saved?,"While it would be impossible for me
. He decided he didn't want to be with her anymore when the child was an infant. It seems to me tha
is normal.Hopefully you're husband has been very regretful and upfront and honest with you since th
him to do it in front of my friends and family. I know it sounds dumb to be upset but I couldn't help ho

ıd come up with a plan to best protect the client.In a situiaon like this, it would probably be a good ide
uicidal ideation than an eating disorder treatment center.Â If you or someone you know is struggling
ds another variable to the answer of your question.Basically, there are many variables and not one de

extremely reduced rate, anywhere from $30 - $60.Â Â https://openpathcollective.org/"
ɔu to a list of providers that can help you.
urts to ask for a reduced fee and even if he or she is unable to provide the service, they may be able tc
e fatal.Some symptoms of anorexia are:Â Fatigue and faintingSlow heart rateLow blood pressureHear
curity about who the person is, whether they are good enough compared with anyone else, and wheth
scribes a very typical setup of what is called the Â Binge, Repent, Repeat cycle. This means that typicall
ıg disorder you are far from alone. Â It is more common than you might think and tied to so many vari
ware of the issue and what causes it is a step in the right direction.Â You can absolutely break the cycl
s that last, the best approach is to understand why someone feels like doing a certain behavior.""Copi
mall restaurants, Â are processed to have a long shelf life and are artificially colored and have flavors
can look at in understanding your concern.Â First, I think it's important to understand food is just foo
going to another room in the house can help. If you find that you truly have no self control over food, I
ıip with significant others. These questions help couples to build connection and trust. It's based on th
ally understood as an exclusive relationship. Â You're definitely entitled to know if your wishes to not
ıce means you live far apart from each other and don't get to see each other in person. Therefore, I thi
sharing with him any fears or concerns that you're having about the long distance relationship. Trust i
ıd not to judge or criticize. Allow him to explain his answer and see how you feel about it. Try to ask hi
ıon, what do they talk about,

people find it hard to be honest about these things. There's no way to tell for sure, but look for signs th
ıe area of commitment sometimes do so because they fear commitment itself and the thought of pern
ɔle on this earth.Speculating and theorizing about how he combines love and a future with you, at som
esting the relationship and feel strained from the distance.Â There are ways to communicate to a won
ve want our partners to always be honest with us, but on the other disclosures like this can lead to feeli
it's hard not to be, when you hear about ""the crush"". It's only natural to feel a little insecure and you
ı, but also because of the lack of intimacy that comes along with it. Even if you have spectacular comm
ut there is a great deal of difference between communicating through videoconferencing compared to
ling us about a â€œcrushâ€, it can create or highlight feelings or thoughts that can promote feelings o
ıan originally anticipated.Â Decide what you would do individually if any of this occurs.Â Â Ask yourse
been said, if there is any way you could precipitate a Face to Face, even if it's by Zoom, FaceTime, Skyp
ɔnship where she felt safe enough to disclose something so intimate for her to you. First question is ho
bsolutely give your girlfriend the respect of believing both of those statements she gives you: develop
your girlfriend overcame the initial challenges considering that youâ€™ve been together for over a yea
ity is natural because you don't know where the crush fits into her life.Since any long-lasting relationsh
ing difficulty with the distance, and I can only imagine that you have both been coping with this distan

ionship.Â Is that ok with you?Â And, if it is, what does it cost you?Â He says he's ""done"" but still wa
.Â It may be helpful to decide where the boundaries are for you and to stay true to them in your inter
d someone, is to directly talk about Â the specific problem.To start the discussion w your partner, unde
time when he is willing to have an important discussion. When that time matches with a time that is g
e to create our own tribe, soul family, of people who fill our cup, leading us to feel good about life and
er alone. Once you take the journey to really understand who you are and unconditionally loving all tha
g many people go through, I might say quite often.Â Many feel alone with one another quite frequent
ld be a sign that there is a lack of connection between you and your loved ones. Generally, the lack of
n than the people whom you describe as listening and not really hearing you.Not everyone has the sa

pression.Also, one way to lessen the tension before speaking to someone is to tell them you feel unsu

s its challenges, with the proper communication, commitment, and understanding, many long-distance
p the relationship going.Â This Article Could Be of assistance.Â Â Long Distance Relationships: A Surviv
Do you have access to Skype or something similar? How far away from each other are you? Can you m
ate your intentions and wishes, keep in contact as much as possible, and wait to see how your relations
e or willing to have a discussion about what you love about each other and what makes each of you fe

to understand? My girlfriend is always accusing me of cheating on her when I haven't,"We women rea
to understand? My girlfriend is always accusing me of cheating on her when I haven't,One area to viev
to understand? My girlfriend is always accusing me of cheating on her when I haven't,"Do you know w
to understand? My girlfriend is always accusing me of cheating on her when I haven't,"Open and hone
too much in the "perfect guy"? Is there such a thing? Am I truly in love? I have the perfect guy, but I'm
too much in the "perfect guy"? Is there such a thing? Am I truly in love? I have the perfect guy, but I'm
too much in the "perfect guy"? Is there such a thing? Am I truly in love? I have the perfect guy, but I'm
too much in the "perfect guy"? Is there such a thing? Am I truly in love? I have the perfect guy, but I'm

mething like ""Hey babe (or whatever sweet name you typically use), I'm so curious what that's all abo

is sort of feeling of your heart beating faster with your current boyfriend. Depending on how long you
sounds exciting, and usually goes gradually away.If you'd like excitement, then the heartbeat guy is fc
ugh your love may feel and be very real, the fact of the frequent breaks show that some quality or dyn
ons about your concerns? Is he able to listen to that? I'm not sure how you know for sure that he lies a
is whereabouts beyond someone simply shutting themselves off temporarily from others.The best you
e cheating. She forgave me for what I've done to her and since then I been completely faithful. I'm wc
e cheating. She forgave me for what I've done to her and since then I been completely faithful. I'm wc
e cheating. She forgave me for what I've done to her and since then I been completely faithful. I'm wc
e cheating. She forgave me for what I've done to her and since then I been completely faithful. I'm wc
er depends entirely on which interest is stronger for you.If the reliable caretaker man is not someone
to hear, including not hearing back from him, you will have done yourself a great honor and respect b
dering ""what if"" for the rest of your life. Â That can be torturous. Â Now prepare for whatever..if hi
esitating to accept this boy into your life due to the way you imagine your family may react if you do, is
ize the questions you ask about your self-worth?Your questions are typical for anyone who feels insecu

e as inferior to love someone else gives you.The best way to push through to your own self-comfort an
ip can be related to a belief of unlovability which often stems from our childhood. The relationship so
t you feel when you're not in a relationship?Because of the way you asked the question, I'm getting th
at woke you up to the fact that you're not listening as well as you could and that you're running the ris
t it sure is important if you want to see improvement. It does sound cliche, but communication really i
y of listening to her? Do you find yourself becoming defensive when she brings up issues? Do you ofte
tter the content) and repeating it back, word-for-word. Continue to ask if she has more to add until sh
s fantastic.Â Other favorites of mine are:â €œGetting Together and Staying Together: Solving the Myst
e is a good time for your girlfriend to have an important conversationIf she has a subject that she wou

t each person would like.Couples therapy is exactly this.Still, relationships can change if one person ch
ork on building win-win agreements with her, and follow through on them.Â Those are the areas I see
eek help together?,"Both options seem reasonable.Â Seeking individual therapy will help you to cope

is guy and not a relationship, then wait for as long as your patience allows.To wait for him to change h
self the way you'd handle a similar situation in the future.Since a lot of time has gone by since you and
o do. Relationships require both people to work consistently in order to keep them happier, but if it is
n this becomes the new problem to solve.If you've already done a significant amount of reflection and
that everyone's perception can be different. Remember that relationships take work and take comm
ys a reason for most dynamics!Depending on the nature and qualities of what changed as a result of y
curiosity to understand him better?Basically, first know your own reason for your question. Â Then g

ɔ means adjusting to differences in everyday life, not only that the person is no longer connected with
rother,"Do you and the brother to whom you feel attracted, ever see each other or are in surroundings

. It's driving me nuts. I love him and would never do such an awful thing ever. How can I get him to un
al"", feeling overwhelmed by feelings typically happens when people feel a lot of stress and pressure i
options too.Maybe he doesn't know a lot about hair styles, or didn't want to even think through the qu

v what you're afraid may happen if you do speak up?Usually people don't talk freely because they feel
such trouble communicating?,"Under duress the very youngest parts of you and your boyfriend emer
such trouble communicating?,"Communication involves a listener and a speaker.Â Both have to be w
such trouble communicating?,"Try having a conversation with your boyfriend about your views and w
such trouble communicating?,"You can't fix this by yourself, but I applaud you for trying. One person
ıgain. I'm in a relationship, and I think I like my ex-boyfriend. Who do I choose?,"Hello. The dynamics c
ns, rather than a particular word. Â The ability to listen considerately to your partner and to have your
and what you are anxious, upset or worried about. Â If you examine the causes of your distress you lik
more background information on the two of you before beginning to offer any insight. Feel free to en

ommon to want to be very closely connected to people who are important to you.It may be helpful to
ty.Obsessions give anxiety and worry of feeling abandoned.One suggestion is to study more about you
re you are willing or able to disclose the reason that you left your ex, that could be one element of the
t so you can have specific conversations about what happens during these fights.When you do ""every
imes not wanted all the time. Maybe when you're in a relationship with someone you can discuss the a
ıy you don't matter. That's why it didn't work with him btw. He wasn't reflecting to you that you matte
unseen, perhaps feeling like you don't matter. There are many ways to rewire these relational pattern
who wants to meet your needs.One way of evaluating whether you're actually needy is whether you fe
l erectile function. If the medications are not working and you have taken them as prescribed, I would
any couples are in open-typeÂ or polyamorous relationships where one or both partners engage in sex
ıay seem hard or impossible but unfortunately that is what THEY need.Â It is up to you if you feel and
now your boyfriend treats you and how he handles his own life.What keeps you feeling connected to h
t feel that the first, second, or even third relationship is the relationship you are suppose to be in for li
or a number of years with people who have been both abused in their relationships and those who ha
of being honest. If you really want to be with him, why not now? If you don't have time for a relationsl
ɔ say that you need the time to get yourself together, mature, learn, outside of a intimate relationship
ıt you just wrote here?You're clear in your mind as to what you would like.Unless you have a whole eit
at most men are not talkers but more thinkers.Â If and when he is ready to talk, he will.Â When and i
doing.One point you can consider is asking for a time frame of when he'd be ready to discuss his thou
takes anti-depression medication who says he has ""a lot on his mind."" Â Both give you opportunity
ɔne. How do I handle this situation? I am 18 years old with a baby on the way,"Well, as far as your boyf
people and think how I could hurt them. I feel like I am worthless and would be better off not in this w
t the picture on your end as well.Â Â Sounds like something the both of you need to have a calm and a
Hey, it might be mistake in the end but this is a risk you want to take and you get to make your own m
d me but left no money. Then he texts me and brags about his house and car knowing that I have stru
ɔ get clarity on the situation and see a therapist. How do I better handle my breakup?,"Hi Miami, I feel
ou yearn for a person who will love you deeply? Babies don't give to us; we give endlessly to them. I u

or one of my best friends,"Given that both you and your friend recently ended your respective romant
me?,"Hold on, Sanger! You know, I meet with a lot of people who are so sick of the crap that their ex p
t the only way you can like or forgive yourself...if she forgives you and takes you back? Your self respec
t I don't really believe him. Lately, Tim had been expressing concern about what is going to happen w
ny signals crossed, or if I wasnâ€™t honest with you. You have helped me tons this past year and I am
nding as far as what she deserves from a man. She is always telling me that she deserves this and that
ay. How do I get my guy to fall back in love with me?,"Hi Kansas,I think your first instinct was good; you

ughts is accurate. It's also understandable that you would feel helpless and guilty, given that you see h
nce. I can't financially afford to have the dog wrecking my house. I've tried talking to my boyfriend abo
ve that I do. How can I get my boyfriend to see my point of view when we argue?,"It is extremely frust
ve that I do. How can I get my boyfriend to see my point of view when we argue?,"Hi Moore, Underne
ur fiance will always have to have communications with his ex, because they have children. Can you a
ough patch. What can I do to keep my relationship as good as it could be?,"You may already be doing a

se circumstances, I would encourage you to recognize the agony of what you are experiencing as an in
table to abruptly stop communicating with someone you've been seeing, without explanation. I don't g
ve him so much, and I want to get back to us being happy and a family. Should I get back together wit
ve him so much, and I want to get back to us being happy and a family. Should I get back together wit
eft of harm to themself or someone else, or if they are unable to care for themself. Â More importantl
our boyfriend!Â It sounds like he's maybe a bit immature and moody, and these things affect you, for s
m to make it better. I let him know when I am feeling down. But I am not confident in these things. Tw
nights, I only see him parts of Friday-Sunday and we live together. He won't let me use his phone wher
can't meet up to their partners expectations. Your partner loves you but must have fear that keeps star
how you feel when your companion says the opposite of what he just told you?Also, examine yourse
congrats on having your daughter!Have you told your partner about your feelings of ""hurt and confus
sibly you feel insecure about being your unique self, even when this sets you apart from your friends.I
ere is nothing you can do to force her to want to be in a relationship with you.In the end, if she ""just w
t advice might you offer? What can I communicate with a person who is sensitive to negativity in a dis
Directing the complaint towards the situation rather than your partner always works.Â It isÂ importan
for self soothing.Â WatchÂ this brief videoÂ to learn more.Having said that, this is stuff that some cou
d almost always find that the origin of these feelings point back towards childhood.Â How did you care
are not taking into consideration. Sometimes when we get upset we may think irrationally and see the

emotional intimacy with her and spending time doing the sort of things with her that you'd otherwise
ng. When we did have sex in the last month, something felt really off. Now I'm very insecure about us
the relationship. His fear may be full of information. While it's possible to repair relationships after a
hip,"Sounds like you already see what's amiss. You're looking for fix-er-uppers! When you meet these
us kiss once and told my husband. I told him a couple of things then and we got over it. A year later sh
may not feel so good. I'm not sure where you are in your life and relationships and what you do from h
many different types of issues, including family issues. If your girlfriend lives with you, most insurance
t's huge. Really.Â I find that when people lie, it's most often as a defense mechanism. Which is likely a
Â Your girlfriend on the other hand, likely has her own desires and needs that she attend to before tur
great guy! I just don't know why he's been losing feelings towards me. He's starting to put less effort

ce is to soften yourself into your partner and see how much more open you can be to their influence. A
dle such incidents in the future. If you find yourself becoming upset again, I encourage you to take a 2

i there. Wow, this sounds like a sticky situation; however, Iâ €™m here to help guide you through this
d and a 5 month old and cook. Sometimes he cooks, but he also spends a lot of time on the internet. In
/be it was just because she missed her family and she just wanted to be home because she told me tha
is harmful. That is great that you have recognized this. Unfortunately, some men and women do not re
cussing this with your spouse?Â Also, please understand that this likely has nothing to do with your ge
tionship. It seems to me that you may be wondering if having these fantasies says something about so

s the rest of your life would seem!"
njoy crossdressing!What sounds in your way are whatever beliefs you gre up hearing, see and absorb c
ross-dressing and being open and accepting about who you are.Â Â Consider your personal reasons fo
unds like you have already started to answer

ross-dressing and are comfortable with how you feelaand aware of your own thoughts and feelings abo
or straight. In fact, much of life is lived in the ""grey"" that lies in between the extremes. This is especia
be more fluid in their desire to express and experience sex.Â It is not uncommon for heterosexual wo
nce true sometimes becomes no longer true.Â Change and evolution are natural. Self-acceptance is in
nate with, and who we may choose to love.Â Although this is changing (thankfully), our culture has pro

where you are now. Hope that helps!"

ve may uncover things such as an attraction to the same sex. This is perfectly normal within the lifespa
an there is anything wrong with you or that you necessarily have been hiding ""in the closet"" all this ti

he attraction you are experiencing is sexually-based or intimacy-based. Perhaps you are craving a clos

dren we love everyone. It was as we got older that the social constructs had us make a ""choice"". It c
etimes people inhibit their sexuality bc of fear others will disapprove. Â Currently since in most circles
ens to it. There are doctors in metro areas that practice informed consent where you would not need t
Hope this helps! Â So glad you're reaching out for support! I would also add that you DO NOT need to e
nder friendly medical providers/endocrinologists are in your area, and also whether you feel you woul
nts may be.Â Namaste"

nsgender Guidebook. While I have not read this book, a trusted coworker and clinician says that it is v
nd approaching girls feels, and whether this feels about the same as when you are around boys.Event
people on the spectrum who are clearly gay, or clearly heterosexual, and then there is everyone in be
n be any amount of attraction to boys or girls.If you don't know whether you are gay or bisexual, that
ou are and what you need to happen moving forward to begin to heal.
felt her sister was 'in the circle' of people she could share this with. All that said, though ... now that y
f you enjoy bike rides, plan on taking a bike ride afterward. Â Plan to do something that feels nurturin
a boy, just as it's possible to feel halfway between a boy and a girl, or anywhere else on a horizontal li
y looked at on a spectrum. Transgender is just one of those terms, but looking at the information here
ow who you are. Â Read about gender identity and fluidity. Â Discovering the answer is a process, don'
significance of the person who is asking you the question.In addition, you are stating the simple truth,
e all the time. Iâ€™m afraid that Iâ€™m gay,"Are you able to give yourself some peace of mind while y
e all the time. Iâ€™m afraid that Iâ€™m gay,"Hello. Coming to terms with the idea that you might be c
e all the time. Iâ€™m afraid that Iâ€™m gay,"Hi Brookfield, It can be unsettling when we feel somethi
ngs 1) Find a doctor that is comfortable perscribing hormones and 2) find a Counsellor or Therapist th
ation that can guide you to support groups, and trans-affirming counselors. You are not alone. There a

o we are and what we wantÂ at a pretty early age. The truth is, our sexuality canÂ change and grow in
gay and not, ask yourself what is different? What scenario do you find yourself gravitating to? Â What i
l as though you're female.This goes beyond people who enjoy dressing in the clothes of the opposite g
t I have read and heard, the realization process went from either ""knowing"" right away to looking m
ou feel!"
nding asexuality. One is that people who are asexual have absolutely no interest in sex, and that is not

self! Â I would be curious to know what feelings you might have related to the possibility of being bi; \
nt to be the opposite sex so much?,"Hello, and thank you for reaching out to ask for help. Surely this is

your questions if you'd like a more specific focus to your general search about your sexual preference.'
one or the other. All you have to do is exactly what you're doing; be aware of yourself and allow yourse
n as to where you fit in with the ""labeling system"". Â While labels provide a means to quickly identify
derstand that gender and/or sexual identity crises can be very difficult to navigate, although in todayâ
der is personal thing. Â There is not just boy and girl. Â It is ok to be a boy and feel feminine and date w

acknowledge how scary they can feel, but there is hope and new skills you can learn to work with these

ıg skills. The first is to simply say, out loud, STOP! The reasoning behind this is that we cannot talk and
the most natural response to fearful thoughts is to want to stop, avoid, or get rid of them - which doe
ive thoughts. Â These are thoughts that seem to come from no where and victimize us. Â I can strongl
Studies have been done that show that 80% of human thoughts are ""negative"" so you are not alone.
are able to directly stop thoughts from coming.What is possible is to question their value, accuracy, a

ep during the same timeframe. Also be aware of anything you know of that is contributing to your cha
ia because this may give you a sense of not being alone in your effort in healthy living."
ıabits, consider seeing a nutritionist. They can help you find the balance between what it is that you re
an my own. I do this because I know I never really listen to my own advice, and I thought it would be b
an my own. I do this because I know I never really listen to my own advice, and I thought it would be b
an my own. I do this because I know I never really listen to my own advice, and I thought it would be b
If this is a one-time event, it could be that your daughter had an intense moment of anger and the phı
e little information you wrote here, the behavior sounds more borderline personality disorder than bip
:ion you describe.Give yourself the time to reflect on who you are, your priorities, values, people who

comes than others.I have never heard of ignoring them as a way to deal with a narcissist. Researcher a

ı their lives."
ion or relationship, will spare you to be misunderstood further."
but having a counselor that feels right for you will help to buffer that a bit and help guide you through
mount of time between your checking/cleaning rituals while also helping you to face any of the fears t

:hen heâ€™d be using and abusing you, trying to control you for his benefit.Unless you actually do suff
:he length to expect yourself to concentrate.The task of self-reminding is the same, whether for long o
eens answer they are hooking up, using substances, and engaging in other risky behaviors. As uncomfc
es just knowing someone else is holding you accountable really makes a difference.Â That could be as
hese bad behaviors, such as feeling excited or taking our minds off of bad things. It is really hard to cha
s help you create the change you want. Â Are you arguing with your parents? Do you feel misundersto
I'm glad that you're in this space and asking this question. Try to find a therapist who seems like a goc
what Â it is your trying to reach by sneaking from your home at night.If for example, you're sneaking c

gs?,"Mood swings and getting frustrated when things don't work out is totally normal. Sometimes, we
gs?,"Why do you blame other people who had nothing to do with your actions?If it is because after th
gs?,"Teenagers are prone to mood swings due to developmental and hormonal changes that are rapic
e voices. Oftentimes, significant stress can offset us to have symptoms like this. There also mental anc
w if you can understand when the voices are saying, but I wonder how you feel about what you are hea
s without being equipped to manage them and as a result they start having similar symptoms. It is hel
lings and pressures we feel, try working themselves out without logic and language.Even though the n
ase contact us a call with the method that is most comfortable for you.
f the voices are strictly in your dreams, do call for therapy and talk to your caring others about what's l
such as falling and convulsing) but they are not producing brain waves consistent with a seizure. Psedc
ur doctor knows your health, will likely have suggestions and advice for you regarding the seizures s/he
ich is one of the psychotic symptoms) when you hear or see things that aren't really there.In looking b
order."
ent. I would suggest looking up bipolar disorder and dissociation and see if these symptoms seem fam

el pressure in a relationship, have a sense of wanting change in your life overall and unsure where to
ut your use of the word compulsive and what exactly you meant by it, but it led me to wonder whethe
sfies your anxiety, creates its own sense of control.Instead of directly controlling the anxiety you will b
e your guidance, then whatever the person does afterwards, you have the peace of knowing you tried
ity is normal. Â As long as you have no negative thoughts of doing harm to the person or yourself whic
steem and feeling like you have to control other people so you don't lose them. The thing is, controllin
elf is important. Here are a few things I would suggest:1. Get clear on the behaviors you really want to
y by talking with someone whom you trust and feel safe to talk about your inner thoughts and emotio
s from a distance, or may not recognize their image in the mirror. Â Dissociation sometimes occurs aft

g here. Do you feel angry or sad or anxious when you think about how helpless he is? If you have not a
d be that she misses friends, that she felt safe in the other house (emotionally safe and comfortable),
some time"", like many things, the more that you fixate on it, the more stress it will cause you, conside
mania (highs) to depression (lows). There are different types; however, so here is aÂ website thatÂ gi
. Exposure therapy could help you to manage the obsession by interacting with the objects that are th
sis and living a productive life."
eason you are having breakdowns.Â I can't agree that they happen forÂ ""no reason at all"".Â Â Findi

g. Why do I think about death?,"I'll respond to your speculation that if you let go of the steering wheel
re connected to old events that evoked the same feeling. You've likely had too much of that feeling in
, but now I'm getting C's and F's, and it hurts me to know that I am way better than that. It's not even
, but now I'm getting C's and F's, and it hurts me to know that I am way better than that. It's not even
your body, and it's likely you're trying to express something...pain maybe? A therapist can help you to
d out if your experiences would meet that diagnosis would be to meet with a mental health professio
ces.Â It is always a good idea to have a medical evaluation prior to making major adjustments to your
e disorder finds recovery, the sad truth is that not all will. However, family members still need to have
an also gain suggestions on what the next steps might be. If he is ready I would suggest you engage in
r the other person. You might read some material from al-anon to improve your insight into how addi
feel better about himself.It also may not since addictions are the result of behavior patterns set very

lefines addiction as ""a treatable, chronic medical disease involving complex interactions among brain
n't work with substance peers. The organization I work for has told me I cannot go to my 12 step meet
n't work with substance peers. The organization I work for has told me I cannot go to my 12 step meet
n't work with substance peers. The organization I work for has told me I cannot go to my 12 step meet
n't work with substance peers. The organization I work for has told me I cannot go to my 12 step meet
what a phone offers keeps people at a distance from knowing themselves.As long as you make time t

uld protect you or someone else from an imminent harm."

phone calls?,"Mental health providers should promptly return calls from current clients as well as fror
phone calls?,"Yes, your former social worker should return your phone call.It is the professional ethic

ent or to Child Protective Services. If you don't think that a child is in danger, you can still report your
e. They know there is a good chance of their records ending up in court and that they themselves will
ure that you have access to another provider of equal or higher ability.In this case, if your treatment te
er that I would be out of town. She said I could do a phone in session. The thing is we do double sessi
information to your parents, they will probably find out if you use their insurance.Â It seems like you
f you are in school, I'd recommend talking to a school counselor or school nurse.Â They often will be a
about your safety.It was definitely a good thing that you told your primary care physician about what
uired, it would be sufficient that the client consented.On the other hand, it would probably be illegal f
le searching to find your state's rules. Â Some states have extensive regulations regarding the scope o
ys of consistently checking in with clients sessions-by-session to determine what is helping, what isn't
ost part this is when counselors begin termination. For some clients, this is an easy process that mark
ty of reasons); a mutually agreed upon time frame for a number of sessions to be provided; or the fina
dging that in the last session or sessions. Sometimes, however, a client has needs beyond the scope of
counselor is competent to be able to work with. A person may have come to the counselor talking ab
e natural ending.I always leave an opening for continuing counseling in the future. At least as a check

se sessions to less often to begin practicing maintaining progress on their own. Clients are often nerv

rify goals on a monthly to a quarterly basis, depending on the frequency of the appointments.Â Once
er una explicaciÃ³n, aunque es recomendable discutirlo en una sesiÃ³n de cierre."
y check in with the client about how therapy has been going, and if we want to re-evaluate where we a
ease to biweekly, then perhaps once every three weeks, then once/month and so on. Throughout this
nple of two areas that counselor's take into consideration when ending counseling sessions:Does the c

clients however I may continue with on a monthly or bi monthly process to allow for check-ins to see h
client for some time. Â If the clinician feels that the client is not benefitting from the therapy, it is eth
s best to have ongoing dialogue with the client to determine when termination is appropriate."

nents, usually at the last minute, lack of participation during sessions. Â Client initiates by asking me p
and move easily.The person's mood will be better, they will smile more, sit in their seat in a more rela
likely be taken to supervision in order to be fully processed. Â All of these things could happen, and u
with the assistance of a counselorSometimes a decision is made that a client is no longer benefiting fr

s 4 years of college and an additional 4 to 7 years of graduate school to earn a doctorate degree to bec
psychology,Â social work or counseling to become a practicing therapist. I am a Licensed Professional
ountry is known for that. Is it appropriate to give him wine as a gift after Christmas? Is it appropriate t
ountry is known for that. Is it appropriate to give him wine as a gift after Christmas? Is it appropriate t
ountry is known for that. Is it appropriate to give him wine as a gift after Christmas? Is it appropriate t
ole to continue seeing the client than that may be arranged and is often the most desired outcome for

ions or suggest new therapist options. Â At times, unforeseen events arise and and there is no transiti
ly responsible for this child?If not, then the therapist may have already communicated properly with w
n. Â If the therapist is not helping or is behaving unethically, contact the state agency which issues the
e client in the new place of employment.In the end, the best interest of the client should be the the ba
our counselor know how you feel. Specifically tell Your counselor that you don't seem to be getting the
oughts, emotions and needs are. Are you letting your therapist know what your goals are? It's okay to
mportance of being your own health care advocate. Generally, the best approach is simply to be hones
g with a mental health therapist would be beneficial. However, keep in mind that you do not have to g

to be our basic assumptions.You're more normal for noticing and feeling stressed than if you imagine
eeling less stressed out."
sical symptoms such as headaches, stomach upset, or sleep disruption.Â It may affect your ability to l
s of stress with your psychologist, and to identify the context, history, and triggers related to the stres
eing is to engage in self-care. But not the self-care that most people think of like vacations or massage
ðŸ˜ƒ

eling irritated for a few days, then give yourself some time to reflect and clarify what the meaning of th
where we might be gripping our muscles. Check out meditation apps such as 'Breathe', which can talk

ank will not get you very far."
gize if that is not your meaning. It is important to remember that we may fantasize about a bunch of th

ng presence then your sexual urge for her may really reflect your need to be nurtured, not necessarily

ıt.If you grew up having enough interaction with your dad to know you'd have liked more and didn't re
time to study since most of the time, I am busy thinking about sex. How do I deal with sexual tension?,
ıng a lot of trouble. How can I get some closure on an experience I regret?,"Writing about your high scl
ıything can become a problem if you overuse it.Â This is why it is important to have a healthy balance
g is and can be tricky.Â Today to feel validated it is to receive a like , comment or follow.Â When frier

due to not having any responses on the sites you list.More than likely the non-response has less to do v
g to you. If these friends are in-person as well as online, perhaps going to them in person and asking ta
e.I wonder about how your friendships are in person. If you get along well with people and have effect
f themselves to offer, this can also be quite tedious.Realize that you are more aware of human interac
as friends, I always believed that a relationship should emit positivity towards all parties involved, if y
ve call our true friends, those who know us well and whom we have a special connectionÂ and those f
.From what you write, there aren't any statements as to what gives you happiness about being a frien
ed into her relationship with her friend.Its possible if you offer your friend expressions of your empath
ıer things with you for a little while, you could discuss this at some point in the future.Hopefully the tr
vorried because he's in a trusted position of leadership and no one suspects anything. They just think I'
vorried because he's in a trusted position of leadership and no one suspects anything. They just think I'
oblem situation. Â Feeling intimidated by another person is very unsettling.Stop having contact with t
e rooted in past experiences in relationships in which we were hurt and or disappointed. In working wi
e answer matters because gossiping instead of directly telling you about a problem, is a problem in itse

l.It is a popular notion of TV, FB, and media.Doing the letting go, has nothing to do with what is actuall
are personal barriers we all have to having healthy relationships; it's our ""stuff"", our ""baggage"" (n
ach day should be a step better than the previous day.Â You will have days that you didn't do as well...
g others to feel a bit better."
and increase the way and the range of understanding of other people and our world.Good luck with y
derstanding? Maybe you want to get closer to someone and resentment is in the way? Maybe you tend
re ganging up on me,"Conflict is a tricky beast and shows up in everyÂ one of our relationships.Â Wha
friends face-to-face to address why they feel your behavior is concerning.Â In-person contact is the b

he actual name of this office will vary depending on which branch of the military it is). You may also be
or whichever department issues passes. They are located outside of the gate so you do not need a mi
you can go to the visitors center and let them know what has happened to get a temporary pass for a
mselves in school, the response could be anywhere from something as minimal as a conversation (unl

many persons are interviewed and what type of assessments are provided. Â¿CÃ³mo se diagnostica a

ving at an accurate diagnosis, at the same time, they aspire to not pathologize clients."
notions and behaviors."
ng what type of personality a client has, I take my time and really absorb their lens/ point of view to th
y specific characteristics that are used to identify personality types.That being said, some clinicians wil
Orc in between, loosening the chains on their drooling, snarling Pet Theories...The real truth is, does it
o harm other people.As long as someone is sincerely trying to know more about themselves my work i

‹ best.Â I specialize treating anxiety and relationships and would

ill apologize for crying. However, emotions and expression of emotions is part of being human. There i

doing it ""wrong"".Â As long as you feel safe and have a sense that your therapist ""gets you"", and yo

ed for years. If you shed tears while doing that, I applaud you for having the courage to be on your the

s."
n the office; it's why most therapists have a tissue box close to where you sit!"

safe place for you to express all your feelings and help you process them. It is part of the work of ther

to work through and get to the route of what they are feeling. Good for you! It is not easy to cry, espe
n heard, therapy can create an environment of being heard, which can be validating and healing.If you
lecent place before the session ends.Â We got you!"
ly and discuss them if it seems like it would be helpful."
nd personal growth."
Restores emotional balance. ...Helps baby breathe. ...Helps baby sleep. ..."
place. Hopefully, therapy would give you a place to allow those feelings to finally surface and then sta

n order for someone to appropriately process the pain, hurt and suffering one might be experiencing y

we feel and it is a beautiful thing."
at proves that you were strong enough to share something that may have been difficult or that you wa
y is a safe place to let those feelings out, which means that we see a lot of tears in our work. Therapy c

nd your tears are part of how your body experiences those feelings. If you're often sad and working thr
space of safety is freeing and enlightening. Not all sessions can have that but those moments are wor

ne point in your life that it's not okay to cry.Â Most people have been told at some point in their life, "
be brought forward. Humans cry for many reasons. Commonly we cry when something touches us de

ɔut things brings up a lot and tears sometimes will follow. If you cry during a session, it just means that
ıg this than with a trained, unbiased person? Crying speaks to the development of connection and is sy

ıg what your tears mean."
d. I keep 3 tissue boxes in my office, all within grabbing distance. When you are in there, a lot of times

scious about, bring it up in your next session.Â Your therapist should be able to put you at ease.Â The
keep going!"
ɔ the therapy room, you go in with expectations of some sort. Even if you did not expect to cry, it is qui
ıave a chance to let go and allow themselves to experience the emotions that they have been holding l
rently, it could help to process how it feels to you to show raw emotion if that's something that conce

The energy is not blocked, is moving - a good thing. It's good to cry."
past clients when they have had a breakthrough in their therapy process."

ɔur emotions.Â While not everyone will cry during a therapy session, you're not the first, and definitel
hat your energy can flow more smoothly."
ey are free to express the emotions they feel in a safe space."

see tears from my clients because that can mean the client is ""stuck."" So, don't feel bad for crying! Yo
de you with the presence of mind that therapy demands.

ɔ haven't cried once. Each person is different however therapy should be a place where you feel safe e
e so moved."
:."
the one of the most beautiful parts of the healing process."
feelings while youâ€™re having them; thereâ€™s always a reason somethingâ€™s a big deal to you.Cı
to discuss with your therapist. Â They may be able to make some suggestions of how to honor your fe
lp you learn more about yourself and help you grow."
shown that crying reduces pain by releasing oxytocin and endorphins and reduces stress through the
s may every session. Wherever you are on that spectrum, it is absolutely normal and you are not at all
to hold space and support you through it. Crying is a very healthy release of energy so feeling comfort

:hing bad at times and so have conditioned ourselves to avoid crying out in public places. In therapy th
hile you sort through your painful emotions."
:an now be faced and dealt with.Â Change too is often not easy, and can lead to crying, whether from
ny more emotions. Talking to your counselor about your experience might provide insight and healing

sphere from a professional helper provide the service"
ls and enhance positive attributes that are already present in someone. Â I like to think of therapy as a
n solving solutions. A good therapist usually will not directly point their client in the direction they nee

method they use. If you are looking for a counselor, take your time and be sure you feel heard and res
r validated by people in their lives, counseling call help validate your feelings and help you become m
elp people with mental health concerns, life stressors, and many other issues. In addition, there are ma
erent styles of therapy, some of which will work great with some, but poorly with others, specifically to
where you do not have to worry about how else the other person is involved in the situation. Beyond
life.Â Ultimately, though, it's up to the client to take action, because action is what creates change. So
and emotions in your quest for optimal health, wellness, and happiness in life."
during the process.The counselor's capacity to understand the underlying problems and also communi
re hard to change directly. So, we target the emotions by changing thoughts and behaviors that contrib
(give or take, per study) of all outcomes--be they positive or negative--occur due to factors SOLELY WIT
values, working through stuff, and a general improved sense of self. Sometimes, for a variety of reaso
case with most things in life, there are both benefits and risks while participating in counseling. Coun
ill intervene with thoughtful questions if someone's strong emotions overwhelm them.This is differen
thought they were safe sharing their concerns with friends or relatives who are good listeners, but lat
ack.Â Counseling is not like the kind of talking we do to people we know. For one, your counselor does
he counselor the issues that brought them to counseling in the first place. This requires you to be vuln

reater reflection upon our attitudes, our behaviors and our feelings. Imagine if you will a small goldfis
m a new angle to help solve your problems.The counselor is a neutral listener that can help give direc
: is they would like to changeSome people also ask how counseling is different from friendship. There i

er the phone before scheduling an appointment. Listening to how they converse, use their tone and ir
email them to set up a time to talk for a few minutes.Â When you speak with them, you want to know
hat you feel a connection with your counselor. Â Trust your instincts and if you don't feel comfortable,
pist has a speciality, accepts insurance and whether they offer a free phone consultation. I would ther
eeking therapists based on what their insurance will cover, or what is likely to be more and more the c

have their individual styles and theoretical orientations they align with. Open and honest communica
questions prepared about there expertise with (whatever you looking for)."
, go to one of the many directory sites like CounselChat or PsychologyToday.com. These sites allow yo

nce being that you are likely to visit your doctor or dentist only a couple of times a year or in an emerg
You can also do a google search for ""therapist near me"" or ""counselor near me."" Lastly, all major i
d son) is unbreakable.Go with your faith; as often as various faiths have been blasted and lambasted a
for you to get some questions asked.Â Be sure to ask about their fee, if you want to use your insuranc
steps:Â 1.) Know what is important to me in finding help.Â 2.) Ask for referrals from my trusted frien

of charge and can help you make your decision."
t be a good fit, etc. Then from there, if you want to meet in person we can set up an initial session. I wi
what's happening in their life and the way in which I respond and the way we communicate will give
suburban, or urban environment? If it's either of the latter two, you'll probably have a mental health p
ns, couples/family sessions, etc. And research potential therapists in your area that focus their counse
interested in the services but unclear about how the process works. From there a seasoned therapist
any reputable therapist directories online that offer specific information and links to therapist website
dia, and any reviews (but remember, people are not always very nice). If you plan on using insurance to
ese days, counselors have websites where you can learn even more. Â These websites usually have cle
ood fit and then people are left with a bad experience and do not want to re-engage. Â Remembering
comfortable with the counselor and the services they can offer.
r the service they are about to purchase before they can be expected to pay money for a service which
ssion completing what is called a psychosocial assessment. Typically I explore what brought the client
ou are asking of the counselor.Â We may ask you to share:A personal strength and weakness.Highs and

lot every therapist goes into history in the same way, either. The way the therapist practices will often
ing as much history and as much information about the client's current concerns in order to formulate
be. The very most important thing that will determine a successful outcome is the healthy therapeuti
at I like to get completed, but I want to have a conversation and I'll ask questions as we go. Â My first q
order for them to pay the Counselor. If you are paying out of pocket, this diagnosis is not really requir
uld like to meet.
these up to you in a kind and safe way so that you'll start to see your circumstance in a new light in wh
ng skills to help you manage the symptoms your experiencing."
be creative and very authentic.Â TO understand that it is not about the client thinking the counselor i
e span of counseling to best fit the client's needs.Â Humans are complex so it's important to stay flexi
stening in there, as well :)"
in therapy sessions, rather than a therapist talking about themselvesAttending: Nonverbal or verbal cu
aggage (we all have baggage and most are ""wounded healers"") into our work, as it's not about us. If

anistic, progressive, or conservative.Â Some can be obsessed and try and cross the line.Â When you a
ely, cancelling appointments, or arriving late. A resistant client can also make the process of the therap
l stuck with a client.Â Sometimes both the counselor and client have ""blind spots"" where we aren't a
heh heh..."
es things that feel like the most challenging end up with profound shifts and outcomes.) It is often help
pain I feel for someone describing some type of injustice or unfair treatment by another, feels very de

e Animsls. Even though that can be very helpful, emotional support animals are not generally protecte
ensed therapist.Â It does not matter if they have a no-pet policy if you have met these qualifications.Y
distinction from Emotional Support Animals.Â Emotional support animals are untrained animals (typica
/ letter from a therapist who is licensed to diagnosis emotional disabilities.If the answer is yes, then fir
aining and then are paired with someone for whom they perform specific tasks.You may benefit from
action with her?Â It is your choice who you share things with.Â You can set some clear boundaries.Â
doing the right move to state you don't want to discuss your depression with her.I guess you could ask

ork in order to support themselves.Unless you have a medical condition which limits or prevents you fr
ip with yourself and what makes you feel happy, safe, and having a sense of accomplishment. If you ha
ce with addicts at all, then I'm sure you've heard the term ""enabler"". A lot of the times, when people

feeling depressed. Encourage her to speak with a therapist or counselor to address her depression as
terms of any relationship changes, one possibility is that it dissolves.The best way to go is to start the

r. This is something the two of you can explore together. Also, if need be perhaps she can speak to a th

ughts are not necessarily the truth of what will actually happen though.Illness makes negative situatic
you're going through and will be able to share how they coped. Try searching for a support group for
nd familial settings).Â Â It's not fun to feel constantly terrified.Â Â To search for a therapist trained in
ognitive Processing Therapy is that it is time limited and only lasts 17 sessions typically."

are a video about this very concern.Â How To Make Friends As An Adult
t moved away? Â Its possible that you could look for similar situations and see if anyone catches your

to get a check up physically and mentally to see if there are any medical under lining issues."

on away from distressing feelings."
you feel you've lost interest in things you once enjoyed?Â Or do you feel overall numb that seems to h

it happens more often than another, what helps the feeling go away, what or who is helpful in relievir

n I do about it? Why am I experiencing dfficulty maintaining an erection?,"First step always is to do a r
n I do about it? Why am I experiencing dfficulty maintaining an erection?,"When I'm working with me
n I do about it? Why am I experiencing dfficulty maintaining an erection?,"For starters, know that this
n I do about it? Why am I experiencing dfficulty maintaining an erection?,"This issue could come from

n I do about it? Why am I experiencing dfficulty maintaining an erection?,"Most men believe that gett
n I do about it? Why am I experiencing dfficulty maintaining an erection?,"Erection maintenance is cau
n I do about it? Why am I experiencing dfficulty maintaining an erection?,"If you haven't already, plea
n I do about it? Why am I experiencing dfficulty maintaining an erection?,"Assuming there are no mec

an definitely help yourself going forward:1. Attend therapy to learn strategies and tools to help you to

best care and treatment for SAD includes discussing it with your PCP (primary care physician), integrati

nt. Â Using light box therapy is one way to help. Â Light box therapy mimics outdoor light. Researchers

eurotransmitters such as serotonin and most believe that a major contributing factor for winter depre
to engage in activities that make you feel positive, productive, and connected."

es in appetite, loss of interest in usual interests, and possibly suicidal thoughts.Â It would be best to c
sical illness? Exercising and eating a balanced diet? Make sure to schedule fun activities and spend tim
be much more common in :People who have families who have SADWomenIndividuals between 15 an
es and moods are part of nature as well. Â Fighting what is part of nature seems like a tiring fight whic
hole activity level changes along with it, you could explore how to get some of that activity replicated i

healing journey."
that meets regularly. This could give you something to look forward to regardless of the colder weath

own somewhere. If you have a journal that would be a great place as research has shown that our brai

, little self-examination goes a long way.You have some basic clues about yourself, such as pushing pe
yle adjustments with your primary care provider (PCP); have your PCP do a full bloodwork up to check
eone to help guide you. I would find someone you connect with here. Besides that, check out this app,
o see what kind of patterns show up.Â You obviously are very insightful already and maybe having a v
ırdly anticipate!Balance comes with proper understanding of the different bodies you possess and hov
f they areÂ as a result of hormonal fluctuations.For example, at the start of your period, do you have t
t these mood swings and what to do to balance yourself emotionally during this time.Â As a woman, v
; much as posible, schedule activities around your expected mood swings. Â This way you'll avoid feeli
care doctor to check for (and treat) any physical factors, learning healthy coping strategies for your ar
start talk therapy. If you want to bypass that then do talk therapy or chat.Â Â I have services online th
ou the tools to be able to manage anxiety and depression better so that it does not impact your daily f
two things that were the cherry on top. Now I feel like I see my depression, but I handle it differently.
ession. Google hypnotherapists near me or write for a while about what is going on.
erapist can help you change your thought patterns and teach you coping skills to reduce your symptor
titution, in your body) :)"
a vicious cycle of worry within your mind. Meditation can reduce rumination and the break negative th
l resources to handle the problems of life. It is also the result of being taught that life is a dangerous p
ents look at their issues as whole persons so I would also recommend these tips:Physical: regular exer
ome prominent.Â Learning tools to ride the wavesÂ of life is a core part of counseling.Â Â If you are re
ent routes you may go down in order to start the healing process:Therapy - find a therapist who has a
e what develops, then fine tune accordingly.Most commonly, anxiety and depression relate to one's s
omments have on you.Also, keep in mind that each person is responsible for deciding to argue or find
e you need to be heard and understood but maybe your family has their own stuff going on and don't
with people who support you, whether that is friends, a group or club you are involved in or even exte

ı have health insurance, you can make an inquiry about providers who deliver psychotherapy in your lo
ers you have access to, there are some counselors that will see clients at a reduced rate if you don't ha
you most resonate with and ask them any questions you may have. ManyÂ times, therapists will provi
apist directory), you can narrow choices down by ages that they work with, insurance they accept, dep

t be able to make recommendations as to therapists covered by your plan, or if you happen to be in sc
or ""therapist"".There will be many, many names which come up.I know I sound like I work for google
ne to talk to.

icensed in the state where you reside). Telehealth offers access to a much larger pool of mental health
r maybe you could call your insurance company to see who would be in-network for you as well.Â If y
ne may come with privacy concerns and consequences;If it were I, I would attempt to sweet-talk one o
ou? Â If not, then ask the person to tell you their reasoning. Â Even if the specific doctor won't help you
le affordable or low cost therapy in your particular area you will find resources to help you."
oes not help me. He actually enjoys seeing me have a hard time in my life. I need help. I don't believe
n self-harm just to manage emotional dysregulation, but not to end their lives.Â Self-injury actually do
become an option if you feel unsafe or if you are unable to plan for safety. However, many clients who
lar disorder, are not self-aware and do not anticipate their actions the way you write.One possibility is
ur life. However, feeling sadness all the time is a signal that you are not happy about something in you
ng and impeding your life in practical ways or by intimidation or other verbal ways to inhibit you, then
ays to understand yourself, find ways which are more satisfying in your work and relationships, then d
ment makes it sound like you've stopped caring about your work, but you're still going to work and doi
ew.Â Re-experiencing the event is a telltale symptom of PTSD.Â One of the best things you can do for
hat keeping our experiences secret, intensifies them.Â And Post Traumatic Stress Disorder can haunt

d?And, do you feel that your parents had a hand in creating your trauma?There is no need to tell your
ng further control over paranoia. Therapy is confidential and there are different ways you can obtain tr
bad at all, though other people taking advantage of your nurturing qualities and not giving that back t
ally when we have so many things to manage each day. There are several methods and practices that h
ents and who you truly are.Self-care is the overall way to stabilize from so much upheaval and stress. V
er what you wear or what you choose to eat or where you go during the day, this may help you be abl
to improvement is to know the reason for your sadness. Â When people become sad there is a reason
sted people in your life. Step 2: Create a plan with a counselor to learn new skills that help you recogni
he anxiety/depression loop Â and can be really challenging to step out of it. Â You are in a place of awa
te the chemical imbalance thatÂ affectsÂ your mood, plus exercising gives you time to vent and be dis
pon learning about their particular situation) is behavioral activation, which is just a fancy name for ""
prevent yourself from your own strengths and accomplishments.Think through each of these.If you've
cusing on thinking you will never have a good career or amount to anything financially is creating a fict
meaningful positions. Â And in your case, in order to feel your own growth, other areas of who you ar
umed the roles of wife and mother. Many women place all their energies into raising a family but like
everything to their children and families.Â In that effort to be everything (cook, housekeeper, planner,
career to focusing on your family. Transitioning can be hard, especially when we feel we gave someth
ou wish were different.You say you feel like nothing more than a wife and mom, so I wonder if you cou
like you spend a lot of energy worrying about something specific or even pretty much anything at all,
that according to your own assessments or someone else's?Â What do those moments look like?Â W
paranoia--which is maybe why you aren't finding those things are helpful.Â Â If you are really strugglir
u'd fall back asleep.Also, maybe go to bed only if you're really, really tired. Â This way your own body w
I can only imagine how draining it would be as a parent to be unable to change something so importa
emotional pain which contributed to their addiction, and then decide to live differently.Additionally, t
ering quite a bit of data on an individual which includes observation. I would not recommend self-diag
d be a misinterpretation of the criteria even if you do seem to ""fit the mold"".Â How you interpret ho
ay they are and how to change any of these characteristics.Both self-diagnosing and being diagnosed a
s is completely normal, however the actual clinical diagnoses of a mental health disorder requires a lic
st?Â If so, how did they respond?Â It'd make sense if you were avoiding a discussion if they have resp
diagnosed you with those things?It may be that your parents would be open to you talking with some
Â or the community, calling 2-1-1). Â Once you schedule a session, you can inform them and invite the
em?If they're paying attention to you at all, then I imagine they'd feel relief to know you're aware of h

aysÂ feel that specific emotion. Â There are typically points in the day (even if it is for only in 1 minute
nxiety about not having enough funds to pay bills, then empathize with yourself for this situation.If you
ens often with emotional exhaustion, as well as if we aren't putting up boundaries with our empathy.Â
related to emotions. For example, you could have empathy about someone's anxiety.I'm not sure whe

th the sadness and distractibility from the breakup in addition to the suffering which is self-induced by
y that you are not able to function during the day and night. If you are having trouble sleeping for more
se, resting and looking at your spiritual life.Â These steps should assist you in giving your body and mir
within the body.Â Pancreas or thyroid issues can perpetuate anxiety and depression symptoms pretty i
Accept too about feeling down. Â It is normal to feel down once in a while. Â From this place of self-acc
olely related to a specific trigger/reason. For example, if I am feeling down about a particular circumsta
ealing modalities and see if one of these speaks to your interest in feeling better.What matters most is
hat you are connecting with your counselor but not able to implement what you are learning for what
herapists. I would say to give each one at least six sessions before you decide that the approach that th
n as possible. If your husband has an established therapist, this is the time to call. It is also a good time
cidetherapy.com) I have learned how trapped suicidalÂ people are in their own isolation, also called a
his anger, depression, and hopelessness (e.g. call 911, call therapist, go to nearest hospital emergency
e space in your relationship for him to talk about what he is experiencing. Â He might not want to talk
to fear, anger, gratitude... there is no wrong way to feel and there is no particular pattern your emoti
u can best help him by getting him to a mental health professional. Feelings of hopelessness and depre
e this, I wonder what has changed since coming home from the hospital. Perhaps you can have a conve
Here are some signs you can watch for:Threatening to hurt or kill himself, or talking of wanting to hurt
w and the topics you bring up with him.Is your husband talking easily with you?Do you have some ide
ame, guilt and fear are frequent; while, wanting to avoid, minimize and become distant from the persc
the people involved.Are you surprised that your soon to be ex doesn't help with your teenage daught
ds like you have no help at all.Â Search out a local support group through community counseling type

n from the recent past.Good for you to be aware of your own sensitivity to living with awareness of yc
ink of and take a look at.Are you eating and sleeping in ways that are typical for you (typically at least

he chronic pain is drained out, through natural means;Pharmaceutical means will simply extend the pa

e of direction very often decreases depression."
ght be misinterpreted by the brain as a way to help oneself feel better and a new neural network or m
focusing on giving you new tools to get through hard times, understand and manage your emotions, t
ay look problematic (or even cause us some real problems) because it serves us in some unseen way. A
duals who suffer from depression. It is often that I notice clients focusing on the negative to the comp
ut you even realizing it if you were raised in a family where you had to pick up the slack alot. Â Maybe
s own course. Â Trust that answers will show once you've done the work to understand yourself and c
tually want and need. At times like this, it's important to go back to basics.Â Try out this simple exercis

honest, adaptable, fun-loving, dependable, compassionate, open-minded, dedicated, etc. If you're loo
you. Â Very often new roads appear once the person accepts fully the fact of their own hurt and insec
you are the only one who will feel when you discover the true answer to your question.Everyone feel
you feel, keep looking for blogs and forums on whatever topics you feel most describe your current cir
u're not stable and you are breaking down. If you are crying because you're sad, that is okay. If you ar
eadiness to start counseling by asking this question.Â Now the second step is to find a counselor who s
ellor? The right counsellor will almost certainly have a lot of experience. He or she will have done a lo
tion of current egoic states and work with these inner selves and their relationship with each other to

lar pills have lost their effectiveness because after around six to eight months, this usually happens.Try
your concern. It's hard to determine whether your friend would meet the criteria for an official diagnc

ariness. Â Your thoughts are a chance to simply rest and know what they would like you to know.Then,
rned about having another panic attack. Consider remembering that panic attacks usually only last a f
we should only feel happiness and joy; but all feelings have a purpose: joy, sadness, anger, frustration,

eelings of depression, and to who do I talk to?,"I understand that talking about our feelings can be awl

our life context.Look at your major areas of where you spend your time, whether you are happy with t
gues will add something else. Depression and anxiety can both be chronic conditions, as you have exp
ressed mood-Irritable mood-Decreased interest or pleasure in activities you usually participate in or e

al support, give this to yourself.Also consider to make a goal of eventually telling someone whom you
suggests finding that professional support person so you can start fighting back against your depressio
d overwhelming. Depression is also a very personal thing and no one has know but you and the therap
the internal side of a person's life. Happiness is formed within ourselves. All the external trappings of
alone, can strengthen our ability to lead a satisfying life in and out of relationship. Working with a ther
ou really need to seek guidance from a professional to work through these symptoms. Â If what you d
how you express yourself outwardly. Part of you is quite distressed and yet it remains invisible to the
e experiencing. Regardless, you do not have to continue to feel this way, no matter what you call it. Â
't know who I am anymore. How do I deal with parental figures who have hurt me?,"It sounds like you
't know who I am anymore. How do I deal with parental figures who have hurt me?,"Hello. Adults wh
her process, that is a normal reaction to events in our lives. Depression, on the other hand, is more ab
ith whom and where you will live, start considering these points.How did you find out about the upcor
d work. I believe my depression re-booted from there with the stress. I began to cut myself because a f

kicked me out when I turned 18 a few years ago. I had friends, but they have all moved on with their li
ssed. One thing I often tell patients is that ""Do you think you are depressed?"" People often answer ye
ard to feel cared for and connected to someone else when you don't feel accepted by them.
t.Something else is that you could have an agreement that if one of you is having a really strong emoti
l need on my own. How do I tell my parents that I'm depressed and need help?,"Hi Georgia, There's a r
l need on my own. How do I tell my parents that I'm depressed and need help?,"Don't think that you ca
; abandonment when you are already struggling with depression. It sounds like you are still wanting to
's decision.Keep in mind that if one partner does not want to be in a relationship and remains in it, the
ging his mind on if he wants to work it out,"" suggests that Discernment Counseling might be a really go
, each person has the right to choose to stay or to leave, depending on their ability to cope and handle
to learn not just about the people around you and who you can depend on, but also, so much about yo
not he wants to stay in the relationship, I wonder if you both might benefit from seeing a therapist wh
l, just tired. I'm a mess physically, mentally, emotionally, and spiritually,"The fact that you're reaching
l, just tired. I'm a mess physically, mentally, emotionally, and spiritually,"Hi Oak Harbor,My heart goes
to imagine. Trauma and grief can affect us in many ways, and certainly deeply personal things like our
ore positive toward you. Do you have friends or family who are supportive?Can you find one part of yo
sleep when you are in bed. If you are not sleeping while you are in bed, consider getting up and readin
et at different public places where their children can play together and they can talk together. I don't k

or you. It takes some time to work through the emotions related to this and it often takes longer if you
g thoughts of killing yourself in this moment, please call 800-273-8255 and talk to someone.While I foll
f you are under 18, you may be able to have Medicaid out of medical necessity so that you can have tre
t you can trust to talk with about what you are going through. This could be a parent, a friend, someon
it may also be helpful to find something else you can do instead. You said drawing doesn't work for yo
lly well at everything all the time and this can be overwhelming sometimes. Where do you have suppo
as though you don't have any big changes in your feelings.A lot of us tend to be really busy, and someti
ave to seek treatment from a professional.Here's a quick exercise for you to do that can show you how
situation and worrying that you won't be able to. It is possible that the paralysis, uncertainty, and self-
ou have identified them and wanting to change them.Â The first step is to establish a self-care routine
d that something bad may happen if I tell them"".Â If possible express your current concerns and worri
ission is conducive to the conversation and once all that is considered it might be beneficial that you m
ry that I might be depressed."" Or, some folks will write a letter, or even send a text. Â The most impor
and to find purpose in life, but are not sure what to do. I am glad to hear that you have at least one frie
agnosis for depression.This matters less than what you will do with a diagnosis. Â Very often people fe
r friendship on more intensively sharing your feelings with a few of your friends.This may lead to fewe
d from your thoughts.Â Once basicÂ self-careÂ is established, I suggest that is a good time to start exp
inclination when we have anxiety is to STOP any and all things that may cause it or provoke it. We do t
ntually win, I would encourage you to look into Acceptance and Commitment Therapy, your answer I th
s, even at your age. It doesn't hurt to get checked out. If they find the cause, they may be able to treat
worried) about a lot of areas in their life but seem to find no relief. Â When there is no relief and there
persons may simply feel connected by spending time with someone as this, even if not talking directly
o spend some time to find out what you both like.Â Instead of looking at it as a rejection, look at it as a
you start to make different choices. Â When you do these little shifts they create big shifts.Â Of course

ing depressed about losing weight.Were you criticized by your parents when young, for all sorts of thi

experience is normal for most women. Â We usually forget about self and totally focus on our childrer
ers. One child is in a room full of every toy you could imagine, and he's miserable; the other is in a roor
t. No one deserves to feel alone, or like they hate themselves. We're all wonderful, imperfect, complic
you were caught off guard and unprepared; there is no place in life that teaches girls or boys how to n
ore clarity about what is going on, developing ways to cope, and eventually getting relief from these o
were by yourself or with others, what type of activity you were involved at the time of non-emptiness.
the result, you've a very solid starting point for reflecting on your deeper wishes in relating to others.S
elessness, isolation. Depression is very common. Research suggests that one in three people may expe
nk I have anxiety and depression. It has manifested an extreme distrust for others,"You may be pressu
ever gave you the presecription, about the problem you're having.""Crazy"" has some flexibility as to w

ter my breakup,"Hi Boise, I'm sorry that you've lost this love. The fact that you were planning marriage
your ability to not lash out at someone who's hurting you. However, if they are totally Â unexpressed,
d." It makes me feel guilty and at times depressed to the point where I'd rather never wake up anymor

ving, taking care, and giving self-kindness, will feel much better than feeling sad being without someor
e killing of the creature, but the hunt of it and to eat and drink the flesh and blood of the creature. Ho
different opinions as to whether or not she has problems, and she is above the legal age of when you
stion is whether your mom had some changed circumstance in her life, whether she and you discussed
l prohibiting me from working out what I needed to in my life to bring back true fulfillment. I stopped t
are getting the right amount of *restful* sleep is very important when we are feeling low. Â The reas
nay be contributing to your feelings of loneliness and depression.Â The good news is that with proper,
ely place. Neither are truths; only thoughts. Once we have fears like this though, we start to pull away

it. If you can find a competent therapist to work with, together you may be able to come up with som
inder of schooling seems daunting. Without getting to know more about you and your experiences he

lk to anyone else because we only wanted to talk to each other. We hung out constantly and Skyped to
ng them. Everyone I know who has taken anti-depressants says itâ€™s a bad idea all around and youâ€
with someone whom you push away and are pushed away, with someone who is irritating, seems to ha

mom, the times you had with her and life lessons you learned through her, and carry on with your usu
eel successful in developing little areas of personal happiness.Since the people whom you currently ar
with someone? I'm depressed because my wife is divorcing me and I haven't seen my child in a while,"
se so called conditions, instead of helping a person know more about themselves in order to make goc
f you need someone to talk to, consider a teacher or a school guidance counselor or someone you res
TSD) is worse than another (Depression), you are creating a false hierarchy. Â Â Consider consulting a

ne to have an effect. Â Give the doctor the chance to help you.Â I suggest you find a certified CBT thera
power here."

thing is wrong with you. Many people report similar symptoms. Have you ever talked with a physician
ıoughts and behaviors. This is not something that anyone should just â €œwhite knuckleâ€ and try to g
ant or can refer you to a psychologist or psychiatrist.If thatâ€™s not really an option for you, there are
First and foremost, you did not mention whether or not you had children yourself by this man. Iâ €™m

breathe. ...Helps baby sleep. ..."
se of it.As a therapist, our job is help you open up and feel comfortable enough doing so. I sincerely ho
have a box of tissues on the table next to the couch where people who utilize my therapy, sit.I hope y
Sometimes, though, there are emotions that have been waiting and waiting to finally find someone w
selor! I hope you will keep being brave as you begin healing."
me people. Therapy is a safe place to feel and express the full range of emotions, whether those are p
alk about that."" Â Your counselor wants Â you to feel at ease and will probably not push you right aw
ow us therapists feel when our clients are emotional in sessions. I suggest that you think of times wher
n the information and emotions that they share with us. It is ok to cry and to trust that the therapist wi
be far from the first to cry when talking with a Counselor."
lk about a lot of very private and potentially emotional things that you may have never discussed with
important part of the healing process for many people.
xious that you might cry, well those feelings are ok as well. Your counselor can help you manage your f
prised how normal you are. Anxiety is incredibly common and while your particular type of existential
at you're experiencing is indeed anxiety; it's very common. Through research we know a lot of things a
oughts of an existential nature. I am wondering what could be activating these thoughts.Your thoughts
The paradox of thinking about forever is that you can become more motivated to live only in the prese
tters and being present in it so you feel joy in yourself and your surroundings is important in creating y
ning is a complex and often philosophical topic, and these types of questions, especially around heaver
an outlet. Someone to talk to. Your dad or someone who loves your mother as well is someone ideal. E
erate intense anxiety with obsessive thinking. Â While the nature of your obsession about the afterlife

r. You mentioned it has only been a couple of sessions. Your anxiety might subside as you continue to
thin reason to feel this way.Â Have you been in therapy before? Is this somewhat new? That could be

thing that is important, difficult to discuss, or you are making changes that are very difficult for you.Th
to your therapist as you both can process this experience together and figure out ways of coping with
are not giving up, that you are working to figure this out, and make this work, it sounds like you are en
therapist. It can be helpful to address this big ""elephant in the room"" and talk to your therapist abo
uilt up and you feel understood in session, you should feel more relaxed. I would encourage you to tall
ntemplating whether to see a therapist or not before actually contacting one and attending the first s
the topics you discuss.Â Â The more you show up despite your anxieties and talk about things that sc
hose feelings.Wouldn't it not be best to go to those around you that do provide comfort and aid, first?
etimes get nervous, you will have confidence too!"
for them given their life experiences, the expectation would be that they have a harder time moving t
e topics. That said, its definitely worth bringing to the attention of your therapist (if you haven't alread
e some of your anxiety.Â If it continues, you may want to consider trying another therapist as this one
that although you go to therapy, that is just a room, most of the magic and work takes place in your re
t you than you do yourself.In general terms hopefully your therapist has worked with many other peo

ıat you are continuing to go to therapy sessions despite feeling nervous demonstrates your strength. Â

ı discuss with your specific therapist at the beginning of your next session --- maybe they can help you
ling a relationship with this therapist person. You may never get over that. The therapist really can't be

ques prior to starting the session, deep breathing, progressive relaxation, core muscle dis-engagement
on to your emotional experiences when you're attending therapy. Â Explore your feelings and thought
dance of your counselor. There are probably underlining emotions (fears or insecurities) that are being
on of normal or abnormal however if it is impacting you then you must pay attention to that. It would
priate and even necessary. Good luck!"
ıg to â €œhammer outâ€Â thoughts and feelings you do not want to think or feel? Also consider other
ome deep breaths might allow you to determine whatâ€™s underlying your need toÂ self harm. If you
ıs much potential as therapy has for every individual, some people seem to have the keys to successfu
hen growing up.Be patient with yourself too bc lasting change takes time.Â Alternatives to hitting you
ne way when you find yourself doing it. Yes, this could well be an expression of anxiety, or maybe som
to help you understand the thoughts, feelings, and behaviors that are causing the anxiety. This is not s
whether or not the situation is truly a threat.Â The part of our brain that perceives this is not controlla
ow nothing about the context, but I wonder if the role you hold often is that of caretaker.Â It may not
u enjoy and would like to share, could talk about, to break the ice. Maybe call some friends you once h
.One thing about social anxiety is that it creates avoidance behavior.Â You may be avoiding conversat
tic and willing to tolerate a basic part of your personality, then set a standard for yourself of being resp
e man may want to start by looking at a picture of a bridge while employing his relation technique, the
plementing micro rewards so you can feel a sense of accomplishment and reward at each interval, hel
st with things that might be less anxiety-producing such as, asking for help at a store or speaking up in
l to fear things that could harm us.Â On the other hand, fearing clocks may seem irrational without co
vith us as fears of situations in our adult lives. Â If the root of the problem w the fear is from long ago,
o in a trap of thinking we have to overcome them or get rid of them before we can do what matters to
e was self-protective and important. Do you know where your fear started? If you think it is still protec
lp. This consists of gradually exposing yourself a little at a time to the thing you are afraid of. Some pe
ıd receive some type of treatment. What kind of treatment would depend on the type of fears you are
ıd it stays with us, and it is not often true.Â We let othersâ €™ opinions penetrate our brains and live r
and praise.I try to understand how severe a problem these voices are if you've managed to get to a p
hear voices the most - meaning it is important to understand what the triggers are. It is also important
vacy of your own mind. And not everyone will necessarily understand what you're dealing with, so I im
can cause hallucinations. In the elderly, sometimes it's something as simple as a urinary tract infection.
ships.Â Take away the bullying and list the other qualities about them you love. Also, write down the p
programs I can sympathize with your your dilemma.Â So how is the stress affecting you?Is it serious e
. Â The presentations cannot give or take away your stress, that's something only you can do and you

before a speech.Â Feeling prepared reduces anxiety for speaking just like it would for taking a test--y
each presentation. Do your work ahead of time so that you feel well-informed on your topic, and then
ommunication. Â It has more to do with performance than expressing yourself clearly.Practice, practic

ı what you have written here, it appears that you are able to challenge your own thoughts and provide

of your accomplishments, but I understand that it can be quite hard to internalize and truly believe the
made up to write a book and have lots of people buy it bc it gives the feeling they know themselves by
noticed the feelings of ""I'm going to be found out as a fraud"" becoming more strong? It seems that s
ou are an imposter and then as with a science experiment write down all the ways that hypothesis is in
sica Vanderland, Ph.D a clinical psychologist.Â challenges individuals to examine the bigger picture ar
ensed!One of the things to know is that it's good to a certain degree to experience some self-doubt.Â
ed on the belief that in order to be valuable, you must be perfect. Often times, the standards for this a
ld be relationships) that has led to this sense of dread and guilt.I wonder where the dishonesty be..."
ably know that lots of people feel this way, that it happens to lots of successful people in professional s

uncertainty of what others may be thinking of you? Or that people will ultimately reject you? Sometin
ny how America is one of the few lands on the planet where folks are able to mess up and try it again;

stantly saying things about you in whispers on in the media. It's hard to say from a post online what is
: noises. I feel insecure, on edge, and drink too much,"Given the description you have posted here, it m
: noises. I feel insecure, on edge, and drink too much,"Sorry hearing about the big amount of stress wh
: noises. I feel insecure, on edge, and drink too much,"First I am sending you some healing vibes ðŸ™Œ
el that throwing away things is connected to wanting to be done with certain areas of influence with ei
ote about this, she makes great points.Â However, I also want to add a few points.Â It seems as thou
look for certain high qualities in a therapist and finding the right one. Each therapist is bound by a coc
There are multiple ways to teach your brain to refocus.Â If you allow your brain to focus on the sourc
anxiety are actually very simple. The first I'd recommend is a calm breathing technique - breathe in for

wake-cycle, exercise and movement, and prioritizing activities of self-care. The second component tal
how much is just extra and causing you suffering?Â For each category you listed, try to identify what
p for it, some contemplation (that is keep one thought *lightly* on your mind allllllll day; that is just fo
elves to handle these fundamental parts of life.Also, if you grew up in an alcoholic or abusive family, w

rrible), mind-reading (I just know he is angry at me) and can't-standitis (I can't stand this situation). Th
ould be in play depending on the client and their lifestyle.Â Always best to get a check up.Â See if the
of your home is too overbearing without a clear indication as to why.Â When it is the latter, it's typic
e symptoms."
ehaviors, then we lose the ability to sit with them and see where they are coming from.Â This could b
absorb the meaning of these changes.I assume you mean you are by yourself when you are indoors.W

lerlying medical issue there. I would definitely talk to your primary care physician and whoever has pr
ng completely different.Â It's understandable that you would have a lot of feelings in this situation, es
e us, which makes us appear awkward.Â So that overthinking piece can ironically work against us.Wh
ared to talk to people? Â Those statements are probably connected to some core beliefs (I'm _____
spend the time in your head anticipating the worst, why not be in the present and encourage yourself
ming. I believe that starting with ""baby steps"" such as taking even 10-20 minutes for yourself daily to
ll too true for people that feel like putting up boundaries is selfish or that others will reject you if you
ghtly! When we get burnt out, I have found that it's from one of two things: either we are not doing w
e somewhat.Try to understand whether certain situations or interactions remind you or feel similar to
ng on what could happen and how we will respond is how we feel prepared for what's to come.Â In a
it's a possibility that those bodily sensations trigger panic for you.Â If you've been in a traumatic situa
nt moment through sensations or breathing.Â Taking deep breaths allows your body and brain to slov
you in some ways.By just reading what you wrote, I'm not sure what that impact has been on you, bu
the situations that got us there and find balance in our lives.First, car accidents are common, and since
in the context of other people.Â Spikes in anxiety also can also occur after high school when you are

t we believe are there.Â I've had experiences where I thought the person thought something awful of
what others think because we don't want to be socially outcast or rejected.Â That's also (again, to a ce
nal feedback, and focuses on this as the sole source of information, it can create a dependency that ca
etitive thoughts are more like obsessive thoughts.Â For example, that may mean that every time you l
ad, or is it something about track itself that upsets you or overwhelms your body?When we try to push
oesn't quite want to fully follow through.Step one in life always is to know what you want and what yo
days of meets. Â An idea would be to first write a letter to your dad to see what feelings come out and
alm and Headspace.Â St. John's Wart is also pretty popular for working with the symptoms of anxiety
d swearing doesn't mean you will for sure pick up that habit.Â What is it that connects your anxiety to
r only when you are in an uncomfortable social setting?Â If you notice any patterns, you can focus in
To some extent this is normal, for example, when people experience late onset deafness, they often w
d/or a bit scary to be unsure if people are speaking to you or not. It's hard to say exactly what is going
could do is sit down a couple hours before you go to bed and journal (if you can).Â Try to reduce any
ave been reasonable.Their inner feeling of overwhelmed from when very young, hasn't faced the real
teens that have endured trauma--physical or sexual abuse, witnessing domestic violence, etc.Â We do
n matters which in hindsight were easier to solve than you realized at first?These are two examples of
in working against your best interest.Basically, define what is problematic in order to address it."
on the internal aspects that may need attention, you can learn to find a sense of centeredness that cor
ng to escape in order to work with it.Â For example, if you tend to make changes when you are faced
that you are not able to resolve them? Â Do you need to move or change to save yourself or prevent a
uncomfortable or difficult. There are many other possibilities along this continuum.I would ask you to
vith you? It is important to rely on your support network to help you get multiple points of view. If you
g that scares you or has scared you.Â There's not a lot of research on the purpose of dreams, but one t
ss, those times can turn into being up most night. Given that you are having these repeated dreams, I a
ces you had which created these bad memories in the first place.The bad news is the feelings themselv
ou are standing/walking?Â Paying attention to when exactly its hitting you could give some clues abou

toms common with attacks.Â Panic attacks are the body's way of trying to alert you to danger, whethe
ole.Anxiety is best addressed indirectly by understanding and kindly accepting previous hurt and fears
er levels of social anxiety.The ways in which we regulate social anxiety can be really backward.Â Beca
ting, shakes and jumpiness, trouble concentrating, a frequent need to urinate and stomach uneasiness
cing into this group would justifiably trigger anxiety.If you walk into a business or organization meeting

Â Do you struggle to trust your evaluations of others?Â What makes someone safe (ish) vs. potentiall
ough some terrible accident or incident, then you may hesitate to believe other people are safe and no
u want to do.Could you come up with what you want to say to them before you are feeling upset?Â W
don't feel safe around either of them and so intuitively realize you're better off not talking with them
ns toÂ have a real negative impact on their quality of life.Â Â They willÂ try to avoid any situation that
fy what you want your life to look like and how much socialization you are truly interested in.It's norm
or small.If you aren't afraid of being judged in small groups then study the factors which allow you to f
bout upping my dose of Xanax?,"It seems like what you are looking for is a way to advocate for yourse
bout upping my dose of Xanax?,"Do you think you're abusing xanax?It is a highly addictive drug so ma
bout upping my dose of Xanax?,"Staying on the lower dose may give you more room to learn strategie
bout upping my dose of Xanax?,"In general, Xanax is very short-acting.Â You mentioned that you are a

bout upping my dose of Xanax?,"Hello, and thank you for your question. While counselors work closel
ound you.Could you be worrying about what is happening the following day?Â It's also normal to have
you to handle whatever the particular matters are.Also, maybe you will be more enthusiastic to go to
will happen?Â Sometimes intrusive thoughts, like paranoid thoughts, are just thoughts.Â They don't
Once you are willing to accept this quality within yourself you may start to feel a little more relaxed abo
le, your fear of touching a girl may actually be a fear of being incompetently intimate or a bad fiance--I
nilar to you, who knows?Discussing a topic which relates directly to your relationship is a good way to
e of exhaustion or lack of sleep, history of trauma, unprocessed emotions, etc.Â You don't have to kno
This may trigger a sense of insecurity since in fact you may not have had sufficient time to study and k
at panic attacks are typically part of your brain's protective response to what it considers to be some s
ack up, you can start small--maybe with gum or something that doesn't fill the mouth too much or crea
notice you like loud restaurants and maybe you'll notice you don't like loud restaurants.The more you
don't understand why I feel like this. Am I a bad person? How do I make this stop? When I'm around cl
don't understand why I feel like this. Am I a bad person? How do I make this stop? When I'm around cl
don't understand why I feel like this. Am I a bad person? How do I make this stop? When I'm around cl
e you have put some time into worrying about these thoughts and what they mean.There's absolutely
ent from others which they wish would come to them in a loving way.This is my theory, it is not necess
y are just having a thought.Â Other times,Â thoughts are a sign of something more serious, and we sho
at prevents you from staying there, but whoever you are staying with, it should be brought to their att
can choose which parent you live with as long as you are above a certain age.Â Â How comfortable do
ou've decided to stay with your mother. You can offer to visit him regularly, if you'd like. Parents often
l can cause anxiety and depression. You have the right to be sick and tired. Kids often are pawns in this
gether with you, I imagine that to some degree, each cares how you feel.If these conversations are not
situation before I'd feel comfortable offering any advice or suggestions. There are so many variables, a
xious about having sex w a random partner, then maybe you are less interested in hookup sex than yo
e you trust, consider discussing what it is that comes up for you around the issue of sex. This is the cert
for being cowardly?,"From your writing, you have already atoned for what you describe as ""cowardly
for being cowardly?,"Thanks for sharing as it shows your humanity and that you have a sensitive conso
ing the details of when anxiety takes over.Sometimes people who anxious in specific realtime situation
not sure whether you have anxiety of public places, large crowds, being alone Â (sometimes called se
e - Start slow with your family and identify a subject you are familiar with and add to a general conver
anxietyinstitute.org/what-is-social-anxietyI would recommend talking to a local mental health professi
up during a class.Some people are afraid of being criticized or judged by other people, or do this to the
your question would appear naturally. Â If you genuinely feel close enough to this person to sleep with
ate contact.One thing to consider as you get to know each other better is having conversations about c
m to 10 kids. A couple of my kids are very uncomfortable with crowds and become very anxious. Find y
be worth meeting with a counselor or therapist to do a formal assessment. Some of the questions the
mouth, shaking or trembling or nausea - often these physical sypmtoms are categorized as a Panic Atta
s of breath. It's important to realize that in moments of anxiety our body & mind are experiencing a re
at, what time of day is it, how much sleep did you get that night, etc... This can help you identify any tr
.Â Different types of anxiety are caused by different scenarios, memories, or stressors.Â Â Once you

atedly being in positions of feeling helpless or frightened.Are you able to recall from your growing up y
ety disorder, necessarily. That's where there is a difference. Anyone who has a hard time with public sp

ybody. Â Some people need the daily or frequent interaction to feel secure.The question is not so muc
e, if when you bring your support animal to school, that it disturbs people or interferes with the routin
sions of keeping yourself safe. Â The more you trust yourself to avoid social situations with lots of drinl
you can do to reduce the risk of rape, such as being aware of your surroundings, and limiting the use of
ry problems you are dealing with, in addition to PTSD. Â I would encourage you to look for a trauma th
y is a likely problem here, your doctor will hopefully know your history and can help you decide if you
protect us in overwhelming situations. It also sounds like you are noticing anxiety in certain situations.
that they are not really in their bodies and that they are observing themselves from outside of their b
that is not unusual is that you feel better when you sit and rock. That is actually a fairly common way t
e, that could be complicated, but depending on the state, there may be ways to work around that as w
y you feels so much tension in the first place.Don't let her opinions and beliefs get in the way of what y
ıble.It sounds like your partner is open to understanding your concerns. Perhaps until you have the cha

bedded belief.Since the belief itself instructs to avoid risk, and overturning this belief requires taking th
ın you realize. We can help you bring it to the surface. Please contact us when you can and in whatever
ıble and you are great at it, or that you love one on one talking but aren't really made for group talking

you typically would, you'd feel more secure in speaking Â in front of an audience.Once you sort throu
der or to try: 1. Have you changedÂ or started taking any new medication lately? Medications can cert
feel concerned. It may not be paranoia - it may be based in reality!"
searching to help you figure which one it is.Â Â Work on either discussing why you don't trust him and

el comfortable with.In my practice I educate clients about their anxiety and discuss building a framewo
prompting event, the chain of events ((links) that lead up to the behavior - in this case a panic attack, a
just being present with it. Take your breath to it. Breath in and out of that space. Say ok, I am in dange
e spider,"" it allows the mind to reach a calmer state of mind.Â Mindfulness-based therapy can also he
notherÂ takes the issuesÂ to you.Â I do not like to assume so I will direct you to information regarding
oblems will disappear right at that point, because you realize the problem isn't even yours. You can't fi

ne I didn't have confidence in myself.Â The more I prepared and practiced, the more my confidence le
bout, however, many people get a great deal of value from exploring what their dreams mean. It is bel
your boyfriend to fill that loss. Â Considering working with a counseling to work through your emotion
a sudden having issues communicating with the guy Iâ€™m dating?,"Sounds like you are struggling wi
rage you to seek out the personal relationships that you want. In group therapy, you have an opportur
there's still a part of you that feels like you're a bother.Finding a local counselor who can work with yo
off too easily here and you risk having the opposite effect.You don't have to be perfect. She's with yo
ssible to be ""fine"" and have some inner stress.Follow your own thoughts and observations to more f
A HANDBOOK FOR BEING HUMAN (www.LivingYes.org). Â I recommend you visit the webpage and pi
hat you write, you are aware that your actions may be understood as extreme.Instead of trying to fit y
d you and that you are avoiding social activities and in addition to this you have intrusive thoughts tha
of dying?,"Hi Meriden, it's natural that after a serious scare like that you would have some anxiety an
orld. You can get answers to your questions by talking to him...getting to know him will answer all the
discomfort around him?Has he told you that he's noticed changes in you?The good news about a relat
changes in your life that have happened lately; the diagnosis/anxiety, and the moving in together. Tha
lthy. I worry more about the overly compliant ones. She is wanting to know what the rules are, and all
anage everything.Â Know that toddlerhood comes with lots of ""no's,"" tantrums, non-compliance, an

peacefully and leave the house whenever necessary to do your regular life.Then, you will be able to op

d to create a better life for myself. I've been like this for so long, so how do I change? How do I become
ry day feeling this way because they are too afraid of what the answer might be.First off, what stresso

rs. And itâ€™s actually quite common for someone to deal encounter this during their lifetime.Â Also,
gards to what may be contributing to these things you are noticing, and a competent therapist may be
iority. I also feel it is keeping me from possibly finding the relationship I want. We have been together
iority. I also feel it is keeping me from possibly finding the relationship I want. We have been together
ıay alleviate it over time, so that you can enjoy your interactions with others. If you are short on mone
ıs you feel in your stomach. Although I'm glad you said something here, a professional would need to
nd situations. Â Â Even after telling people the stories or activities, hearing their comments, it is alwa
any years to come. This is normal, natural and in many ways helpful - at least initially. This fear is in so

ecessarily take care of the problem. Â Seek out a qualified trauma therapist so you can start to deal wit
"Would you feel more secure in conversations if instead of talking soon after meeting someone or ent
llenge. Â But there are also lots of examples of folks who have successfully worked their way through t
d have resources available to help in your particular situation.
? Its hard to focus on the now when we are so consumed in what tomorrow shall bring.Time managem
get over it. I recently have been developing more severe body image and self-confidence issues, whic
el very anxious about leaving her, your body is reacting to this stressful event in your life in an unhealt
nts is letting them feel those challenges and working through them as they get older. At some point, t
to help her find ways to de-stress. Listen to your gut-always; as her mom, you know her needs better t
ilds anxiety around.Â I see teensÂ who have heard teachers, parents, coaches, etc push the ""highly s
an be the most helpful thing when experiencing stress and anxiety. Saying something like ""Gosh, it sc
ghter understand what she is going through. Usually there is an underlying issue that is bigger than so
eone if this is disturbing her life or causing her undue stress.
ouraging her to talk to a therapist is a really good idea. It is great that she is a high achiever, however, t
vement is causing her to experience high levels of stress. I can only imagine how this is impacting her
ık this is going to break her and that the stressing isnâ€™t normal? Have you talked to her about your
able to affect the underlying problem.
f something much larger: a feeling that has been neglected or a worry that hasn't been addressed. It is
ir developmental stage. Finding friends, keeping their friendships can be stressful at times. World eve
or direct her on Who you can become is a great start .Â you can check out my services and test you ca
4.0 and to maintain an image they have of themselves or think they should have of themselves! This p
is wrong with her, then it has to do with mental health issues, so, yes, get in with someone for help, n
n seem to be stressing about ""silly"" things it can represent deeper feelings such as anxiety, depressic
than to have it continue.
ng it. Stress, though a 5 letter word, is emotional and physical tension typically arising from the demar
ance to be considered â€œhotâ€ by peersAttract thousands of followers on social mediaAchieve succe

eing school related, try reinforcing with her thatÂ you are happy with her performance and that need
to feeling like you wonâ€™t measure up or that youâ€™re not good enough.Â Try using affirmations to
be the most stressful thing for her since she doesn't have the life experience as adults do. For many te
that isn't explained by other life changes- and that reaching out to someone might be helpful for her.
. IAs they get older, they feel failure, and it can trigger anxiety. If you find she is sensitive in other area
silly to her, and is impacting her in a real way. She is responding the best she can right now. It does so
ight things.' Talking to a trained professional could help her to decompress some of those feelings as v
essure being a younger student academically. That, along with a social visibility and how her friends se

ead this question.Â What things upset her?Â How often do these things occur?Â What would it mear
the moment doesn't seem silly to her.Â Â What are her goals? Are they realistic.?Â It sounds like you
would be concerning. Helping your daughter with relaxation techniques like deep breathing or guided
self exploration regarding your own thoughts, feelings, and behaviors towards making mistakes and h
lling out for help and that you are listening.Â The education system is wrought with social and emotic

physical support that can be given readily at home; that is:Â proper natural diet, rest, and a good sen
nborn temperament to help her find her God-esteem."
te balance of letting go and giving autonomy to our teens get older. Adolescents are learning how to b
about this I think that is a great place to begin. There are many life stressors that youth have to manag
rything done.Â So, they react by cuttingÂ into important times such as social interaction and sleep.Â
high expectations of herself and is pushing herself to keep up. I hear your concern and recommend tha
er breaking point. I would suggest speaking to your daughter about the situation at school and her fee
ith her is that she need not be perfect, nor is it necessary.Â As a matter of fact, failure and making mi
n themselves and can eventually become very anxious about things.Â Whereas, it is a good thing to b
erging adulthood are tumultuous times for youth (and their parents). The pressure to fit-in, be liked,
to be so focused on achievement and for her to care so deeply about her performance! Based on wha
mount of pressure from parents, peers, teachers, coaches and the list goes on and on.Â Fear and anxi
ith your family doctor. Many children are experiencing anxiety and can benefit from individual counse
e you tried with her in the past? As exhausting as it might be, a good first step is to empathize and valic
weekly basis. Yoga is amazing in learning mindfulness and reducing stress. I use yoga and mindful tech
n and kids who get stressed out over grades or performance in sports, can you tell me ""what was you
s as a parent. Â It is possible that your daughter is trying to please you by getting consistently high gra
n his walk and call for God â €“ but keeps looking back â€“ is not fit for the kingdom of God.Â Â Seek d
he relationship and developing a civil relationship with your ex-partner as far as is possible for the sak
er-absentÂ home experience the following: 4x greater risk of poverty, more likely to have behavioral
aries and expectations are the easier it gets to effectively co-parent. Â Parenting your child is not â €œ
is, when parents cut off contact, the child thinks it's their fault.Â As hard as that already is for a child,
lasts has great meaning for your child and as the adult, the responsibility for managing this relationshi
we don't divorce our children. If anything our children need to know that we are still a stable force in
suddenly absent yourself from this child's life then you may be doing real damage. Working out an ar
We used to think that children were almost always harmed by divorce, unless there was extreme conf
tiring your life was as a single mom.I feel you are seeing your kids' lives through the measurement of h
ther people act towards us is more about them than us.Â Other peopleâ€™s opinion of you does not c
have privacy in your house and can you spend more time in a self-created safe space than around you
out knowing more about your situation. But I can say this: Don't let other people define your self wort
and/or call 911.Â Â Â Ideally, yourÂ fiancÃ© would be able to speak directly to her ex-husband and se
sense of obligation she feels toward him as a parent, or that she genuinely does fear his physical or ver
you have jurisdiction over all those, therein;Require compensation for visits, and send him a bill;When
any discussion of appropriate boundaries?Â I work with a lot of people parenting from different house

child works with others on group projects or if he eats lunch alone. A parent can also talk with the rec

ıbors?Playing alone is healthy for children, it helps them to be independent and confident, it allows the
e this occurs? If this is a global problem occurring at other social times it may be indicative of somethir
·ough this list to form a fuller idea of whether your son simply likes alone time and takes this option du
would also wonder where she is getting this idea. Sometimes children hear things on TV or from an ad

to you here age appropriate and limited understanding of the loss of a parent, by crying that you were
d coping mechanisms as well as other resources.I believe most therapists would agree that this type o
re not considered to be child abuse.The more important thing is how you feel about what is going on.
ɔ."
ad curses and screams at you on a regular and consistent basis, it can (as you stated) impact the way y
s like he is greatly hurting your feelings when he is behaving in that way. My heart goes out to you. No
ıship with him.Schedule it for sometime in the near future from your request. Â This way he has time
ɔu would like to stop from happening.""Laziness"" is more of a social judgement than it is a characteris
ɔntingencies prior to any accidents. Â Sit down with your son and discuss the importance of utilizing th

to put her resources (time off work and money) into doing that.Â Good for her - she did what she wa
ard yourself if you give more than you reasonably can afford to give.My suggestion is to tell your daug
ure your children are being abused but I can understand your Â suspicion since there appears to be a c
s feeling in them.Itâ€™s possible the father threatens and intimidates, and stops himself from followi
m) they may be receiving an undue amount of anger from someone in their lives. In addition to addre
r assistance in class. These and more accommodations are enforced under the 504 act. Consider if the
e an assessment and evaluation, with a subsequent treatment plan to meet any needs she may have."
nt if needed with an academic diagnosis as well as academic support.
ys or difficulties in learning.Â OTontheGo.org mobile therapy that comes to you! Accepting most insu
ibed.Â Â There is, however, a type of learning disability called Dysgraphia which can present in the wa
netrist.
w student to the school and class, are there major stressors in the home environment, does your dau
lp with fine motor skills. What are her grades like? Does she rush through other things like cleaning he
pening."
n facing events and interactions they feel to have no control over, this can be as simple as a loss of a p
g advice from your daughter's pediatrician, as well as a practitioner familiar with adolescent issues or
be going on . Â You are clearly an observant and hands on Â mom who wants to be sure that her daug
ion and opinion that your daughter isn't normal based on other factors or just this one?If this is the on
ed training, both for any professional staff involved with the person and for the family members.It is a
to do. How can I help my son succeed in life when he refuses it?,Probably the best way to be supporti
to do. How can I help my son succeed in life when he refuses it?,"I admire your efforts. You can contin
not awesome, but it's not the end of the world.Â You made a mistake - you'll make more of those in y

e any more, she will begin to gain trust in you again! Be open with your feelings with you Mom - she is
gs to keep in mind...1.Â That he lied about the misuse indicates he knows he was in the wrong.Â Tha
whether he spent any money, whether he put the card back, or how many times he's stolen), and my a
out your particular situation but some things to think about:Has something else happen recently that h
oes something is to simply ask them their reason.Her answer will give you some guidance as to next p
l about your third child leads me to believe you are dis- turbed [etymology: agitated or stirred up]. Â F
well as your long term relationship with them.Â Â I would want to know more about the history of th

vorite child.Try to understand your own reasons for not liking your youngest child as much as the othe
ɔur stepdaughter about your observation and your reaction to the fact of her not honoring your bound
stepchildren you need to be very careful you do not take the lead on the authority part. Â It should be

you or another adult in his life have talked to him about his developing sexuality? Â It seems like that
serious.Â The other, though, is additional tools to consider to help your daughter. If you haven't alrea
nis money to the household bills, then maybe you are eligible Â for some type of stipend from the gov
ırselves. First identify how to practice good self care which can only happen when you are authentic a

ın really say with certainty"".The variables are the way this child absorbs and adjusts to these significa
:here is a much better way of getting him to understand that his actions are not acceptable.Â Punishm
ıccessful, healthy adult. You do this by using healthy ways to teach a child when they make a mistake.
self less as a grown person and more like a young child.I also understand your hurt and frustration that
: does your mom think about the situation? Is she willing to go to bat for you?What is your age? Usuall
ıd often we blame the ones closest to us. Â You can not stop them from blaming you, you can stop you

ı she gets to decide what you do together. Â Give her time to think about what she wants to do. Â As l
bothered at the end of a pressured day then take care to arrange as far as possible, relatively unstimu
arn from the correction that you try to give them rather than repeating yourself.Also recall that parent
:he tiniest details of what works...that's how you counter act that stuff. Check out my connectfulness.c
ls are living with a man who is addicted to child pornography. My own therapist believes the girls shou
ls are living with a man who is addicted to child pornography. My own therapist believes the girls shou
ls are living with a man who is addicted to child pornography. My own therapist believes the girls shou
ɔnal trauma can be feeling a lack of emotional connection in her important relationships, having exper
:now about the person.If no clear and respectable reason exists for your male family member's prefere
eels.To some degree, your daughter and you may both feel similarly misunderstood by the other.Deve
: doesn't necessarily mean that having contact is a good solution.Â Some questions... Was the parent h
ırts me to the very core. Iâ€™m not sure how to handle this. My daughter calls me crazy, and Iâ€™m n
ırts me to the very core. Iâ€™m not sure how to handle this. My daughter calls me crazy, and Iâ€™m n
ırts me to the very core. Iâ€™m not sure how to handle this. My daughter calls me crazy, and Iâ€™m n
is a wedge between my daughter and I,"Hi New York, I'm happy to hear that your daughter doesn't kr
cky boy to have had you all taking care of him. Certainly, it seems that his mother might not be makin
et, but she has been insinuating that she wants to babysit my child. How do I go about saying no witho
' worth of supervised visitation?Or is the supervised visitation a new development for the bio dad and
ild should never be forced into a situation where they feel unsafe, even if it is ""supervised"". If the chi
er who lives in a different state. My father and I have always had a good relationship. I explained to hi
ɔu might bring the child to someone who can assess him properly."
," and he wonâ€™t listen to anyone. Should I leave my boyfriend?,"Hi Lockport, Building a relationship
keep the magic of Christmas. They must want that too if they still believe in Santa into their teen years
understandings and assumptions about the motivations of others and one of the best ways to start fig
and passed the stress? How can I help my toddler with toilet training when he gags every time he see

doubt that on several occasions but especially last year. I have been cruel to her verbally and to my sor

vith that. Also sit with how she's been hurt. You get to feel your hurt too and your kids. In feeling all th
/ treatment is often the key. A professional will be able to help the child learn how to control their ang
ed to forgive and move forward with me. I love him so much and want to work things out too, but I'm
ed to forgive and move forward with me. I love him so much and want to work things out too, but I'm
a Gratitude Journal.Â If you are interested in some worksheets to get you started contact me. And if y
to challenge that thought.Â Pretend you are a judge trying to prove the negative thought wrong.Â Fo
t others say is about them more so than about us.Â What lights you up, excites you?Â What brings yo
elf-compassion."
ur hand over your heart and acknowledging that you are having a difficult time believing in yourself bu
s youâ €™d like to see differently. Identify a small step you can start that will contribute in shifting hov
otions, exploring the parts of you you that easier and harder to accept, self-kindness, self-forgiveness,

c.On a more personal level, do you have any sense of what types of messages you have received in you
at will offer you more positive regard, trust me on that. Generally speaking, we just don't know how t
ood. Children who grow up in an unstable home often grow up to be adults with insecurities and emot
interaction, and afterwards, reflect on how well you handled yourself, especially with any unexpectec
never being good enough?","Hello, and let me say first, what a great question!Â There are so many pe
never being good enough?","The feeling of never feeling good enough usually stems from our early rel
never being good enough?","I'm sorry that you feel this way despite all you do and as hard as you try.Â
never being good enough?","It sounds like you are aware of your positive traits but youÂ are struggling
never being good enough?","Hi, I'm Amelia! Oh, this is a common problem, unfortunately! Let me say
to feel to get over it: forgiveness? Hate? He helped me financially after our break up by lending me $3
ce that people feel this way? Is there anything in people's words or behaviors that gives you this impre
evious interactions with family, friends and strangers.Â No matter how good we think we are at ""rea
alistic.
nk she's happy. She's very submissive and she loves me very much, but also the fact that she has nowh
nk she's happy. She's very submissive and she loves me very much, but also the fact that she has nowh
nk she's happy. She's very submissive and she loves me very much, but also the fact that she has nowh
nfluence in your life. The grief process of anger, denial, despair and acceptance may be a part of what
recipe for feeling awful. We can start feeling so low as to want to check out with things like food, and
irself. Try taking it one day at a time. I encourage you to recognize (and even accept) that you're going

sexual allure.Also, the process of knowing someone takes much more time than only to sleep with sor
now being loved feels.On a deep level youâ €™re releasing yourself from interaction patterns which tre
often hear people talk about loving yourself and self esteem. We often seem to blame ourselves for no
we are not worth it. Quite often being in such a relationship is very uncomfortable as it goes against ev
gh some of this with a local therapist so you can get more specific ideas.Some other things that come t
't want to deal with it. I weigh over 220 pounds and I am 16 years old,"Hey! Â I am so impressed with y
't want to deal with it. I weigh over 220 pounds and I am 16 years old,"Amy is right, you do not need to

managed and the feelings we had then show up in our lives as adults. Â Especially when we get close to
ed, I will say that from my experience working with people, these feelings are normal, and a normal pa
rauma they develop a feeling of shame and start becoming self critical. Therapy can help regulate thes

›nditions you have been living under, pressure to perform well in school, and the tension of someone b

›nsidered as one of the students, not stigmatized for how much or how little you weigh, may help you

negative messages but instead replace them with more realistic and more loving messages.Â Seeing
negative messages but instead replace them with more realistic and more loving messages.Â Seeing
: I can't think of anyone who loves everything about themselves: starting from the smallest part of you
he just makes comments on how much I look like her when in fact I look more like him. This makes me
y everything."" Â It also wasn't his place to judge you.Â As women we are expected to be sexy in some
t where someone pointed something out which may have caused embarrassment.Â Whether or not i
e gentleman in the class wanted your attention and took it upon himself to comment, in order to get t
ng is capable of doing.Your mistake sounds genuine, not that you were deliberately trying to create a s
noughts, or your ""internal dialogue"", you'll notice that your thoughts are connected to your feelings.
means that after you get through the class, you won't see the same people much longer, so hopefully
it look different and people may notice.Â You don't say how old you are. It's likely that, if you are you
nesty is always the best policy, but honesty comes with risk. Â Perhaps you may want to start with you
s may forget what size boobs you have.Can you tell your parents what you wrote here? Â If yes, then n

l ugly? If so, this can be addressed first. Sometimes stories are told about us when we're young and th

orry about what others might think of them, and this probably prevents us from making complete fool
, you show them more and more of yourself, and as they get to know you, they still care about you, th

ur roommate may have a drinking problem, and the short answer is that you can't do anything about i
er that you want to have a baby with? What attributes do you have to give back to that relationship?"
n the inside, work on yourself, use positive affirmations daily, it would be wise for you to research som
s feel important and useful, like we belong; but also at times makes us feel isolated, different and neg

eer opportunities etc. Make a list of your passions and absolute ""no way"" things in life. Make a 5 year
e ideas and hopefully this will help.One of the things that we know about guilt is that it doesn't usuall
what to do and what not to do in order to move forward. On the positive side you now know the conse
se we hold ourselves to higher standards or expected better behavior from ourselves.Â It can be emb

ɔrtion to the incident. Is it triggering some old shame?Â Unfortunately, a lot of adults use shame as a r
ɔur sense of being shut out start within your own mind, as though you anticipate that others will not lik

ı Â Â Â Â Â ExerciseBitternessÂ DistractionÂ
Â IsolationÂ Â Â Â Â Â Â Â Â Â Â Â Â Â Â Â Â

ate connection between two people.Knowing your own definition of ""care"" is the first step to know v
ationships there are moments in each day where we have the opportunity to interact with other peopl
d get your brain working and that'll help you reach the task at hand. Taking breaks it totally okay. Try t

rking with a therapist, you may be able to get insight into what is motivating these behaviors, develop
are many more people in similar circumstance as you than you may realize.Similar to you, they are no
ess.The best way out of your anxiety is to decide on your way of being friendly to this guy and see how
your feeling of ugliness started after the cheating incident?You may start feeling better by looking wit
re together. Â I suggest that you talk about this open-heartedly with each other. Â The idea of being at
ty alone. That's a powerful thought. You are certainly acting as if this is true. If you believed in your val
g disorder being one of them. From just your personal experience alone you might realize how easy it
n help you to process your traumas and understand that you did nothing wrong to cause the rapes; the
effective modality of treatment to address this issues. Â I would also encourage you to have an honest
you. Â And, the discussion may relieve some of the bad feelings toward yourself which you currently f
. I feel like I'm in competition with every girl on the planet for my boyfriendâ€™s affection. I'm afraid
daily routines. Â As with any meaningful loss, crying is part of mourning what is soon to be gone.If you
ant it to be taken away from me again. I feel like ever lesson I learn only last a day. I just don't know wh
ant it to be taken away from me again. I feel like ever lesson I learn only last a day. I just don't know wh
Whichever group resonates the most with you will be the most helpful.Â If you have any additional qu
at contains the words ""must or never."" Once you recognize the thought or belief, I would like you to p
I felt it wouldn't matter. I feel helpless and I don't know what to do. I'm a 19 year old male with low se
ity"". Without both of you sharing the same core values, beliefs, expectations and lifestyles; without yo

e right relationship for you, and he or she can support you in whatever decision you come to."

both giving and taking in some ways?4. Am I attached to this PERSON, or am I having trouble with end
cult or impossible, the relationship is beyond fixing.Vastly Different NeedsIn the beginning of a new fri

s wrong."
on stuff when things are hard rather than blaming the other.Â If one of you is not willing or able to wo
gar? Your brain produces more dopamine, a feel-good chemical. Before long, you are eating more and

e helpful to write things out or talk to a trusted friend about what each of your choices means. What w
orking together to resolve the issuesÂ and you cannot accept the issues as they are then a break up m
u make any decisions.Â This will also help you understand what it is you are looking for in a romantic r
resolution.Â And I mention him being on the same page because if he is not, then it will never come
make this decision. Also talk to a trusted friend and see they're point of view of your relationship. Sor
cat and she is highly allergic. For her, having a cat was a deal breaker !Healthy relationships enhance p
e person in it.Â What do you feel when you imagine your life without your boyfriend?Â Do you see y
as he violated any of them? What are your reasons for being with him? How would you feel without h
communication is vital.That all being said, I would also add, with a lot of curiosity...if you have to ask th

f you can be happy with him, given what you now realize about him and your feelings."
forward and look through the windshield at the road ahead.Â Hereâ€™s how you can let go of the pas
it. You could even go as far as to a write letter of what you wish would occur or what you need to hear

ur successes when you are able to distract yourself.
to do. Â Find whatever is ""good"" about being out of the relationship and focus on those things. Â Th
y make it hard to move on. So in some ways, you don't want to move on too soon by just trying to igno
tions - talk to a friend or write in a journal. Â Take care of yourself during this time by exercising, eatin
orse. Â If looking up your ex on social media makes you feel worse stop doing it! Â It's important to co
upport you, friends and family. Even though you might feel like being alone, make an effort to be arou
ace, it can be useful to explore and process with a professional the meaning of the relationship and to

m come up, redirect your thoughts versus letting thoughts of them consume your life.Â Some have fo
alities you like, what you desire. Maybe even come up with a list of what that specific relationship did f
ast relationship are still meaningful and you'd like to base your next relationship on these qualities.Or
viously bothering your wife. I would say yes, keep trying to fight for your family, at least until you kno
motionally releasing from a relationship takes much longer than the time to simply announce your de
incestuous relationship with his sister ,and you believe he hid the information from you for years. I an
o has broken this trust.The best way to find out if your husband wants to restore your trust in him, is to
le to return to their marriage.If he impulsively decided to leave and now is a short while since he did th
part you had to cause the split.You can't change him but you are in control of your own change.With th
es sets you up to develop a lot of resentment.Â It sounds like you did not want to be separated from y
t love you? Does that seem fair? He may want to work things out or he may be done. He may be done
o do w him.Re the actual relationship, let yourself feel sad and hurt since this is the truth.Usually life g
gine you are conveying that getting back together is not something that she is interested in.I would su
s based on insecurity, fear, or a sense to rescue someone, or of pity. Â None of these attachment meth
dating?,"My answer is yes, you should tell her because you have a child with her. She is the mother o
dating?,"Only tell your former girlfriend who is the mother of your son, what is necessary for her to k
ollowing your intuition.An engagement breakup is full of disappointment and sometimes talking about
our feeling of not being appreciated now, would multiply if ever the two of you needed to address a d
wondering what led you to ask whether you made a mistake and whether you wish you were still in t
es my spouse tell me he doesn't want me, but also gets jealous of me?,"What a burden for you!Your h
es my spouse tell me he doesn't want me, but also gets jealous of me?,"It sounds like this is quite diffi
od thing in some ways, it can also become boring and you run the risk of losing that ""in love"" feeling
skills to enhance and maintain your connection - otherwise you will risk repeating the cycle of disconn

plain his behavior.If the two of you still were a couple at the time he cheated on you, then there were
ınd if you feel this would help, then consider to talk to your sister from perspective to improve the rela
ıne involved. While the divorce is most impactful for the couple going through it, the divorce itself also
ilities.Speak with her and ask her if she considers opening your relationship with her.Or, simply wait a
is willing to have a conversation with you about her feelings, it may be helpful to have her explain her
eone who was treated badly to describe themselves as bored, rather than say they feel hurt.Is it possib
first show some understanding and empathy for the great pain the person caused in you.From what yo

ion with that person in the midst of embarking on a new life. This could mean a lot of things, but it cou
ıat you are misinterpreting your former partner's actions.If you'd like to have more certainty as to wetl
ı their own now) had bad reputations and issues with drugs. His daughters say it is embarrassing for hi

a list of the things that you would like to discuss.When you are discussing whatever relationship you a
ıding.Â Do not frame yourself as the victim. Think about what was most likely going on in his head. Us
ve are 100% sure that it is the right thing to do!I am going to give you some of my thoughts, and hopef
ıip.Three years is a substantial amount of time to be involved with someone. Â Whatever attachment
it so hard for me to be social?,"It sounds like you had a very confusing and painful experience in this re
ect as a woman and mother...Give up the goods regardless of what he does for you or your son...Don'
been going on to say with confidence that it is not much more.
.Â Â What part did you play?Â Did youÂ down play hisÂ disrespect at one time?Â Â Did you give up tl
er (or stop connecting with) someone who they absolutely know isn't good for them.Â In your case, pa
This will naturally raise the questions and criteria of what to talk with your husband about and what to
probably give in.. But if it hasn't been a big issue anymore or something you guys aren't talking about
ed if he decides that he wants to try to do so? Can our marriage still be saved?,"Sorry to hear about th
ıt for you now, new possibilities and ideas will start developing in your mind.Consider finding a therap
scussing your feelings and needs (not to be confused with what you need from your partner) and self s
yone anymore as there is no contact from anyone who I thought cared about me. My brother just said
apes how you begin to think about yourself as a worker. You are literally ""learning as you go"" in this
you feel respected by your boss and does she listen to your point of view, even if afterwards, she disag
ed of constant wrongdoing in your relationship, especially when you feel that your wife does not admit
d mean changing her and we can't change other people we can only change ourselves. I would recomn
ng for you because you arenâ€™t cheating on her and you arenâ€™t trying to be disrespectful towards
ed on prior to your

ess than your wife is having with you to do the same.It is possible you are a balanced couple in the ser

fferent project.Or, if you don't want to take your chances of being insulted again, then be your own ev
sful and feel confident that they are being treated fairly at work. Is there an HR department that you c

m ""making out"" to ""nothing happened?"" I wondered if this happened because of an emotion-base
our consent;Send them a bill;When they do not pay it, activate the local Sheriff, take them to small cla
child's father to not view porn, and with you monitoring and setting standards for your child's father's
d not to monitor other people's lives, but in the end, your rights begin and end with you."
r without knowing the full situation, it might be helpful to have a more broad discussion about what yo
occupational well-being so my recommendation is to hold off on presenting your boss with a persona
workplace, a boss usually has the power to hire, fire, set schedules, approve vacations, and evaluate p
t of town right now and texted me yesterday telling me I am a liar and that I should never said I was go
ey have noticed the same behavior and concerned of how it is effecting productivity or employee relat
work-related, for free (up to a certain amount of sessions).Iâ€™m wondering, though,Â why your cow
ed out by work might be a sign that it's time for a change."
stly, some workplaces have rules against dating coworkers. It would be a good idea to check if there is
reated in the image of to better understand ourselves.Â Your soul journey the date and time lifeÂ brea
What does ""God"" even mean?Â What are the experiences that have shaped your perception of ""God
in. If you ask 1000 different people, you'll probably get almost that many different answers.Consider t
Â Where is the concrete evidence that they are lying? How could I test my thoughts about this? What
stem or way is not real but only a perception of our own value judgements, it is, no matter how you try
If one comes to the logical conclusion that many are quite improbable, then there must be a guiding fo
ons exclude the other god concepts, and expect loyalty to believing in their particular version of ""god"
ose who struggle with believing, but again, you decide if you believe that scripture is true or not. Â Â P
Holy Spirit or Higher PowerÂ to help you mentally take those past experiences and lay them in trust at
past, even grieve what could have been, while embracing the future. He could if he is open to it see a th
health of your relationship that you find a way to reconcile this. A conversation with your fiance that fo
s sometimes very hard for others to see past our worst behaviors and trying to force them to move for
ou are.Â Being that you mentioned that you both come from a Christian background, maybe you coul
hurts from parents, friends, people he has dated. If you are speaking about jealousy he may come fro
ge that for him. Â He will have to do the work to handle those emotions on his own. Â What you can do
e dont like, may beÂ amplified due to the Christian framework that may be built into your life. I am no

ıtrol in this situation.Everyone accepts a new understanding at their own particular rate. Â Yours may b
l a great relationship and have a great future, believe it or not, is to be firmly placed in the present. Tha
ıt you can make goals for yourself, but you can't make goals for your partner. If your fiancÃ© wants to
ender identity and assist in facilitating a discussion with your family or help you prepare to have that co
family will react if and when you talk to them. However, it is important to consider how not telling the

learn how to accept themselves in the face of what appears to be insurmountable obstacles. Neverth

his matter, spiritually, and I reckon you'll feel a great deal better :)"
important to connect with others and even a counselor to help you."

irst monitor how we allow those in our life to influence our thoughts and emotions. We need to create
expect and know will be difficult.Take as much time as you need to accept the potential rejection bec
elf. If you can find a trans support or LGBTQ support group in your area, I recommend seeking that out
ording to what experiences you have had and how you have dealt with them or felt about them. Try vi
stand this question is like trying to bite your own teeth, however we can have a sense of what we wou
it you may have.As far as finding yourself in general, I suggest considering what makes you happy and,

d to do was notice when my heart opened and I felt the most alive--not because I was afraid or addicte
ned throughout my life about a god who existed outside of me. I realized I had all these answeres with

close to knowing who you are."
's need. Find something that feels important and commit to it."
ups online (e.g.,Â https://www.griefshare.org/), and are usually some in person depending on your are
edibly happy for I was able to escape from several abusive relationships because of him. I love him ver
edibly happy for I was able to escape from several abusive relationships because of him. I love him ver

heir differences. For example, a mother may be Catholic and the father Jewish. By introducing the child
be a wonderful opportunity to practice tolerance and love. Â If mutual decisions need to be made in r

n the best coping skills that would work for you."

:tion of symptoms. For those who are in great distress you can also complete EMDR therapy every day
self.Â This is not an indication that something is wrong with you.Â It just means that your brain is doir
with your trauma. Coping skills are not a one size fits all, it is important to find what skill works for wh

ther people.Sexual intimacy engages all of who we truly are. Â Being cautious as to who and how muc
you are interested in reading a book that is supportive and compassionate, Bessel van der Kolk's The I
mited in the amount of talking and also has quick benefits for the reduction of symptoms. For those w
nt contact with this person doesn't exclude the meaning or feelings from within your relationship with
sing. Coping means that the problem is always there, and you are ""managing"" rather than healing. A
not have emotions.After such a traumatic event that you experienced, your central nervous system goe
ul that you have numbed yourself (mind and body) as a way to stop the emotional and physical pain of
periencing a sense of numbness, which is a common response to trauma. The best thing you can do is
re is a helpful therapy called EMDR that is limited in the amount of talking and also has quick benefits f
incredibly overwhelming. I recommend finding an EMDR therapist.Â Eye Movement Desensitization a
port to get back to normal. Our brain can play tricks on us after a trauma. One thing that most people e
el ""numb"" after a trauma like rape.Â The emotional impact of rape can be beyond overwhelming, w
of a possum or a gazelle. These animals go so far as to physically freeze in protection. Our emotions c
n our bodies. We oftentimes continue to feel that disconnection until we work through these traumas.
raumatic event, an event called Dissociation occurs. Dissociation is the brain's way of temporary creati
ve a normal life and function the way they did in the past. Â This is very common and the goal is to hel
ncing right now. Maybe write about your emotions and the lack of them or talk about it with a safe per
practical aspects of daily life and feel some sense of predictability and stability in your life.Knowing a
ad news, because after the numb goes away and your brain decides you're ready to handle it, you'll fee
are most likely too many feelings to feel right now, so your body in its wisdom is shutting them down.
lso complete EMDR therapy every day if you would like/have the means. This can quicken the recover
nprove your relationships."
cover but it will be slow, and it is hard work. It is important to know that. You need to be gentle with y
ell the difference between a past vs. present event.Â A counselor that you feel connected to can offer
express themselves, and at the worst times. This may be why your PTSD symptoms are harming your r
d with nightmares and intrusive thoughts of the incident. Â And while the signs and symptoms can feel
our part to your own inner emotional safety that you are better off with a less intensive job than the o
ment in your life again. This means being proactively involved with the process, learning about the pro
e heightened startle response - are all typical human responses following exposure to a frightening ev
ue but often feels very true. This negative self-image and fear of being abused again can activate prot
se to stop is by the slow process of realizing how badly injured and frightened you were of your forme
is past relationship; and, if so, I would encourage you to additionally consider the whole of your story-

vare of your position in the room, your feet on the floor, your hands in your lap, or your hips in the cha
a. Your anxiety response centers int he brain are in hyper vigilance mode and retraining to turn down
ou are comfortable with it, you may want to consider sharing what you're experiencing with your curre
and inspiration that you may have. Best of luck on your journey."
ches her and the meaning of touch, reflects an underlying emotional hesitation about her feelings tow
distinguish between smokey bacon cooking or an actual house fire - they just detect a threat and alert
escription, I would agree that in those moments she is re-experiencing something that happened in th

ɔt being permitted to see his kids.Don't allow some random professional to pronounce your boyfriend
ıtive responses you are having, such as panic attacks or anger.Â This could be done using coping skills,
e come up. PTSD is best treated with the help of a mental health professional and if using the Cognitive

he best way for someone else. Â The fact that you are aware that you are smoking more marijuana an
ıat which is closest to him. You are currently trying to numb your feelings, those feelings as nasty as th
ave about the loss of your friend. Grieving is a process that is unique to each individual and each relatic
enial, anger, bargaining, depression and finally acceptance.Â In the bereavement process, there is so s
:he letters as often as you need to. You will notice over time the need to write the letters will decrease
ıt no one could stop, or they made a big decision that impacted everyone around them. There are othe
s experience treatment patients with loss. I would also recognize that drinking and smoking are both s
e most likely eligible for free counseling services through the VA Vet Centers. Â The Vet Center clinicia
ɔw that veterans suffer from PTSD at higher percentages than civilians. We also know that motor vehic
e kicking you when you are down, your body may not have the same resources to handle the car accid
during military service.Some of the things to be mindful of for yourself include:1.Â Feelings of anxiety
What we have learned in the mental health field from studying traumas, is that the body as a whole re
u experienced in the military. If it is then it is possible that you will see a direct effect in triggering off F
the event, etc. Depending on the severity of the accident new triggers might exist. This is not to say th
l habits. Â Would you be willing to talk with your kids that grandma is sensitive to smells and her way t
f form hurtful interaction patterns is by being aware of your own feelings and intuition within close rel
t to live in, and it helps them make really great decisions. You can accept your past, integrate your trau
ou trust and can connect with, you will gain the ability to think about your experiences without it signi
ning more about yourself, you can learn to incorporate your past into your present life, without being
ı."
l terrifying. Â I would encourage you to seek out a trauma therapist who can work with you slowly anc
ensual sex can be experienced as an intrusion if a partner was not careful or insensitive to your pain. Â
that you find a therapist who specializes in treating trauma in order to help you to heal from your ord
rested in reading about trauma from a compassionate and scientific perspective I highly recommend B
help, you can focus on calming techniques like meditation and yoga. They will aid you when you begir
ıg flashbacks or thoughts on what happened to you or reminders in the environment around you or so
t trained in this particular method, but my understanding is that it does not require a lot of knowledge

pastor, minister or priest (there are still some good ones out there) to help with finding or providing h
but some of the most common include cognitive processing therapy and EMDR in case you'd like to re
gov/vamentalhealthgroup.asphttp://www.vetcenter.va.gov/https://www.thesoldiersproject.org"
forward from there."
lp to open a dialogue with your boyfriend about what you need from him when you have these flashb
work through the abuse if you have not already done so. Often times triggers still hold such a powerfu
y a trained professional that you trust. Â When you are ready and feel safe, those memories can be rec
are at the first step, which is to know that memories exist about the disturbing events concerning you
:ed); what you don't need is to be verbally abused by someone who's supposed to love and protect you
ıen if you undergo treatment and trust a therapist is understandable. There is no technique or pill that
have experienced some painful experiences in the past and may need help dealing with them in order
ut the signs of an abuse relationship if you are questioning Â whether or not you are experiencing an a

ingness to hear and understand your point of view.In a relationship in which one person claims the rig
ıat she is angry about rather than calling you names.If she gets angry and then calms down a little whil
ıg that I have also cheated on my boyfriend and has come to my house and told my boyfriend this. Is t
ı: English is my second language. I pay half of the bills, and every time I want to speak to him, he kicks ı

ɔ leave. It seems that you might be feeling defeated and if thatâ€™s the case a lot of domestic violence
ɔ being aware that he yells and that you feel scared.If he has no idea of what you're talking about, doe
ut of the abuser. A lot of it could also be grief over the loss of the relationship and also your children. A
: our college counselor may help you to get referrals.Â Itâ €™s also a good idea to talk to your mom ab
. Another good option, may be to attend a support group for survivors where you could process your m
ıind. Many people start to think that may be the case if they are still suffering from the affects of some
or example, when a therapist has a reasonable concern that a client (or someone else) is in imminent
husband treats me terribly,"Hi Texas, Thanks for your honesty; it helps me know where to go in answe
ɛting each other to being like a married couple. It was very hard for us. His stepdad also kicked him out
lesbian in my early 30s, and I have been dealing with anger since my childhood. I'm ready to change. I
lesbian in my early 30s, and I have been dealing with anger since my childhood. I'm ready to change. I
appy and unsure of what I need to do. How do I get out of an abusive relationship?,"That sounds like a
. Nothing I do is right. She says I work you watch the baby. On her days off she never cooks or cleans. I
ver came to see me and instead asked me for money. After I gave him money, he quit answering my pl
t also offer free counseling services in local areas. That would be a good place to start looking, especia
hat the incident is past, bring up the topic to him so the two of you can discuss it.Just the fact of you ha
g themselves physical pain. It is a dysfunctional way of calming themselves down. I donâ €™t know yo

what can you do when you find yourself feeling anger unexpectedly? Below are some strategies to he
ɛart rate, fists clenched, some warmth going through your body and these are signs that the interactio
would be for both of you to part ways.It is possible each of you triggers the other in very deep and irra
ve feel threatened and have to fight back in self defense. All it takes is one event to be trigged and the
what thoughts are going through your mind when you find yourself becoming angry. Is it that you fee
e lightening flashes so quickly that you may not be aware what it is.Â As Sherry noted below, awaren
you learn about your self."
r or distant past.Be aware, consider, reflect on Â how you usually handle feeling angry. Â Based on you
mber what happened but to also not have the same emotional response. It is very common to have di
e time to understand what bothers you about past situations and leave open the amount of time you
ıderstood by them, then look for ways to expand your social support system so you do have people wh
el criticized by your parents or family? Misunderstood? There could be any number of things.I wonder
ɛstion acknowledges the process of adjusting to life without the chance to see or hear from this perso
present with it as it arises and recognize the many faces of anger. By doing this, we are able to becom
deal with them or donâ €™t know how to express them.Â So next time you feel angry, even if you snap
cation style regarding how you confront problematic situations. There are some whose anger takes on
ıs well as your feelings?Â My guess is that you do.First you need to pay better attention to your feelin
ss, try self help books or even better yet counseling and support of a professional counselor."
out his outbursts.His answer, whether he denies having a problem, blames you for his problem, tells y

; many people with your boyfriend's experiences, the short, healthy answer is that you can't fix the situ
ɔu?Since your gf would like to resolve situations from the past the best way to do so would be to talk a

Â Ask yourself: Why am angry, Am I hurt, disappointed, confused, embarrassed etc.?Â Once you find
please have an psychological evaluation done by a psychiatrist now before it gets even worse for him
ɔ his PCP, getting a referral to a pediatric specialist, and getting him to a relational psychotherapist wo
ith the anger problems I've gained from my soon-to-be husband?,"With me knowing thatÂ a healthy r
ith the anger problems I've gained from my soon-to-be husband?,"My gut says that your own rage is b
ing it out on your son is only passing on the hurt and anger.Â This will be inside him too.Â Get some p
en placed into words.Try thinking over your growing up years because maybe you will discover certain
s I love with my words. I want to be better for myself and them. How can I control myself and learn to
s I love with my words. I want to be better for myself and them. How can I control myself and learn to

s I love with my words. I want to be better for myself and them. How can I control myself and learn to
p the kids from knowing who they were.In some families there were very severe consequences if a chi
ıo is napping on the couch and you are walking past them on your way to take a snack in the kitchen.B

before in your life, having been deeply let down by someone who mattered to your life at the time, w
eally good that you understand where the source of your anxiety and stress comes from. Fortunately tl
e who tolerate that their kids are people with their own unique characteristics.Everyone likes feeling l
le, I'm glad you want this to be different. It doesn't feel good to be angry all the time, and it's stealing

you can give yourself a time out by removing yourself from the stress and spend 5 minutes taking dee
pless, sad, and disrespected at the same time. He's changed.Â It's unfair for him to blame you for his e
s is and I don't know how to control it. It's over any little thing. Tonight, it was because I couldn't get m
sistently follow them. I cannot stress how important have a strong support system - a circle of caring p
can come out as anger if we cannot properly identify and express the feelings.Being emotionally awa
ets of cognitive behavioral therapy and that they help the individual to enhance their cognitive skills ir
ıtmare by changing what happens in the dream in a way that engenders feelings of empowerment, co
ımetimes have similar themes of violence, the content of our dreams and nightmares is out of our dire
it is not related to your physical condition, but have you tried speaking with your primary care physici
someone else's actions?,"Hello, and thank you for your question. You are clearly a

·oved. However in the past couple months, I started losing sleep again and having nightmares without

·oved. However in the past couple months, I started losing sleep again and having nightmares without

ear these messages...and make some internal changes in response.Write them down! You'll be glad yc

Â The multiple versions are concerning. He seems unable to be truthful and this is damaging your relat
with trust in your relationship. I believe the bigger issue here is not whether or he has had sex with sor
sting, he's distracting you so he can shift the guilt he feels and blame it on you. In a guilty man's mind I
of the various versions your husband has provided you.Â Â Infidelity, though painful, does not have to
ave had contact with a prostitute, there may be a likelihood he may have had sex, but you cannot be 1
t what your spouse tells you is true. If he tells you he was not with a prostitute and you donâ€™t belie
that he had it or knowing he had it and how he allowed himself to get into a situation like that? If he d

nay be an indicator of the health of the relationship itself.Â It wouldn't be a waste of your time to try s
ions about the event.Â It sounds like you are still having some trouble with what happened, and that i
truth. So if you can, work on accepting that, breathing through that,He may not fully remember, he ma
: knowing and having this uncertainty in your heart will push your husband and you further away from
ld doubt your husband, which is bc of his multiple stories.Ideally your husband cares to restore your se
person with whom we are in a relationship.Try to distinguish between your feelings of excitement fro
/ou have identified some key factors that may be contributing to your sense of feeling ""empty"".Â Or
elpful to keep in mind that alcohol lowers our inhibitions, and for first time threesomes or any new sex
o personal, is very common. Indeed, despite the fact that nervousness can be uncomfortable, it is also
r relationship with each other. Are you having issues? Fighting? Not feeling satisfied with each other?

ect this energy into a more productive activity like sports, reading, biking, exercising or something oth

emselves continuously sexually attracted to children and minors.Â At the age of 15, you are still consid

. But as a Christian myself and a counselor, I remind people that every human is made with a very simi
your girlfriend without shame!"

hen both are comfortable with it and agree to it. Although it is frowned upon by a lot of people, it's no
enis. If you are having any sort of mental related concern (anxiety, depression, stress, etc) it can cause
have a huge effect on our body and how it performs. Â When we are overstressed, for example, we of
ere. Below you will find excellent advice from skilled clinicians regarding your question and concern. If

ad you been socialized to believe certain things or did new beliefs come up?Â What were your models
n which would prevent an erection, then we can consider the psychological and emotion based factors

ed to date about 10-15% of women and 20-25% of men admitted to being unfaithful while in a monog
How sincere is he with wanting to work it out?That means alot in recovery. The key is to understand t
les that experience infidelity in their relationship face this important question - ""is it possible for us to
ust him, can

that you are struggling with making a decision about this. In my experience, a couple can absolutely ov
each other again and become close with each other.Since your trust was broken, your fiancÃ© would
all the time that are in the repair phase of their relationship after infidelity. The short answer to this, is
st difficult things a relationship can sustain. Sometimes feelings about the betrayal may also trigger pa
l experience. It's usually jarring. I encourage you to give yourself some compassion about emotions th
d to be feel motivated enough to repair the relationship and dedicated to the work needed to address
ould go as far as answering your question. Â I think the first and most important question you need to

ered your question. There are many medications that can alter one's sex drive. If your birth control pills

ou ""pushing"" him away.Â What is important in all this is that you both find a way to connect. So wha
utic setting if that feels like your next right step. Having control, you get to be in control and decide wh
is actually changing.Birth control pills control ovulation. Â They don't directly prevent people from all
ecret is a good attitude regarding meaningful parts of your life. Â Usually our relationship partner is so
d out 10 people who can't accept you to find that one who can."
at reason, I would encourage you to keep doing what makes you happy.As far as telling girls or keeping
g if you want to be with someone who does not accept you for all you are? Also explain your personal
entment and resentment in a relationship usually leads to it's demise. So I would caution you against g
,"" is something that might be more about a discomfort for you. If you are comfortable with your kinks
rhaps gently bring it up on a date.Â When thinking about whether or not you should stop, think about
grow trust in your communication and relationship.If he doesn't want to talk about how you're feelin
through your pain and still have hope for your marriage.Â Â If your husband was to work with me I'd e
nething like ""I've noticed that we haven't been together intimately (or whatever phrasing works for y

actice with couples: One partner feels terribly lonely and unimportant in response to the other partne
communication in their relationships, and this is a GREAT place to get the ball rolling towards reconne
The way two people connect is usually by talking with each other to understand what each one cares
rk, etc. See if he relaxes and opens up to you, even a little bit. Don't try to have a heavy conversation o
eel like you are living with a roommate and no your partner or spouse . It is not uncommon for membe
familiar distance that's keeping you apart can be so hurtful. But, change is possible. You might be able
e you know about each other, especially your everyday lives, creates a bond between the two of you. I
connect and hope to come to reconnect before things get to a breaking point. What I think can help is
thing you could try is to spend 15 minutes a week together talking about common interests or other th
me feel really awful. We rarely have foreplay. Everything I try tickles her, so she makes me stop. We ar
me feel really awful. We rarely have foreplay. Everything I try tickles her, so she makes me stop. We ar

me feel really awful. We rarely have foreplay. Everything I try tickles her, so she makes me stop. We ar
me feel really awful. We rarely have foreplay. Everything I try tickles her, so she makes me stop. We ar
me feel really awful. We rarely have foreplay. Everything I try tickles her, so she makes me stop. We ar
ding blood test. i would want to know if there are any medical issues in your low sex drive.2. Where is
band's satisfaction with the amount of sex you are having.And, know if there are reasons besides low
it you and the relationship more than he does about just having sex. You don't say whether he compla
es there is a hormonal imbalance.Because you say both that there is a possibility that neither one of y
ou contact me. Do you use birth control? Is there pain during sex? Have you had sexual experiences be
to improve one's sense of desire, motivation, and joy;Consider herbal formulas centering around wor
Â I would take some time to explore your own body, notice what feels pleasurable, and play with diffe
part of many people's life, but how much importance is placed on it varies from couple to couple.Â Th
ork with, is this: Every person and relationship is different. There really isn't a ""normal"" amount of se
nd the respect he deserves. The truth is that some people cheat, and some don't, and our partners des
e, love, ways to express oneself sexually, your boyfriend needs to know that here isn't some physical p

relationship dissatisfaction are just a few reasons. I work in a medical setting, and you might be surpri
c trust is fundamental to a good relationship.It is possible you don't have faith in yourself to accurately
follow through. Â Repeat this process multiple times, which requires time to accomplish.At a certain
her is not sexually attracted to her.
with sexual touching. Looking at more of what you like or would like to feel may be of help."
others.If you haven't done so already, then tell your bf about the difficulties you had with your mother
not like that you are doing this to your husband? Do you see yourself as a bad person, or do you just
arriage.Maybe you donâ €™t.Only you can decide if what youâ€™re contributing and benefitting is sat
ou looking for outside of your marriage?Â Are you willing to give that up if your husband is not able to
what kind of relationship do you want to create?For some people, polyamorous relationships (those inv
orth and associate with others who believe similarly about your qualities."
onships may be helpful.Â If you are not ready to do this, I recommend the book ""Boundaries"" by Dr.
is vital and comes first.Â If there are to be better conditions to grow the kind of relationship you botl
w likely the lack of intimacy will continue.If you are living with a lack of intimacy for what feels like a lo
do.At a time which is relatively calm, introduce the topic of your hurt feelings from his difficulty listeni
a general discussion about the lack of closeness you feel. Â Maybe he'll be more responsive to talk ab
when I attempt to explain my side to him. What can I do about my husband's black and white personali
detail. Can my marriage be saved?,"Hi Smyrna,Your husband is avoiding dealing with this problem. I ur
ct will give you more clarity on your question.
ncentrate. Â You'll more likely succeed with concentrating with small time spans than longer ones.Onc
Â This way you have a good chance to avoid being hurt in the way you describe here.Even if the persor

second night with her. I asked if they slept in the same bed, and he said yes, both nights. His daughter
second night with her. I asked if they slept in the same bed, and he said yes, both nights. His daughter
ny pressure from her family to avoid involving herself with you.If the answer is ""no"", then continue t
t time that was set aside. That may also help you to rekindle some conversations between you.As far a
o help. Why did he react this way towards me? I think he's being selfish. Why is my ex-boyfriend upset
o help. Why did he react this way towards me? I think he's being selfish. Why is my ex-boyfriend upset

ıt to you. Additionally, consider whether or not you need these fetishes as aÂ requirement or strongly
ut how you are feeling. A few things may help with that:Try having the conversation you are both able
emale friend, I""m glad you saw firsthand the dynamic of your concern.There isn't anything you can di

on, but just understanding more about yourselves and each other. I also recommend prefacing that co
t with our values that we don't feel very content with our lives. Perhaps you can take some time to thi
edding plans -- getting married will NOT resolve your acting out. It seems to me you need more space,
ou don't know what to do, then for right now postpone your wedding date.Whether your drive toward
ent is lacking in your current relationship?"

people of more than one gender that are not really related to romance or attraction, but any number
tand a true friendship, which is based on trust, is probably not possible with this person.If you'd like to
t thing.
ı appointment with a local therapist to discuss what you are going through."
nothing wrong.Â This is entirely a coping mechanism in overdrive.Â It is fear.Â It is anger.Â It is extre
rt. Who you partner with long-term is a big decision and it determines 90% of our happiness in life.Â T
choice to participate in an abusive relationship. You can not stop an abusive partner from being abusiv
or shortly thereafter and the other person wants to wait. One thing that sometimes works is to consi
ior he is exhibiting would easily pass for ""passive-aggression,"" as it is manipulative and controlling th
withdraws, the only choice is to withdraw yourself. Â If this continues on a regular basis, after a while
ither (1) Â A message or value that you agree with and believe will strengthen your relationship and h
s then usually people feel they have two choices, put up with it, which of course greatly reduces the se
s though you feel that ""something is better than nothing"".Reflect within yourself whether the balan
your husband does.For support and guidance in real time, look up the organizations in your area whic
nd it kills me. My boyfriend doesn't compromise with me,"Thereâ €™s a difference between what you
be very helpful at one point in your life.Â Or it may be serving some other purpose.Â One helpful wa
an him and staying together.Think over how major a problem this is to you and if it is reason enough to
er he's lying to you now or not?Start the conversation with him about wanting to trust him and asking f
erstand and be willing to answer your questions.It is not too hard to see that if someone lies, then the
y with a part of his and now your life, which will be with you for quite some time."
ects from you so that he will trust you again.If you are consciously willing and do try to earn back his t
and also tell the person that their comments are hurtful.If the person said their words with no bad int
ometimes spoiling, and all I get is a loyal man who will not cheat and say sweet things on occasion. Am
tionship. Â Being almost inseparable to the point of overlooking friends, is understandable as long as i
r accept that he denies the truth or not."
ip where honesty, listening, compassion, and romanticism are major parts. You could also see what yo

ay not be what turns us on the next time).Â There could actually be a number of things going on includ
n about your sexual questions, maybe this increased emotional closeness will inspire the sexual closen
d him.Ask why he resents your interest to see your mother.If he is insecure to the point where he fear
iage, it can start to erode at the foundation of your relationship, impacting both partners. And, if you'r
w about what happened yesterday and the day before so you know what message she wanted you to
want from the marriage and why you are willing to move in or out of your own house because your w

le co-workers your husband has?Â And if so, what does that say about your marriage? Â Trust is some
er? If I were her best friend I'd tell her to run the other way.Â You may love this man. We don't choose
se, feel upset. I think I would like to ask you the question in a different way: are you feeling upset? If y
forward with your husband with his behaviors not changing for the better in regards to your feelings

ssion with you about your concerns about this and whether you would be actually willing to listen to y
you that it will damage your ability to trust him now. Â Is he in therapy? Does he recognize that he has
the question you ask here.Also, think over the value of your marriage in your life and whether you are
by Don Miguel Ruiz."
oking for in that moment. For example, having an in-depth conversation could be something that you
Ã© angry at me about his automobile insurance?,"I'd be more worried generally about a fiancee who
Ã© angry at me about his automobile insurance?,"A few things come to mind. I wonder if your fiancÃ©
rtner's acting out creates trauma for you. Your partner's addiction is NOT your fault and his recovery I
ability to love, and to how men see women and sex in general. Your partner demonstrates a clear dis
to resolve what may be going on, I am not entirely sure but it sounds like he might have a bit of a sex
ssarily mean that your partner will give everything that you ask for, but this is one of the ways that he
evastating and lonely road for both of you. I say lonely because when things like this happen we often
ou could remind yourself of the differences if your feelings of jealousy relate to something from your
stand the degree to which it hurts you.Try asking if there is a time that would be good to have a discuss
The unfortunate truth is, there is very little we canÂ actuallyÂ do to change another adult's behavior i
may also be helpful to ask if you could talk for two or three minutes to make a point and then have spa
girl enough to have an open conversation, perhaps you could ask her whether she is willing to talk ab
traction. And entertaining a tough is only going to make it a stronger target.Â Careful with that friend
is gone for a long time, his presence as a husband and father are required and important.Â Ask him i
relationship?,"Trust is at the top of what makes a healthy relationship. Â It sounds like you may benefi
you ...not just for past things...not for anything. What he does get to do it tell you how it affects him. S
g openly about your respective discomforts and wishes from the other."
e loves me but is not in love with me,"I get it. Your husband tells you that he's not in love with you, bu
nt you? Look at the bigger picture. What is the evidence that your wife wants to please you?...that she
n hear, communication is the key to a good relationship.Â Intimacy in the marriage is something we t

elp...to remember that we're all a little scared and looking for safety and approval.You mention a partı
ıd almost any product, is meant to trigger fantasies.No one is a fantasy, we are all real and unique. Â V
ship needs to be strong before moving to the bed anyways. If the love is there, he will understand youı
ecret...it's easier to avoid feeling guilty. I wonder if you're avoiding your own emotions. But let's put tł

at this is a moment for you to examine how strong your commitment is to your partner.Find balance b
r partner in your present relationship have done anything to make you not trust them.Â Like in the co
ıen it dries up, it's a very lonely place. It's possible that there is an unaddressed issue in the relationshi
; behaviours we did at the beginning. We stop talking a lot, because we have less to discover...we do le
says this is just how he is, but he wasn't like this before. My boyfriend says he doesn't like to do thing
says this is just how he is, but he wasn't like this before. My boyfriend says he doesn't like to do thing

arn money, you're being loving, but if your partner's main love language is quality time, you're not hitt
can I get my fiancÃ© to notice me again?,"Hello, It doesn't feel good when it seems that your partner
can I get my fiancÃ© to notice me again?,"Your situation sounds a little painful.Have you brought up a
can I get my fiancÃ© to notice me again?,"Hi Rockford, While no relationship is ""perfect"", and it's na
rting you? I totally get that it's hard, and I believe it's worth it if you truly love and want to be with som
view. So, many things to think about and there is no one answer fits all."
?,"It all depends how old you are and what a particular situation is.Â You may be feeling very close to

ıyone. If he can't accept you for who you are, what is he doing with you? Your social habits (unless they
d. ""When you refuse to let me see your phone I worry that you're hiding something. I need openness'
ymore"" will be for your boyfriend.Since you both are planning a long life together, instead of his custo
her. How do I get over the man I had an affair with?,"If you will ""never be together"" and in order to r
e put a fake contact name, and it was just friendly, but he lied to my face. All the time, he claims he ne
things not to do,"Hi Dallas,Â While I think it's healthy for both members of a couple to have things tha
d my boyfriend talking to his ex-girlfriend,"Your sense of hurt is very understandable.Do you and your
ls pushed out, did he do anything on his own to address his problem of feeling like this?All you state is
your boyfriend's expectations about you. Â Does he expect you to accept without question, whatever
ıt all her free time with him. Should my wife and I seek any kind of counseling if she is convinced our n
ıer person.In love is appreciating and freely wanting to continue, contributing to the couple's shared d
es or sorting through key situations in your life?If ""yes"", then possibly you are giving yourself some a
e by your friends or boyfriend it is understandable that you want it to be over. Â I would encourage yo
ou are as a person, not simply a physical body engaged in sex."
e trust back. Couple's counseling would be of benefit. If not, then you may want to consider seeing a th
er, goes a long way to building trust.These type of discussions are hard to have, and especially for the
called me names and threatened me. I feel bad as I do love him. We just have so many issues. I'm not
ıo works in sexuality is a great idea; it's a complex picture that you've only given us a glimpse of.In the

th your ""past"", but my hunch is the problems are about his insecurity and his personal barriers to tru
out topics that involve both of you, will establish a new type of intimacy on an emotional level.Also, th
ids; he believes he's loving you. He might feel like he's carrying his family on his shoulders. Your 'love
r all of what you've written here?His answers would be a starting point for knowing how he understan

what you need to get that conversation started."

ıg habits and exercise. I would suggest taking a look at what you are consuming throughout the day. D
I was honest with her about why, and told her that the most important thing to me in sex was knowin
a post about exactly that a while back and you can find it here."
ge are bound to ebb and flow. Resparking your passion will involve growing. Using your sexual drama
l and you just feel that it is something odd, a therapist could still help you deal with these feelings.Â Y
of conversations like this. I think it is common and natural for partners to ask about the sexual history

t is possible that reading online blogs and discussion forums, writing on these if you feel like doing so,
you would want to say and maybe even going so far as to think and respond in a way that he would.Â

google a College/University near you that has a therapy or counseling program and they have a clinic o
ww.GriefNet.org-The Dougy Center at https://www.tdcschoolkit/org/teens"
ry donation.The universality of experience as well as the cohesion that happens between members co
counselors that would consider working with you probono.Â There's no harm in asking!It also may be
elp you understand what's happened and provide professional help and support through it.Learn to co

nd reflection.And then, after about a week or so, reflect on the man as if he were a well-beloved trave
y include grief and loss issues. Finally, there are some therapists who work on sliding scales and even s
d not want that for you.Â Take extra good care of yourself and get some support"

e very helpful. Lastly, you may want to look into reading some books about grief as they can help you
ost as part of their traineeship. Â Here is an example...Â http://www.clucounseling.org/. Â Another po
ring special memories of the person you lost can help you to grieve.If you would like to pursue counse

eep your house in good shape, wash your clothes and take care of your personal hygiene.Otherwise it i
you have a really good support system and at least one trusted person you can share your thoughts an
about your feelings. If you have no one or would prefer to talk to someone who was not as close to yo
necting dialogue.If either of you do not want to discuss the abortion, then realize the other person ma

cceptance - Being able to remember with love rather than pain.The stages are not linear and not every
ral.com/lib/understanding-abortion-grief-and-the-recovery-process/?all=1Â Please realize that if you
g that grief changes, it doesn't just stop.Â You have recognized that there will be moments in life that
ft for each person, is true.Also, from a spiritual perspective, your grandma and brother are still here in
ter. Â It is difficult to know what happened with your sister with the limited information you have pro
for a while... or longer. I hope you can find some support for you and your pain that was occurring befo
you were able to create situations and dynamics which produced happiness in your life is good motiva
his misery, you hung in there. He is so lucky to have had you there. You didn't have to do that.Â I have

. Â Death of a child always leaves a permanent reminder to the parents of a very painful time in their li
ps work through your emotions and reach a place of healing. Find friends you trust who can support yo
d be very beneficial.Â Do not get down on yourself for not recovering quickly. This is one of the hardest
not know how old you are and if you are in school or have a job, but I would imagine that if by now yo

rst it depends on many chemical factors.Â When you drink alcohol overindulge so to speak.Â You are
taking a look at the role alcohol has in your life. It sounds like you're concerned about what happens

y guilty after a night of drinking', then you probably have a problem. What you could do is visit this we
indulge. Also consideringÂ what is the deeper reason of your drinking and over drinking, to escape, t
ant question.Â There are some key words in your question that indicate you may have a problem; the
on me, me, me; it's best not to keep it in negative light;What does that mean?Â Well, it stems from n
ent is in order to look at your relationship with alcohol.
p you figure out if indeed you have a problem or not. Â I would say the first question you should ask y
a problem, they believe they do have a problem!The first step is to understand your own theory and d
ll want to know this information.If the drugs are illegal and in his house then he is just as liable for arre
lp.
strong the person will keep their drinking secret if they know others wouldn't ordinarily drink at that ti
o.You have persistently wanted to and/or tried to cut down the amount of alcohol that you drink or sto
nceÂ has occurred with use. Â Hope that helps."

e National Council on Alcoholism and Drug Dependence:Â https://www.ncadd.org/get-help/take-the-
ve behavior.First of all, you canâ €™t make your dad do anything, and constantly nagging him or beggi
would encourage you to reach out to your family or other loved ones and have a conversation with yo
vell. Â I would recommend that you speak with someone abut your relationship and your concerns. Â N
than slowly tapering off of them. Â Like anything we put into our system our tolerance builds up and ca
ddicted.Taking pills has basically become a standard part of your friend's life.Her problem is bigger tha
es, it is important to remember to take care of yourself, too. As for taking your friend's pills, my concer
girls that he hates his girlfriend, he's single, and she's only living here because he feels bad. We tried l
egies. We all look for comfort when we are in pain and this may be the way that you are getting comfo
r other support system such as rehabilitation or Alcoholics Anonymous. I suggest doing a bit of researc
always, addictions are rooted in the person having suffered feeling deeply ignored, humiliated, shame
could also use some support. You get to make your own empowered choice around this, this is your lif
cohol detox can be very dangerous so it is important that you do this under the supervision of a medic
or. Â Once you are evaluated and or complete inpatient treatment I would suggest you participate in a
d tell her what you think and your reasons for opinions.Plan for this meeting according to the type of
d an individual therapist to help you during this trying time.Â Your mom may not know what she is say
Â I'm guessing that it is not that she is making you do work or that her expectations are non-important
nt changes in behavior functioning. In your mom's case, it appears that her personality has drastically c
as taken from her and subsequently you? When she asks for items, does it remind you of what this con
e know. Let's also acknowledge that just because she has Alzheimer's doesn't mean that when that cor
k that your anger speaks about you may be frustrated with the mother you cannot have right now. Thi
you as you deal with the changes that are going on physically and mentally for your mother. Alzheimer
on of kidneys, adrenals, and connective tissue strengtheners; all of which may be corrected with appro
s of caring for her doesn't overwhelm you. Balance is the key!"
cope with the feelings of frustration, anger, and guilt, practice accepting what is at this time. Bring pea

. As the disease progresses and she is less aware of the present including her surroundings and who sh
anger, frustration and guilt, for example understanding. Then say that word to yourself as you take de
f your mother was a sweet and understanding lady, I am sure this change in personality feels awful! Or
deal with. They may often hide or throw things away and then blame family members for this. In addi
ain function.Feeling a sense of guilt in relation to a parent, is pretty common for everyone.This is becau

out asking permission. I need help. How do I address this? I don't know how to deal with my boyfriend
out asking permission. I need help. How do I address this? I don't know how to deal with my boyfriend
; that I don't love or even like my sister?,"Not liking someone is not cruel - even if it is a family membe
; that I don't love or even like my sister?,"No one can force emotions. Â Its fine to not love your sister.
; that I don't love or even like my sister?,"Hi. My guess is there's a lot of deep history here that I don't l
oting. I wanted to share this video about coming out Coming OutI know it is hard when those we love c
le and female.Obviously if your family doesn't accept your questioning status then this feels painful.Al
health professional about this, not because there's anything wrong with the real you, but because hav
and knowing your worth and that you are valid despite her. She could have her own demons she is fig
ynamic is for a mother to love and nurture her child.Unless at some earlier point in your relationship w
ou're doing.If you think your mom would be willing to go to see a local mental health professional witl
or your niece at a time where your sister cannot take care of her. This type of responsibility usually pro
t nevertheless is right in front of her.There is no good reason or good to come of hiding your own trutl
support. It sounds as if she has lost part of herself and/or is very stressed out and in talking with you
ame because that will blur your intent. Â Going forward, consistently stick to your new boundaries. Â
""the"" conversation she has with you, leaving other, more fulfilling conversations out of your relation
lk with your mother and practicing how to be assertive and not disrespect or aggressive. Helping your
to your mom, too. No, I didn't write the book nor do I have any affiliation with it - I simply recommen
he relationship between your mother and you. In the main question, you want to avoid the family me
hard to set harder to enforce but worth the effort of setting them and sticking by them!Â This video
y Boundaries. First, the boundary must be clear and definable. Think of a boundary like lines on a foot

ose that to your mom? Try being honest about how much this situation has taken away from the famil
validating gives her the opportunity to feel understood. Itâ€™s also could potentially help with setting
lties and she is stuck, therefore making you stuck listening to complaints on repeat. Explain to her the
that with assertive, not passive, not aggressive, actions and language."
ng ear right now. This will need to be a repeated conversation, but over time you will notice less stress
et her know that it is hard for you to hear how stressed she is, how hard it is you to have these daily ca

portive. Unfortunately, there is no way to know for sure if that will happen. So, here are a few things I
ve areas we have strong beliefs. Ideally, they would accept you no matter what but that does not seem

p! We can only accept the things that we cannot control. Maybe they are not aware of that! They are p
mention that you may need to also prepare for your family never accepting your sexuality. This may h

lean on them if necessary. If you feel your family needs more information you can always refer them
es by sharing a few resources on ways to connect with bisexual community.To know you are not alone
n the letter, you can tell them your struggles and maybe why you decided to tell them. Â A letter will g
o you are -- you will inspire so many people to do the same in your life. Wishing you all the best. Gina"
ore easily.Surround yourself with people who do accept you. I'm hoping that you have friends or acqu
re you did what was necessary and in your hands to tell them such key information about you."
ptance that you are not in the majority in society as far as sexual orientation goes, and all that comes
him or figures that complying will make them stop bothering him.Once the two of you understand wh

change on your end.Â If you are able to change something, like your tone of voice, start there.Â You c
o start. You can remind yourself that Mom's behaviours don't mean that she doesn't trust you or love
, sadness.These steps ideally allow a new door to open in order to develop new paths in the existing re
iveness doesn't have to mean what she did was okay. Not at all. Forgiveness can mean ""I accept what

u put on there only what you want people to see. The questions you should ask is ""How have I grown
ır sister is still in your life. Perhaps not, as your contact with her seems to be through watching her fac

e power to give. I assume you want to forgive or have forgiven. However, the forgetting part is difficult
can do.Since you wrote that you have difficulty to decide in which parents home you prefer to live, the
nd the next week and the other, but I know that it happens.If you can talk with both of your parents ab
hat you may be going through now. I don't mean to convey that everyone thinks, feels, or acts the sam
ven if you are older and would like him to know your truth, is as follows.Know the reason for your hesi
our father about transgender issues, or if you have ever heard him talk about it. That may give you a sr
evelop good relationships outside the family, like with friends and school mates.While you deserve the
Depending on the outcome of the talk with your mom, come to your own conclusion as to whether you
les her part of the relation toward you.Has your mom usually ignored your opinions and wishes in rela
her (i.e. ""Mom, I love and care for you, and enjoy our time together. I'm sorry I can't stay long""(may
when she is the only one who makes decisions concerning your life, then this only seems ok.In fact it i
e so, with knowledge and experience in human behavior and relationship dynamics such as a counselo
dad to understand that I don't want him to date or marry my best friend?,"Hi Lincoln,It can be very di
dad to understand that I don't want him to date or marry my best friend?,"How are you measuring w
dad to understand that I don't want him to date or marry my best friend?,"That's intense. This persor
ber of matters.Each person, including you, has the right to decide whether and how to respond to som
each other and respect each otherâ€™s opinions then there is little risk your relationship with him will
nder if you could talk with your brother about whether he would be willing to have a discussion with yo
rk to be so blind to your investment of effort.Maybe they target onto you their unhappiness in some o
out schoolwork, I would think that your grades would show the effort that you are putting in.If you are
your doctor or another trusted adultÂ about finding some counseling resources - even without your p
ents the importance of recognizing the difference between the things that we can change and the thin

school year on academic subjects, for whatever reason, summer school is a way to catch up so you wi
ner is between you and her.Regardless of how much he doesn't like her, to not respect your mother da
rt out what you want to do.Some things I wonder are:What makes the two of them not get along?Wha
respect your upset with his lifestyle choices?Are the two of you having conversations about your opini
nbers with whom you feel you'd have the most likely chance of success in their meeting your expectati
u all find a common ground of understanding. Â If she doesn't agree to counseling, really the only pers

to help them show how much he cares about you as his stepdaughter. As far as scanning you from hea
flict is just hard to watch and/or listen to.As for having a tough time trusting them, that could also rela
ay all of you handle family disagreements.Always, it is best for any two people who have a disagreeme
ency on aging for the county where you live and ask for information about having other people help to
if he is under the influence of drugs he might not be able to empathize with your feelings or react in th
hich are either lifelong or take a lot of motivation and effort to change.Since the only person who can c
he differences between your points of view, then everyone is supporting good will.This makes living w
be tricky, but it is the key to maintaining a healthy and functional relationship with them. At times, it se
th you, but often I you get upset and I don't want that to happen. I really want to be able to talk to you
doesn't know how to manage her emotions, and these emotions have to do with her past and her pres
t themselves in time outs when they cannot handle it well.Â Since you are the kids, you shouldn't hav

who you are. Perhaps researching or getting information on bisexuality can help your family understanc
nÂ how emotionally prepared we are to deal with others' reactions.Â ItÂ may beÂ beneficial for youÂ
t ways. Some have told their parents directly, some drop hints, some have had others tell their parents
trying to balance a work and school schedule. Stress, if left unchecked has many negative health relate
ard question to answer without knowing your age, your parents' ability to handle hearing information
ad is your dad, and waiting for him to change won't really help. Nothing you do can change your dad, l
working with a competent therapist may be a good way of getting clarity about how you would like to
nancial management are areas you feel your daughter is vulnerable, then bring up these topics too.Sta
ears. Even if it caught them off guard, the best thing for them and this new baby is to celebrate the joy
affects how we ourselves, others, and the world. It's also powerful modelling of aggressive behaviour
hing blame.Â The best style of communication is open and asking for clarification; why not try asking
he's there before you, and you miss him.Try to respect your brother's autonomy, wish him well, be frie
rother doesn't spend as much time with you doesn't mean that he loves you less or doesn't care about
urn too. I'm now in this low funk of depression, and I'm scared because I do stupid things to myself anc
: inconsiderate, negative, oblivious, and self consumed. I have tried to talk to her openly about this, b
: inconsiderate, negative, oblivious, and self consumed. I have tried to talk to her openly about this, b
ve you had a discussion with your mom as to why she does not want you and this boy to see each othe
you to lie to your mom. I always say that a little bit of guilt is healthy because it teaches us who we wa
n high school. Now I don't know what to do! My parents are threatening to send me off to a different l
better communication with those who are important to you. When we feel that we are being talked c

wheel gets the grease"" and the siblings or family members who don't demand as much attention end

e. Sincerely heart broken. I had an affair almost two decades ago. Recently found out it resulted in a ch
ith a sex offender, but my family doesn't accept him,"Thank you for your question. Trust is a huge thin
ay look toward you for.Â So, instead of comparing your relationship with him to the one he has with hi

now you are afraid you are going to lose the last things you care about, your pets. I do not know what

:o know because you don't want to hurt them â €“ why would it hurt them?Â - Is it necessary for them
ı military and my own marriage it wasn't his experience.Â Cause it is the energy pattern the way your
to express to him your concern and how it affects you.Â Very important is that you do it in a loving an
ıd seeking the support you need to move forward in a progressive way is essential.Â Get the support
:e he is doing this. An idea of how you could bring this up to him is by letting him know that you love h
son is saying. Â since I can't ask you questions about what is going on, I am going to make a guess at or
oached. I would suggest paying attention to the way you begin dialogue with your husband. See if blar
listen to you, or even that he does listen to you, then you can explain in detail the way you define ""lis
d. I would stay away from feelings such as frustrated, angry and irritated and use a more vulnerable em
elf. You can ask him to make changes, but you can't control whether he does or not. You can control yo
So start there, that may be more of an attention getter than ""you never listen to me"" yes I do etc. Â
ck to you! Â It DOESN'T necessarily mean, however that your husband is: gay, bisexual transgender, or
if you would consider asking him more about this. If you choose to do that, I would suggest that you a
ınd you both do and say lots of things to cement the attachment and create deep intimacy and connec
:e you and your wife are in a relationship, the sex she will have with another man will affect emotions
pite reassurances. We tend to be very sensitive to betrayal and risks to our relationship security.Â Reb
to earn it back.Restoring trust requires both persons to actively involve themselves in this process.Th
in it back. Try seeing the situation from your husband's perspective, as often times looking at situation
out the past. You don't say whether you cheated or not. If you did, then you might try taking an approa
e circles that are not overlapping, indicating separate interestsAs for ways that may strengthen any rel
:ies in common between the partners."
it that YOU want from a marriage, a relationship, a partner, and what your other-half also wants for th
me to break upÂ as long as all parties involved feel respected.Â Expressing your needs and wants in a
more about how to have a long lasting relationship."
rpose, a shared reason for being together. For many couples, it's about having kids, or self-actualizatio

her.Â A good spouse sacrifices their needs to see the other person happy.Â Don't get me wrong, that
I hope this helps."

I tell him he needs to change,"I empathize with your feeling ""crazy"" hearing your husband yell ""eno
I tell him he needs to change,"It's hard to say what is okay and what is not okay, as it depends on what
I tell him he needs to change,"It can be maddening when it seems like our partners or spouses are unv
about what you really want out of the marriage and relationship may show yâ€™all how much your re
benefits you feel from the marriage.If your core principles are rejected, youâ €™ve been arguing for ar
o leave. Which way you go from here depends in part on the answer to that question.Â If she wants th
r and over? If you're stuck in a particular pattern, and can start recognizing what happens between you
ıe new rules and agreements.Yes, you can work this issues by practicing assertive communication, beir
ts (I feel----when you---). Â This is a more effective way of communicating your needs than directly crit
rcome. There are some things that you should consider. First of all, did he seem truly remorseful? If yo
d, infidelity is a very difficult obstacle to move forward from. It's not impossible. While forgetting is pr
and I'd like to echo the sentiment of Danielle Alvarez: infidelity takes time to heal from, so allow yours
your feelings; all of them and you need to know that your husband understands you. That said some w
see what you bring to a relationship and that you deserve respect and love and tenderness, then you w

r husband or even better, WHY you ALLOW your husband to be mean, show no love, disrespect you?Â
pen to an honest discussion?"
Iy husband seems to be changing, and I feel angry and hurt,"It seems that you have been very disconn
Iy husband seems to be changing, and I feel angry and hurt,"My first concern is you: As you stated, you
a trigger, so I get why you don't want to sit on it, but to keep refusing keeps the affair alive. Am I to ass
to say whether your marriage can be saved it sounds like you are both willing to give it a try and to ge
ıt there is a pattern. He easily detaches from relationships at the same time in the child's life but wants
is happened. It may take awhile to reestablish your trust with him and he should understand this.Â It's
ɔw I was feeling. We are now married but the wedding and ring were also far from what I wanted and

a to talk to the therapist about the possilbe positvies and negatives of the treatmetn center.Â A good
with an eating disorder an outpatient therapist can help. If the client is not appropriate for an outpatie
finite answer to your question."

refer you to someone who can."
t failureOsteoporosis (reduction of bone density)Muscle loss and weaknessDehydrationKidney failureI
er the way they person lives is effective.If you have a style you're already happy with to reflect on the
y after you binge, you experience emotions as you described ""shame and disappointment"" and then
ables that it is easy for an individual to become overwhelmed in trying to navigate the influences of su
e but it takes a lot of effort.Â Much like growing a physical muscle, developing coping mechanisms mu
ng mechanisms"" are superficial instruction that people usually give up on when feeling extreme press
added to them.With the natural taste and texture gone, it is very easy to eat a lot more calories than y
d. Food is meant to nourish our bodies, provide us with energy and yes, sometimes reserved for specia
recommend attending Overeaters Anonymous; a 12 step group for those with compulsive issues relat
e idea that if you reach out to him for whatever reason (support, openess, understanding, empathy), y
have him texting another woman, are being respected.Often people are afraid to ask because they fea
nk we may have a different understanding of the definition of ""long distance relationship"" which ma
s the foundation of any successful relationship and when doubt & distrust creep into a relationship it c
im when you both are already discussing other topics and just say, ""Can I ask you something?""Â Earl

at he's not all that into this relationship even though he says he is. It's also possible he's just not ready
nanency is terrifying to them. Â Such fears might be grounded in past failed relationships, past history
e point are better answered directly by him.You sound ready to find out his reality in order to compar
nan to bring her closer.Â ðŸ’•"
ings of worry and inadequacy if we're not careful. So let me first of all say that it is very normal for hum
u're doing a great job by asking how to cope better. First of all, long-distance relationships are very hard
unication while in a long-distance relationship, it is difficult to maintain intimacy because you are lacki
text message when discussing subjects like this. Being able to hear and/or see each other will help you
f insecurity. Talk to your partner about their crush and use the conversation to strengthen your bond."
elf, if you trust her especially given the long distance.Â Open, candid conversations would be crucial as
e or the like. Â You two need to have an honest discussion about how long distance is working out for b
w do you feel about that knowledge? What is coming up for you? Where do you feel it in your body? I'm
ment of feelings and it being a ""crush."" If that makes you feel a certain way (mistrustful? no differenc
r and she was honest in telling you about her crush. Â These are some clear strengths in your relations
hip in which both people thrive, means each partner freely speaks their mind and will be listened and r
ce as well as you can. There are a few scenarios that I think would have pretty radically different paths

ınts the connection.Â That seems to leave him free to explore other options, but it doesn't allow you t
actions with him.Â You teach other people how they are allowed to treat you.
erstand your own reasons for continuing the relationship.Given his stated disinterest in the relationshi
ood for you, try discussing the type of relationship that you each want to have and what you can start
l ourselves. Also filling our own cup with knowing we are valid, worthy, enough.Â The people in your l
at is you, there will never be an alone moment.Â We seek outside of self to fill inside. This is the big lie
:ly.Â THe reasons for feeling alone vary much between person to person.Â In reading how you preser
connection can occur when you don't feel heard, understood or valued. These are common emotional
me capacity or willingness to pay careful attention to what is going on in life.Maybe for right now, unti

re on how best to express yourself. Â This way you've prepared them to be patient with whatever wor

e couples are able to thrive and maintain a close connection.Â Without knowing more about the ""con
val Guide"
eet half way periodically? I have a number of military friends who have dates over the miles with facel
ship unfolds.To a large degree, each of you is relying on faith that if the relationship is meant to last fo
el loved, valued, special, and appreciated.When having important discussions, consider the following:N

lly do tend to struggle with the comparison game. And Hollywood culture hasn't helped with romantic
v is trust.Â If she does not trust you then that is an area to delve deeper. Sometimes people project or
hy your girlfriend doesn't believe you?It is strange that your girlfriend prefers you to take the phone c
st communication can go a long way in situations like yours. Your girlfriend may be suspicious if you d
n not attracted to him,"The basic guideline for relationship satisfaction, is to know what you can and ca
n not attracted to him,"Hi Montgomery,Â Your first sentence says it all. He might be an amazing perso
n not attracted to him,"Attraction is important but sometimes over-rated. I'm curious about your comr
n not attracted to him,"Long distance relationships have their challenges, and I am wondering if part o

out? Do you notice that you are talking out loud?"" Chances are it's just how he thinks things through a

ı've been together and if you're looking at different ways of making a life together and getting to know
ɔr you.If you're trying to find a partner who will be with you for a long time then the first guy fits this a
ıamic within the relationship is not satisfying enough to sustain the two of you.Always people are bett
nd cheats, but does he recognize these things as problems? Which part of you is bigger: the part of you
ɹ can do is self-comfort from the surprise and possibly shock of his behavior.From your description, wh
ɔrried about our relationship and want to move forward but its been very unsettling. All I can think abo
ɔrried about our relationship and want to move forward but its been very unsettling. All I can think abo
ɔrried about our relationship and want to move forward but its been very unsettling. All I can think abo
ɔrried about our relationship and want to move forward but its been very unsettling. All I can think abo
with whom you'd have fun, lively conversations, understand each other, be sexually compatible, or ro
y following through on a wish and curiosity you've had for some time."
is feelings are the same or if they are not.Â If they are the same...great.Â If they are not, feel good tha
s the more complex matter to solve.Forming a relationship does bring up our values and the way these
ure and unsure. Â The lack of confidence you feel exists in many other human beings too.Your partner'

ıd acceptance is to be aware of this tendency so you can remind yourself to practice appreciating the u
rt of soothes this temporarily and the others interest or desire helps counteract the ingrained belief. T
ıe impression that you are referring to romantic relationships. I wonder if you have close friendships th
k of losing her.Given that I don't have all that information, I'll offer one simple suggestion. Your girlfrie
is the bedrock of relationships. And not just intimate partner relationships, but really any relationship
en find yourself thinking of what you want to say next? Do you take her words personally, preventing y
e doesn't.2. Validating. You tell her you you understanding why she feels this way. (If you don't unders
ery of Marriageâ€ by Dr. William & Carleen Glasserâ€œEight Lessons for a Happier Marriageâ€ by Dr.
ld like to discuss, consider listening to her as an investigative reporter and asking questions that help y

ıanges since changing one part of a system will change the system itself.Besides starting to work with a
men fall short on most often. Hope that helps!"
with the mood changes that come with bipolar disorder, will give you a space to vent your negative th

is mind that he does want a relationship, doesn't have a very strong base on which to stand.Its possibl
this girl saw each other on a regular basis, right now you've got no idea if you'd feel the same way abo
only you that is actively trying to repair the relationship, it can be emotionally draining.Â Perhaps expı
l change in the way you relate to him, then the next step may be to be patient as long as possible while
unication."
our new self realizations, you may be more deeply affected by your new awareness than how you ima
ɔ ahead and tell him if what he does bothers you. Â In the best of cases, he doesn't realize how his acti

us.Since your boyfriend isn't talking to you then you're keeping yourself sadder than necessary to not
s in which the sister/your friend, isn't?If yes, then this gives you the chance to find out whether you an

derstand? Why does my boyfriend think every some I like means something about our relationship?,"
n their lives. Â Loneliness contributes to feeling overwhelmed too.Your feelings may be perfectly norr
uestion carefully and also didn't want to tell you this directly.He may have tried to take the easy way o

afraid to do so. Â Sometimes the fear of being rejected by the other, of being criticized or judged by t
ge. So, while you still look like grown ups, your actions and words are motivated by very early preverb
illing to do their part to make communication work.Â This is something that takes both and not just o
ishes for the relationship, when the two of you are having a calm time. Â A few questions I'd like to as
working hard in a relationship can make things better for a while., but in the long haul you need two p
of having a romantic relationship with someone is not always clear. Sometimes we jump from one rela
partner listen to you is one of the keystones of a successful relationship. Â If your partner is not listen
ely will experience some relief. Â Â It is important to learn how to be happy when you are alone, it will
nail me.I would also like to add that aside from the reality of whether or not these conversations are a

have a conversation about talking more or talking about how you feel when he is not there and how h
urself and why you'd feel so ill at ease when you aren't w this person."
discussion, but it doesn't have to be.I don't know how long we have been together with your current
thing right,"" are you saying that you don't argue? It sounds a bit as though you are trying to read each
amount of attention that you are both comfortable with and/or what you are both looking for as far as
red. However it ended, clearly though that's the sentiment that's lingering with you. So here you are h
s, the first step of which is taking pause and noticing that you are feeling insecure - so congrats on that
el that you give yourself love, take good care of yourself when you're in situations that are not connec
encourage you to seek the help of a sex therapist as the dysfunction may be due to a psychological an
ual relationships with others. The key thing about this is that it really does have to be something that
know you can provide what they request.
im in positive ways?If you're truly not happy most of the time in this relationship, then you're at the ti
fe.Â Â The one that is meant for you will require work but should be be draining and a constant roller
ve been abusive. Being involved in a relationship with a partnerÂ who does the behaviorsÂ you descri
hip, why are you dating at all?I don't understand the whole ""phasing out"" thing that people do these
but just in a friend to friend relationship...don't blame him or point fingers at him.... most likely if you
her side to the way you feel, everything you wrote here explains your position very well.Good luck in
f he does talk, be a comforting listener and put yourself in his shoes the best you can to be the suppor
ghts on your relationship.He's entitled to retreat, as much as you're entitled to talk.Cooperating with t
to look at yourself. Â Having expectations can be a huge trap. Â I write about this extensively in the fir
friend, sounds like he has received advice from others that is not wise advice.Â Leaving is not the ansv
orld where I don't fit in. Every day I wake up it's like another day. Any info would be good. People mak
dult conversation about.
istakes. Your mom wants to protect you; I get that. Maybe she is worried you'll be hurt again. Were yo
ggles living at a hotel. He says that he has a whole house where he can put me in and orders me to tex
your sadness; you might have planned a future with your best friend. We live in a world where we are
rge you to talk to someone you trust about why you want to speed up your life by being a parent befo

:ic relationships, kissing each other sounds like each of you satisfied a very natural need which for righ
uts them through in the divorce process that yes, they wonder if it's best to go back. I don't think so.If
ct doesn't need to rely on this working with her. She simply doesn't want to be with you, and every da
vhen Sally leaves for college at the end of term this year. He's been asking me to help him with Sally ar
glad you are in my life. I didnâ€™t realize you were still interested in dating. Again, my apologies.â€ A
: from a man. It makes me feel like crap because I cannot give her everything that she wants. She told
u broke up with him. You deserve respect, but right now you're not acting as if you deserve it when yo

ıow these thoughts are effecting your relationship, though I would encourage you to go easy on yours
out the dog to try and come up with a solution, but it never ends well. The dog is the only thing we figh
trating when our significant other doesn't understand our points of view. Often times, arguments are
eath all your anger is a lot of hurt. The hurt is there because you are being disrespected. Your boyfrienc
ccept that?Â When suspicion and insecurity come along, your job is to look at the big picture and the
as much as possible for your relationship.Each of you are 50% of the relationship.Is the 50% which you

ndication of how much you value loving relationships and how much you want to make this happen in
get it. It's rude. You're better off without this person around. There are still people who operate with
h my ex-boyfriend who has trust issues?,"I'm truly sorry to hear that your relationship is causing you s
h my ex-boyfriend who has trust issues?,"Trust is essential in romantic relationships and it is common
y, is dealing with your safety. Â Most states have laws that make stalking a crime. You might want to t
sure. I get it.Â It'sÂ got me curious, and if I was working with you, I'd want to know a lot more about h
vo weeks ago a girl texted his phone 3 times trying to hook up with him. He texted her back with "Sorr
n I forgot mine, says his ex used to mess with it. I don't think he's cheating, but he will lie about what t
nding in his way. It could also mean their afraid of getting hurt or disapointed in the long run. Â Give y
lf for any fears of being alone.Very often, people stay in detrimental relationships because of a fear th
ed""?This is one possible way of opening a conversation about the different ways you each feel about
f, you feel you need a man to protect you financially, then possibly you've lost faith in your ability to fi
vants to be friends"" then she's probably not the right match for you.Remember, every relationship e
agreement?,"With any type of criticism, it is usually best to introduce the topic at a neutral time, ie: w
t for us to be soft on the person, but tough on the issue.Â Â And at the end, say what can be done to m
uples do naturally and that others need counseling to learn, and then there are also couples who, at n
egivers express (or not express) love towards you? How did they express (or not express) love towards
world as all or nothing. However, take a deep breath, relax and start focusing on the positive relation

e be doing with him. Help him understand why this bothers you but try to also be open to allowing hi
and have thoughts of her cheating. She says otherwise, but I don't know. It just feels like something is
betrayal it's also challenging to do, especially so early in your relationship. I can't tell you if you shoul
men they need you. And you're filled by fixing them.Â And when they are fixed, what do they have to
he told him a couple of other things. Same story. It's been about 3 years since. They are now divorced
here depends on what you desire more of in your life. But I'm not simply talking in the moment desire,
s now cover ""live-in partners,"" as well. If you have insurance, contact your policy provider and ask w
flag that something doesn't feel safe. What exactly doesn't feel safe could be lots of different things b
ing into yours. You are good with dogs, that tells me that you've spent some time observing their beh
in talking to me. At this point I'll do anything to just make us better as a couple. I tried talking to him b

Â Play with it."
0 minute break and then come back to the conversation once you are no longer heated. Studies show

decision.Â First and foremost, you must ask yourself, if you ever loved your sonsâ€™ father or was it a
n addition, I have 2 boys and he has 1 son. I feel somewhere I have lost something. It's not that I donâ
at she could not leave them again. Then she told me to come to her in Missouri. So that's what I did. I d
ealize the damaging and hurtful situation that that they are really in.Keep in mind that the longer you
nder identity as one therapist posted here. Â A fantasy related to sex may have to do with your sexual
meone's sexual orientation. It may or may not. One thing that is important to think about is that there

currently.Concentrate on your own satisfaction and that you are doing this in a non-harming way.Mayb
or crossdressing, perhaps to release stress, embrace your feminine side (we all have feminine and mas

out it in private as compared to in public, Â I see no problem with that.If you would like to become mo
ally true of sexual orientation which is fluid and occurs along a spectrum. As someone ages and grows,
omen in their mid-life to explore new sexual appetites.Â That said, men tend to be more rigid in their
tegral, loving yourself and embracing yourself as you grow, change evolve is paramount."
vided limited openly acceptable options for all of these; asking us to generally fit into a heteronormati

n of humans. The one question to ask, is how do you feel about it? If you are comfortable with this nev
ime. Your sexuality is unique to you. There is nothing wrong with exploring your sexuality as long as ev

e, emotionally intimate relationship with the same-sex, but have somehow sexualized that desire. Pec

ould have been that you were always attracted to the same sex, but now are allowing yourself to feel a
being gay is acceptable, the conditions are much easier now to come out.Maybe this describes you.Hc
to have a letter stating you have been to counseling.Â Some doctors still require a letter from a couns
enter therapy to receive hormones, if you have access to what is called an informed consent clinic. Â In
d benefit from counseling-regardless of whether a counselor's letter of referral is required from your m

ery informative.If you are speaking with a physician about gender transition hormones, they would pr
ually the question will answer itself.Try to avoid deciding a conclusion until your heart feels ready to te
tween, which includes being ""bisexual"" (which I guess in the spectrum would be smack in the middle
is okay. A lot of people don't know for quite some time. In addition to that, after people do know who

ou've been outed, you have an opportunity to be more authentically you: what will you do with it?"
g and caring. Â Best of luck!"
ne with two points between it.Â Some people use different pronouns or words to express their gende
may help:Â http://www.transequality.org/about-transgender. I'm not saying that you should use the
't rush it to comply with others either way. Â If you feel that this is a constant issue that keeps you awa
so there's nothing wrong with stating what is on your birth certificate.Do you understand the reason c
you take the time to further address whether or not you are gay?Whether or not and to what degree a
of a sexuality other than the one in which you were socially raised to be, can be emotionally disturbing,
ng as fundamental as our sexual orientation shifting. I like that you're honest enough with yourself to s
at is transgender specialized. Â They will know how transitioning works in your health care system and
re people out there willing and able to help."

directions we never imagined. I may be wrong, but I am getting the impression that you may not want
is important is that you are happy. My message to you is that you do not need to define yourself with y
gender, although people who are transgender will sometimes do this as well. Being transgender is not
ore like a journey. I have personal friends who areÂ currently working through how to identify their ge

always the case. There are variations of asexuality. Some people who are asexual have an interest in

What messages you may have received related to this orientation and any concerns you have about pc
a very confusing time for you! If you have never had these

"

elf to explore these thoughts and emotions both alone and in connection with a safe partner. The peop
/ and classify, they can also feel restrictive or confining. Â Instead of focusing on fitting into a specific c
€™s time I think we have made a lot of progress and it is becoming easier for individuals to find them
vomen. Â It is also ok to be a transgendered women and date women. Â Have fun with it and feel it ou

e types of thoughts. The first step in working with scary or negative thoughts is to acknowledge that th

have an audible thought at the same time. This will only work in the short term and the rebound thou
sn't work if you're really caught up in a cycle of OCD or other form of anxiety.Â In the long run, the mo
y recommend a book called ""When Panic Attacks"" by Dr. David Burns. Â It helps you to identify the t
Â I like to think of thoughts as a tornado... if you are in a tornado, you are completely consumed by it a
nd believability.Maybe if you examine the thoughts which upset you, you'll be able to feel better by u

nges in mood.Because you used the words ""instant"" and ""major,"" it would be helpful to discuss th

eally want and your goals. I'm not sure how this links to happiness for you, but hopefully looking at you
better if it was through someone else who knew my thought process in and out, through this imaginary
better if it was through someone else who knew my thought process in and out, through this imaginary
better if it was through someone else who knew my thought process in and out, through this imaginary
case of asking her to ""calm down"" may have made her feel as though you weren't understanding wha
polar.Maybe she simply is angry and impulsive as to how she expresses her anger.During calmer times,
may have injured your feelings in the past.The greater your self-understanding becomes, the less likel

nd psychologistÂ Â Bessel Van der Kolk recommendedÂ that usingÂ a person-centered approach in v

the exposures.Not sure what kind of access you have in your area, but some counselors that specializ
that OCD given you until those rituals and fears are no longer interfering with your life. Research has sh

er in these ways then to consider him a psychopath may be exaggerated."
r short time periods.Also, before starting this exercise ask your medical doctor if the problem can be r
ortable as it might be, I encourage you to talk with your parents or guardians about the reasons why yo
simple as Dad checking in on you at, say, 2 am, just to make sure you are where you are supposed to b
ange these things without helping us get the good effect in a more healthy way. I hope this helps."
od? Alone? Scared? Stressed out? What are you doing once you leave the house? Where are you goin
d fit and begin to get to work on this issue and what all is going on for you. You're not alone!"
out because your parents are arguing and you feel hurt by this and want to escape hearing their argum

e get tied to one thing we really want to do and it can feel pretty intense when that gets interrupted or
e fact you wish you had accepted their help, then the person who is responsible for this is you!Since yo
dly and intensely occurring in your body and mind - so some of this happens to many people in your sta
d physical health conditions that can do the same. I strongly encourage you to seek out help from both
aring? If the voices are just at night, is it possible that they are part of a nightmare or a dream?Â If you
lpful to find a therapist to talk to about those dreams and voices, once you get them out, you could ana
ightmares are horrible, they are one way your psyche is trying to come to terms w extraordinary diffic

happening."
pseizures tend to be brought on by high stress, emotional challenges, and trauma history. You can lear
e thinks you may develop."
briefly online, I was able to find some information here:Â http://www.epilepsy.com/information/profe

iliar. If so, you should consider discussing it with a mental health provider. Be well,Robin J. Landwehr,

start, these are each possible stimulus to a tic.The main point to keep in mind is that the tic is best add
er you feel better after you swallow and how often it happens.It would also be helpful to see if you car
e handling the OCD situation and this will indirectly calm your anxiety.If following this advice is not eff
to redirect this behavior."
:h are connected to the attraction you feel, and so long as your attraction isn't stopping you from doing
g other people only pushes them away. Vicious circle, right?Â What I would suggest is some cognitive
change, and make sure they are behaviors that CAN be changed. Sometimes we will set a goal like, ""
ns.If you haven't got someone like this in your life, which is common, then shop around for a therapist
er someone experiences something traumatic. Â I would suggest working with a therapist who special

actually kicked him, then I would encourage you to look at feelings other than guilt, since you did not h
or dozens of other things. Will she talk about it when she's not mad? You mentioned that she has an a
er it part of life, accept it, and move on, now if your having many, many ,many of these episodes or hav
ves you a list of symptoms for mania and depression in bipolar disorder: http://www.webmd.com/dep
e source of obsession. Other creative therapy techniques may help you to manage symptoms and help

ng out the reason is going to be your biggest challenge because that may require you to dig deep into

while driving, you'll end up quite seriously hurt, at the very least. Â Â It is fine to play in your mind wit
your life and you've developed a sensitivity to it. Look at the small events that are triggers for you and
like the work is hard. How can I get rid of my laziness?,"Possibly laziness is not the true problem and is
like the work is hard. How can I get rid of my laziness?,"I am sorry to hear that you are going through s
explore what's going on for you and how to get your needs for self-expression met in a more healthy w
nal. You can also look up the diagnosis online and see if what you are going through meets the criteria.
drinking patterns as his body may literally be dependent on alcohol.Â Â In the meantime, what you d
their own recovery that is independent of their loved one. Family members frequently benefit from in
therapy together and be ready to listen to him and what his needs might be."
ction works within relationships. It is safe to say that you are likely to have a role as a ""co-dependent"
early in life.My best advice is to stay clear that your love is no guarantee he will want to look at his dee

circuits, genetics, the environment, and an individual's life experiences. People with addiction use sub
:ings,"You definitely want to make sure not to inadvertently create an inappropriate dual relationship
:ings,"Hello, and thank you for your question. I know that workplaces have some latitude when it come
:ings,"I worked for an organization that had a similar policy, although I'm not aware of it ever being en
:ings,"Seems you would benefit more from legal guidance than from therapist advice.For example, I im
o spend in an activity which is not interactive the way a phone is, and instead depends only upon your

n potential clients.Â This is even true if the social worker (or counselor) is unable to make an appointr
to do so and plain human decency to do so.If he doesn't, there is nothing you can directly do about the

suspicion of counselor misconduct to the state regulatory board."
have to testify in court. Of course, therapists are human and can make mistakes, but I find it highly unli
eam decided to discontinue your treatment based on a diagnosis of schizophrenia, they still will likely l
ons. Is there anything I can do about my therapist blocking my psychiatric services?,"My recommendat
might have a few options. You might want to try talking to your dad about seeing a psychiatrist. He mi
able to help you access freeÂ or affordableÂ counseling resources in your community.Â In addition, de
t is going on. Â I know that must have been difficult to talk about with him. Â By having that conversati
or a third party to record a counseling session without the consent of the counselor or the client.Simila
f practice, informed consent, documentation, etc. Â Other states do not have any specific laws or polic
, and where the client is at in relation to their original therapy goals. When a client has met their goals
s the achievements they have made in working through their emotions and difficulties. For some othe
ncial challenges of the client who decides that they need to put their resources elsewhere. In this last
the counselor's expertise. That's a good time for a conversation about those needs and ideas of Â hov
out a particular issue but either when they first met or as counseling progressed, it may become clear
in."

ous about decreasing sessions when they are doing well for fear of relapsing. This is a crucial step in he

the therapy goals have been met, there is a closing session, the counseling relationship is ended, and

are.The more unfortunate situation would come about if I felt that I wasn't the best fit for the client. I
process, the therapist and client should have had regular check ins about progress toward goals. If the
lient need different or more specialized care than the current counselor can provide? This requires the

ow they are doing and if they need more help at that time."
ical to suggest that the client terminate the therapy. Â The process of termination must not injure the

ointed questions about why the need for homework assignments,, by forgetting their calendar, or the
axed way, look more at ease, take better care of their appearance.One of the ways to end therapy is to
sually happen organically (again, except for the last example).Â Your question, however, was about th
om counseling at a certain timeSometimes clients have to remain in counseling in order to receive me

come a psychologist.Â There are also other similar professions, including counseling that don't require
Counselor Associate and a Licensed ClinicalÂ Addiction Specialist. Â I currently provide assessments ar
o give my counselor a bottle of wine for Christmas?,"This is a great question.Â In general it is not appr
o give my counselor a bottle of wine for Christmas?,"I don't think it's appropriate to give your counselo
o give my counselor a bottle of wine for Christmas?,"Hi,Â Different therapists are guided by the ethica
the sake continuity. Sometimes partners or employers in the original practice may expect and require

on process with the therapist. Â While this situation is not ideal for any client, it does provide an oppo
whoever is the legal parent responsible for the child.Â Also, insurance corporations who have contracts
therapist's license for help and to let them know about your experience. Â That will protect the next p
sis for which option is selected."
amount of feedback you would like.If this doesn't help, then you might want to look for another coun
say ""I'd really like us to focus on this piece"", or ""I'm looking for specific direction about how to man
st. Let your doctor know what you are concerned about and tell your doctor what you think might help
o into detail about your personal feelings. You can simply state that you are feeling down, overwhelm

life felt fine the way it is!One road to take is to accept that there are no clear roads forward. Â This me

earn new things or concentrate.Â Further it may cause you to question previously held beliefs and he
s. This can help in establishing clear treatment goals with well defined targets for stress-reduction inte
s. The best self-care is the kind that helps you live the life that you already have rather than escape it.

he stress is to you.Self-understanding and appreciating your efforts to know yourself may decrease str
you through a relaxing breath exercise. I recommend using the app daily, whether you feel stressed o

ings that we would never do. Someone may fantasize about punching his boss right in the nose, but w

sexually satisfied.Basically, give yourself the mental freedom to let your mind wander as to your own

:ceive this, then maybe your longings of childhood are still active within you.It is ok to like older men.J
,"Hi Montreal, I'm glad you wrote. What you're experiencing is normal. We're sexual beings. We have
hool masturbation times with your friend, is itself a form of acknowledging the full picture of who you
of activities in your life; more than one thing that you can turn to in order to help you cope.Â Addicti
ıds or family members are interacting on their pages but not yours it can be frustrating.Â Law of Attra

with liking you than w liking the way you write your messages.Have you tried asking a question in your
ılking to them about your concern. Perhaps it's the way you send messages or the way they are receivi
ive conversations with them face-to-face, there could be some kind of technology-related problem.Ha
tion having many levels of expression. Â You could start avoiding people who irritate you by the way tl
our in a relationship that is one-sided, it is inevitable that it will start to de-compensate. Never travel v
rom whom we disconnect at times, without fear of losing them.Consider what is that you are going tro
d to this person.Since you already made a request of. your friend and she isn't following through, you
ıy toward her Â over an extended time, possibly she'll forgive you.You're certainly learning relationshi
ue intentions will become apparent (in the idea that it was a prank).Also, I encourage you to look at ho
'm attacking his character. How do I know for sure? I have an old roommate who might be a psychopat
'm attacking his character. How do I know for sure? I have an old roommate who might be a psychopat
he person.Bullies only interact with others either by intimidating someone or by themselves feeling in
ith a therapist, you can gain insight into what is underneath your compulsion to put walls around yours
elf.I suggest a conversation with the entire group of girls in which you tell them how you actually are f

ly possible to do.Problems are not ""let go"", they are resolved somehow.Living one day at a time isn't
ot a steam trunk, right...you have a cute little Gucci bag!).Â You hint that people may have hurt you in
..that is human and OK.Â Just get back on track the next day....At the end of the week, review how we

our project!"
d to get defensive and have trouble listening to and understanding someone? Whatever the reason, le
t I'm reading is that you find yourself in a loop of Â seeking validation of your thoughts and feelings fro
est method of sorting out differences considering texts, emails or any written response can be miscons

e required to go to the Military Police or Security office on base to report the loss of your old ID card.
litary ID to enter. If you have another form of identification itâ€™s possible that they can give you a pa
new id. Also, you can call the squadron commander or other official from your husband's unit to get th
ikely) to as severe as being admitted to a hospital or psychiatricÂ ward.Â It is brave of you to reach ou

una persona?Diferentes Profesionales Licenciados estÃ¡n entrenados para usar diferentes tipos de ex

nemselves and others. Determining a personality type takes some time getting to know the person, an
ll use standardized tests (or assessments) to assess a client's type of personality. While these tests can
matter?Â If it does, what does it matter?If it's still of keen interest to you, I would presume that God
is help the person clarify who they really are and how their true self may be quite different than the lif

is no ""right"" or ""wrong"" emotion to have. How we express and cope with emotions is more of som

ou feel progress during your course of treatment, you are doing therapy ""right""!"

erapeutic journey."

rapy and it sounds like you are doing the work. Good luck to you!

cially in front of others, and it takes a strong person to try to work through their feelings by going to th
ır heart has experienced so much loss, it maybe grieving and the Â tears are an expression of deep em

art to feel relief from not having to hold it all inside anymore. Regardless of if it is a physical injury or e

ou have to work through it and let it all out. Crying is cathartic and healing.Â Therapy is one of the saf

aited to do this all week before seeing your therapist again. Maybe you have been so strong for others
can also involve confronting difficult experiences from our lives that we've been trying to ignore or sup

ough a lot of sadness in your therapy sessions, it is reasonable to expect that you may cry a lot during
nderful and continue on ones pattern of growth. Grab a Kleenex and let it out!"

"don't cry!"" or ""don't be sad!""Â But some people have had this message imprinted in their minds b
eply and is related to a strong emotion of sadness, hurt, confusion, happiness, relief, or some other en

t you have been holding onto difficult thoughts/feelings that you finally are ready to look at and talk al
/mbolic of acceptance, and freedom of what was being held on to, which may not have been beneficia

you are working on really heavy, difficult stuff that maybe you have not shared before, and that may s

rapy is not always easy and sometimes it can be downright gut-wrenching. It's not just you."

te normal to do so.Â Talking about your emotions in the counseling room can be helpful as part of you
back. As mentioned, it is perfectly normal to cry during the therapy session. However, one must realize
rns you.Either way, it is awesome that your body was able to let some stress out for you!"

y not the last."

ou are moving through your emotions to a place of healing!"

xpressing yourself."

ry for your own pain, not just for othersâ€™. Crying in movies and when listening to sad songs is a goo
elings in a way that works for you."

release of stress reduction hormones."
l alone."
able enough with your therapist that it happens during session is a great thing!"

ough, where there are no such expectations and where you can be open and honest about how you ar

frustration and set back...or also from joy and accomplishment!"
; for you. If crying surprised you and you feel comfortable that might be something you could bring up

an unbiased ""aerial view"" of our lives. Someone outside can often help us notice things we might oth
ed to go. ...Gives one the tools needed to cope with current and future problems.

spected as well as challenged to grow."
ore self-aware.Â You can learn new skills to better manage your life as well.Â I find the people who g
any people who would tell you that counseling made a positive, profound impact on their lives. Indeed
o help those to decide how they wish to move forward. I often recommend speaking with a number of
this basic level, a counselor will have expertise they can bring in terms of how people, including you, c
, a counselor can't create change ... but they can facilitate and support it."

icate the understanding to the client constitutes an important discussion to have that leads to helping
oute to distressing emotions.Does Cognitive Behavioral Therapy Work?CBT is evidenced-based and its
THIN the man or woman seeking therapy to begin with;3) The word ""THERAPY"" does not imply cure,
ons, a counselor, the approach they are using and the person do not match up and when that happens
seling may improve your ability to relate with others, provide a clearer understanding of yourself, you
t than in everyday circumstances. Â When someone feels overwhelmed by their own or someone else
ter they felt ashamed or guilty about what they shared. Â So why people should share private issues w
not have a history with you and has no expectations of how you will act and what you will do. In that
erable, capable of moving past your protective measures of showing the best of yourself, and allowing

h swimming around the usual fish tank, although I dont attest to know what a goldfish thinks, I would i
tion and answers to your needs.Counseling can help you solve your problems but also can set up a pla
is a similarity in the sense that hopefully both counselors and friends will listen to what you are experi

nflection, may give you a brief insight to how they will respond to you and increase your comfort right
v a few things: do they have a decent amount of experience in your area of concern?Â Are their fees, i
let him or her know that you don't think it's a good fit. Â Many counselors list on websites like Psycho
n make a list of the ones that may be a good fit and then give them a call! Â :) Â Hope this helps. Reme
case in the near future...what they are able to pay for out of pocket. That first phone call to a prospecti

tion regarding what you are hoping to get out of therapy and asking questions from the start of therap

ou to search for therapists in your area and to select a number of different criteria that can assist in nar

ency. Your therapist is someone you will be spending time with on a weekly or bi-weekly basis who yo
nsurance companies have directories online of all the therapists they contract with."
around the world, understand that they're ultimately trying to get you closer to God :) And, ain't that a
ce ask them if they take your insurance.Â Next you will want to ask about availability to make sure the
ds, family, and colleagues.Â 3.) Search for online reputation (Better Business Bureau, Yelp, etc). The ab

ill usually be able to let you know what kinds of ongoing times for counseling that I have available ove
each of us a sense of whether our dynamic is appealing enough to take the next step. Â And the next s
rofessional close by. Decide now if it's important to you that their office be within walking or short dri
lling approach on your therapeutic needs.Â Third, contact the therapist (most don't answer the phone
should be proficient in helping to guide you through the process with ease and comfort.Â www.lifecou
s to learn more about how they can help.Next,Â I'd pick two or three of interest to contact directly. Ha
o pay for at least part of the services, look for one that is in your network. You can find out if someone
ear instructions for contact. Â Typically, you can reach out via phone or email to request a consultation
you are basically hiring someone to help you so I would treat it as such. Do some research and be clea

h may not be to their liking at all.
to therapy in the first place and I take a more direct approach asking a variety of questions related to
d lows of your week.A misconception people have about you."

inform the ways in which they collect and look at data.However, above all, my goal, especially in the b
some ideas about what may be causing distress . Â I would then share my thoughts with the client to
relationship between you and your therapist.Â If you don't feel safe, comfortable and ready to work
question is usually, ""How do you feel I can best help you today?"" Â Some people are very at ease and
ed for payment, but many Counselors will still perform a comprehensive assessment because we reall

ich you feel more of your own authority to handle the troubling conditions.The therapist and you will

s going to solve their problems it is about separating and helping guide them to their goals as a result
ble!Because the client-counselor relationship is the best predictor of therapy outcomes, skills here are

ues that indicate I am listening to a client (i.e., nodding, leaning in, affirmations)Reframing: Helping a c
it is brought in, it should be in only a way that can help a client.And to listen...specifically to what the c

are in the public eye it can be a bit much and you have to know what client is a good fit for your practi
ist engaging the client, challenging.Once the therapist identifies the resistance, it is essential for theÂ
aware of how functioning is surviving or we're unsure of how to move forward despite many attempts

ful to understand difficulties that exist, because they can illuminate for a therapist something with wh
ep.Sometimes I feel like avoiding the pain I feel by asking questions which will steer the conversation a

d in the same way.You might not be able to make your landlord accommodate you. If possible, you ma
ou do not need a trained service animal nor do you need a disability for an emotional support animal.
ally pets or other domestic animals) that provide wonderful services to their owners, and there are ma
d a therapist who's willing to cooperate with what you need from them and find out this particular th
looking at the blog written by Valerie Parrott, who has an emotional support dog due to severe anxiet
She can either talk about the interestÂ you feel comfortable or you can reduce, eliminate conversatio
if she would like to know your reason to not speak w her about your depression. Â If you feel she can

om working a full-time job, would you guess that the effort and thought involved in deciding in what
ave those feelings, I wonder how you define trust and who you trust.You say you have a good time wit
think they're ""helping"", they're actually enabling the addict to continue their self-destructive behavi

she has made a major change in her life by deciding to stop drinking. She may believe moving is the be
conversation of what you genuinely want. Â This is the only way she'll really know your thoughts.Ask h

erapist to discuss her feelings about quitting alcohol. It sounds like you really care and right now she

ns look worse so be sure you are concentrating on specific areas of your life and not just assuming the
your illness - google and www.psychologytoday.com are both good places to start for those groups."
what you are dealing with, it could be helpful to specifically search for folks who specialize in treating

interest to know as a friend.Keeping in mind that friendship is based on trust and common interests, a

ave come out of nowhere?Â Sometimes our bodies abandon emotion in order to save energy when w

g the empty feeling.Sometimes people need a little help to get started in understanding how to recog

medical rule out so that you're sure the problem is psychological and emotion based, not a medical co
n with this type of situation, I always suggest a medical examination to rule out any type of organic rea
is a normal experience for many men at some point in their lives. While this can certainly cause some

ing an erection is just a given. However, research shows that men, even in their 20's and 30's can start
used by connective tissue weakness as well as lymphatic stagnation of the area and accompanying cha
se see a doctor.Â ED can be caused by any number of physical conditions and you need to get checked
dical explanations for this issue, many men I've worked with on this come to see it as essentially a form

manage your mood. Â It's important to stay within the therapy until you feel you have mastered these

ing light therapy (full-spectrum lighting) throughout home and workplace (where possible), psychothe

believe this type of light causes changes in the brain that lifts your mood and eases other symptoms c

ssion is that we get less light when it is colder outside and darker outside. Exposure to light can make

onsult with a therapist experienced in this disorder, as they will be able to guide you towards possible
e with loved ones."
ıd 55 years oldIndividuals who live in an areas where winter daylight time is very shortNo mental heal
h the person will lose.Last point, there are the winter holidays to break up the dark and cold of winter.
ndoors in the winter months."

er.Enjoy the sunshine from indoors. You may notice that sometimes looks are deceiving women is bri

in works differently when we put pen to paper versus typing on a computer. Now comes the good nev

ɔple away whom you love.Start with reflecting on the reasons for your behavior, especially any fears a
vitamin levels and thyroid functioning; have your OBGYN or PCP check your hormone levels and make
, Brainwaves if you have an iPhone, if not, there's a brainwaves app on the android that helps with you
isual of what you know can help you prepare for some of those lows.Â Â Another curiosity I have is if y
v they function.And, to begin, we focus upon your physical, and move right up the latter to the spiritua
that ""I feel great"" feeling, or are you tired and down?Â Mid-cycle (assuming your periods are regular
ve experience peaks and dips during our hormonal cycles and right before menstruation, we tend to fe
ing even more tired from a busy scheduled during a low energy time in the month.The hormonal cycle
ıxiety and depression, increasing your social support, moving your body in ways that feel good, spendi
at you can signup and it is private but it does cost to do so."
functioning. Sometimes we work really hard to avoid our anxiety and depression that it makes it worse
Same with my anxiety, it's there but it's not there as much as it was. Brainspotting is a phenomenal th

ns.

ıought patterns by increasing your control over random unwanted thoughts and decreasing your tend
lace that can't be managed.
cise, healthy balanced diet, rest and sleepMental: how we think is how we feel. How are you interpret
eady to manage the symptoms and come up with a plan visit staceybshapiro.comÂ for more informati
lot of experience with anxiety and depression. You can do this by googling ""anxiety depression thera
elf definition.Reflect on your own opinion of yourself and whether you'd like making any adjustments
a different way to discuss a problem. You are not in control of the other people in your family.More lik
know how to handle it so they end up taking it out on you, or maybe they just don't know how to liste
ended family (if that is an option).Â I would also encourage you to seek out support in a professional s

ocal area. You might also try exploring profilesÂ on Psychology TodayÂ to get a sense of therapists in y
ve the finances to pay for services.Â There are even some that will do probono (free) sessions for a nu
ide free consultations and this can be a great opportunity to see if you are a good fit."
ression as an issue they focus in, etc. You can also narrow down by therapist's modality, but that can g

hool, the school itself should be able to connect you with either their own counselor or a center that th
only it is the easiest way to find lots of information.I send you good luck!"

providers. Some therapists offer sliding scale fees (a reduced fee) for those who are unable to pay ful
ou don't have insurance, there are many counselors who consider probono work for those that have e
r two counselors I come across to do a bit of work for folks who can't afford it :)"
, by understanding their reason, you may be able to work with the answer you hear."

in myself anymore,"Congratulations on leaving your marriage!It is ok and natural to feel sadness, loss,
oes a great job at helping us to manage really intense emotional states--even from a chemical level in
struggle with self-harm can find help in outpatient settings - particularly those which offer a treatmen
to find a second opinion as to whether you have been overdiagnosed or misdiagnosed. Â This happen
r life. If it is related to your family and often relationship with family members could affect our self-est
there is a great chance your feelings of being controlled by other family members has more to do with
epression is a charm.The typical attitude most people have when they think of the word ""depression"
ing your work. It almost sounds like you are dissatisfied with your work. Do you like what you do?Â Wh
yourself is to find someone who specializes in this areaÂ to help you work through the symptoms ass
us for a long time if we do not learn to process the memories that cause those symptoms.Â If you hav

parents you have PTSD unless you feel that doing so will help you. Â Maybe you intuitively realize tha
reatment. Â Mental health professional have availability to provide therapy online, Â on the phone or i
o yourself can really zap your energy.Â Seems like you were the one that had to take care of your ex f
help manage and even reduce symptoms of anxiety. It will depend on what works best for you. Talk wi
Whatever is your favorite way to rest and relax, would be a beneficial way to regain your emotional an
e to look at what is currently most important for you and consider different choices. For example, you
for it and knowing this reason is the first step to changing the situation which creates the sadness in y
ze and manage your symptoms. Step 3: Don't give up. Working on yourself can be difficult and hard at
areness and this is the first step in making changes that can help you feel better. Â It is really one step
tracted from your thoughts.Â Once basicÂ self-careÂ is established, I suggest that is a good time to sta
doing stuff"".Â Walking is a good place to start because it's not hard on the body and you aren't going
set goals which aren't true to your nature, then intuitively some part of you will reject them.If you self
titious story. Â Remind yourself of that every time the thought pops up. Â The false belief that nothing
e would like your attention.Give yourself time to allow your interest to wander in order to find the are
you, believe they have not self- actualized in the process. Your efforts and devotion appear to have pa
social organizer, teacher, etc) it can be easy to forget about being you.Â We can certainly acknowledg
ing up that we really wanted. I want to acknowledge you for wanting to be the best wife and mother y
ld make a list of what else you are (friend, daughter, etc.). I also wonder if you could list your positive a
and you're starting to find that it's getting in your way when it comes to living your life the way you wa
Within the context of a lot of stress, breaking down wouldn't take a whole lot---and it's OK to break dow
ng, sometimes meds can help to calm the brain a bit.Â If you choose this route, make sure you give yo
will draw your mental state into going to sleep.Do you understand why the paranoia only affects you d
nt.Â It makes sense you'd be feeling anxious and depressed.Let's switch for a minute to the things you
hese steps take a long time and there's no good reason for you to put your life in jeopardy in order for
nosing as it could be challenging for an individual to be objective no matter how much research they h
w you feel or how you behave can be distorted, no matter who you are.Â I actually did this to myself
are equally unhelpful to know why you are the way you are and what to do about it.Consider yourself a
ensed mental health professional. Here are a few reasons for this: 1. Making a clinical diagnosis often
onded negatively to you, or even neutrally.Â We rely on our parents for action when we are in need a
one because it sounds like you have done this in the past. I don't know whether you have a specific rea
m to come in. Â I have found trough sceptic parents, that once they give it a chance they open up to t
aving some feelings within yourself of a problem.If you believe they'd have a negative reaction to you

intervals) when we do not feel that negative emotion. Â When we overgeneralize, we use words like '
u feel anxiety about how someone engages with you, then empathize with feeling unsure of how to re
Â Brene Brown has a great video on this:Â https://www.youtube.com/watch?v=5U3VcgUzqiI.One way
ther you are also referring to the idea that you don't have sympathy for yourself or others. That's a dif

/ not permitting time to feel upset about the loss of the relationship.Be gentle and kind toward yourse
e than a few nights, consider talking with your primary care physician. Not sleeping can really make ch
nd some balance. Â Practice cognitive reframing, this is training your brain to refocus, and stay on task
intensely--these are things your doctor knows more about and can help test for (and maybe rule out).A
ceptance, trust any answers which come up to your mind. Â Often answers about complicated topics c
ance in my life, then I start seeing life through this lens of feeling down, and typically I'll start to see a lo
s finding among all the legitimate healing methods, what you believe will be effective."
ever reason.Â That's pretty typical in depression when lethargy is high and motivation is low.Â Â Have
hey are using is not working for you. Also, most places have a certain sort of structured initial session t
e to alert your support system of friends, family, clergy or others to let them know he is still struggling.
 ""mysterious isolation,"" a form of self protection which cuts the off from their Self, or spirit. Â And u
department). Additionally, his protocol would've provided instructions for his taking medication(s) as
, and that is ok.If he wants to talk, try to listen without judgement and without trying to talk him out o
ons or his will follow.Â Try not to assume what he is feeling but ask him instead. ""How are you doing
ssion, and previous attempts at suicide are all risk factors for future suicide attempts.Â With a mental
ersation with your husband this and mention that you are asking him questions to learn more about hi
: or kill himself; and or,Looking for ways to kill himself by seeking access to firearms, available pills, or
as as to what is creating his feeling of hopelessness?The ideal approach would be if the two of you are
on are parts of the defense mechanism to attempt a quick resolution. Â Once you understand and over
er?Usually patterns and dynamics in parenting are not Â sudden developments.Is it possible that what
centers.Â If you can't find a group, at least get in to see a therapist who can help you manage stress a

our moods and thoughts."
two meals per day and roughly 8 hours of sleep that night (may be different depending on your age)?

in and cause it to deepen over time, not solving the problem;Remember, medical doctors suppress, na

ap might form (addiction) that would utilize this new behavior. Â Another way to look at it would be th
o stay present and to deal with relationships. This one of the most effective interventions there is for s
A simple example would be somebody who is addicted to a substance; their addiction may be causing
lete dismissal of the positive when they are dealing with depression. It is inspiring that you have notic
your parents were addicts or they might have even just worked all the time and you learned to ""take
circumstance, and the relationships in your life.From what you describe, your interest is in a broad scop
se,Â take a few minutes to write down all your present responsibilities. For example: make meals, com

king for a list of adjectives, try these:Â https://www.englishclub.com/vocabulary/adjectives-personali
curity."
s some amount of discontent in their lives once in a while. Its normal to not feel entirely happy all the
cumstance.Your mother and sister, even though they are family seem to prefer the opposite method t
e crying a lot or having trouble eating or sleeping, that's different than just crying sometimes because
specializes in treating clients with Anxiety and Depression. The therapeutic orientations I have found to
t personal work and have an ongoing practice of inner work both on their own and with the support of
facilitate movement from developmental points of arrest, increased ability to access and contain non-

y to understand what is depressing you. Â This is slow work since you may have many theories.Just by
osis of depression without working with him, however, whether he does or not, therapy may be benefi

, when that process is finished your anxiety will no longer be necessary and will most likely leave you a
few minutes and the reason they don't go away right away is because of the way your brain releases ch
excitement, anxiety, among others.Â Â Is not healthy to experience the same feeling for a long time,

kward and using jokes is a way to relieve that awkwardness, but there is a right or wrong way to talk a

the people with whom you socialize, how you feel toward family members and how they seem to feel
erienced. This means that they may always require treatment in order to have some kind of relief from
enjoy-Significant weight change or change in appetite-Change in sleep (insomnia or hypersomnia)-Psyc

are reasonably sure would understand and empathize, about your depression.This will help alleviate t
on. If that feels like too big a step right now, maybe check out a book or two... I'm a big fan of a book ca
pist. The best way to begin learningand dealing is to pick up the phone and call a therapist or email a t
f happiness are usually quite fleeting, and temporary. Even relationships fo not last forever. If we get t
rapist, you may be able to gain insight into how you show up in your relationships with yourself and ot
lescribed as a caged animal is released, all the crying, sadness, and controllable emotions will come ou
outside world, almost as if it is trapped inside of your body. Many people who are depressed experien
If you are seeking to experience an internal calmness such as your external calmness, you may want t
u have been thinking about how past hurts have influenced you, and when you try to talk about these
o come from abusive home histories (physical, emotional, or even psychological), may take a long time
out being stuck.Â Lulling yourself with self-care sounds like a healthy response and a way to give yours
ming divorce?Are either of your parents reluctant to answer your questions or is it clear that neither of
friend of mine at the time told me how she used to do the same and it used to feel good for her. Obvic

ives and have no time for me. My ex-boyfriend is trying to help but is making things worse because ev
es or no, but many individuals respond with a question: How would I know? To that I often explain tha

ons in a difficult conversation and would like to break from the conversation, you could agree (ahead
really good lesson here. People tell us things, and we tend to think that's the truth...but it's not! I'll do
an't afford the help you need on your own.Â There are several counselors that see people on a sliding
work through whatever challenges you and your husband are having but your husband may not be o
en both people will be unhappy, dissatisfied and feel stressed.Imagine being in a relationship that you'
ood fit for you both. Discernment counseling is a protocol for partners where one or both aren't certai
marriage challenges.Â I know is hard not to focus on him and his choice, but the more you put the fo
ourself and why you have come to the place that you have. Take this time to do some introspection an
no specializes in couples. In my training working with couples, partners come into counseling with one
out says that there is something in you that wants this to be different, and that drive might be someth
out to you. Sometimes when I'm working with a client who experiences depression or anxiety, I ask th
r sex lives. It may be difficult for others to make the connection, but it is there. So, for example, if stres
ou that you do not think is ugly?If your stretch marks are still bothering you, talk with a pharmacist or
ng a book or doing something to make you tired before going back to bed. Hopefully you'll be able to e
know how old your child or children is/are, but perhaps going back to work is something that can happ

are trying to work through it without a lot of support.Is there a task that you were doing during your
low that you would like your son to be unaware of what you are going through, that doesn't mean tha
eatment. If you are over 18, there may be some discounted rates at some agencies because of the situ
e at school, a coworker, or any number of other people."
ou. Sometimes more physical activities, such as doing a few jumping jacks, can be helpful. If you don't e
ort? I hope you can tell someone that you are feeling sad so that you can talk about your feelings.Slee
imes we over schedule ourselves to the point that we don't have time to have positive time for oursel
v therapy might work... fear is telling you the worst possible story of your life, right? So... if there was
-doubt that you describe are contributing to your difficulty in gettingÂ and maintaining a satisfying jo
that will help you to feel centered and motivated: go for walks, or make any physical activity that you
es to your parents. You can start the conversation with your parents by saying ""I have not been feelir
make a list of your concerns prior to the meeting. Â this can help keep you on point."
rtant thing is that you tell someone you trust so you don't feel so miserable. I hope this helps. Â Best o
end and I think it is great that you are reaching out for more connection. If you can, working with a the
el some type of relief from hearing a professional tell them what they ""have"".Don't let yourself get
er friends who are also more meaningful to you and your feeling a decrease of loneliness.
ploring the source of these feelings, and address them trough therapy.Â If you have difficulty initiatin
this because we think it will help, but it actually doesn't. Anxiety usually has us rehashing the past or re
think lies in that area of research. Hope this helps,C"
it and improve the symptoms. In addition, most primary care providers are trained to be able to man
have been numerous attempts (either in their mind or in practical application) to resolve the anxiety,
on issues, just being around another is positive. Â Obviously there is more to explore on this question,
challenge, an adventure that the two of you can go on as explorers together. Some couples have eve
e adding Yoga, and Meditation is very helpful in weight loss. At our facility we have both of these as w

ngs, especially appearance?Do you associate too much weight with self-criticism, sense of failure?You

n putting our personal wants and needs aside. Â So to answer your question of how do you get to know
m full of horse manure, and he's flinging it around with joy. So then someone comes and asks the first
ated people and we're at our best when we're all helping each other. I'm glad you wrote this question
nanage it when someone crashes a sexual boundary. You also live in a culture where girls are encourag
verwhelming experiences."
How did you come to your conclusion that your life purpose is to reproduce and die? Â If this is what y
Start with asking reasons of yourself about the puzzling aspects of how you're engaging with others.Th
rience it in their lifetime and at any one point, ten percent of adults may be experiencing it. Â Most th
ring yourself to be the one person who fixes the relationship. Â This is impossible because the relation
whether someone is this way or not.Certainly a very positive sign that you're not crazy, is that you're se

e and a future tells me that you meant something very special to each other at that time. It's different
anger turn inward and shift into depression. When sheÂ yells at you, what do you do? Is this the mom
e. I am not self-harming, I just feel meaningless. This constant fear has taken over my thoughts and m

ne who rejected you in the first place."
w do I learn to feel emotion?,"I'm not sure that you don't feel emotion or that you are frightened of th
have authority over her life, then you can only suggest to her that therapy may benefit her.If your dau
l living arrangements prior to your son's birth, or whether nothing was talked about, you assumed you
taking it a month ago and feel okay; a lot of the anxiety it was paired with has gone away. However, I s
on for this is the lack of proper sleep significantly affects our ability to problem solve and critically eva
consistent treatment and commitment to change, things can really turn around for you. A therapist ca
from people, the fears keep us isolated, which makes the thoughts worse, and the cycle continues.Â V

ne strategies for alleviating the overwhelming distress that you are experiencing and gain some insight
re and at home, it is hard to say what you should do, however, I think exploring these things with a co

o sleep every single night. Then, when I cut myself, we talked on Skype. He cried and told me "I'm still
™re better getting treatment without them. Iâ€™m concerned they might take me to a clinic and force
ave limited benefit for each of you.Maybe you are together from fear of being alone, and being alone i

al activities, then feel free to know you are someone who is aware of their feelings.If you're staying in
e in your life ""aren't helping much"", consider branching out your life so that you are with those with
'It's hard to accept the end of a marriage when it's not your choice; you feel powerless, abandoned an
od decisions.You can be happy because nothing from the outside, such as the names people have used
pect, maybe in church. Â If they're good and they don't know how to help you, they may know how to
CBT therapist, such as the fine clinicians listed in AcademyofCT.org. Â You may also want to look at my

apist to help you examine your thinking. Â www.AcademyofCT.org has listings of the finest CBT clinicia

regarding your symptoms? Two extreme emotions such as feeling extremely happy and then feeling e
get through on their own with no help. Cognitive Behavioral Therapy is a technique that has been prov
Â also helplines (local or national) or support groups where people dealing withÂ similar issuesÂ can t
going to assume there are. So, the most important thing right at this moment is asking yourself, if you

ope no therapist would ever shame you for whatever experience you are having in the room."
ou will soon discover that once your tears unlock your awareness of harmful relationships in your life,
ho will listen with a kind ear. If you feel safe right away in the situation with your counselor, you might

leasant, unpleasant or anything in between.Â When you cry in therapy, you allow your mind and body
ay to a very uncomfortable place. Â As you get to know your therapist, you will feel more relaxed and
e you have cried and how you felt at that time in public and what would have helped to make you fee
ll honor this as part of your process.

anyone before. Â I have seen Â people cry with sadness , cry with relief at releasing painful things the

eelings so that you can attain your goals, and your counseling session is the perfect place for that."
anxiety might be unique to you - it is very difficult for most people to really comprehend what happen
bout how to reduce anxiety. I'll get you started and it's a great idea to connect with a therapist who ca
s remind me of what St. Katherine (a Catholic saint)said about living in the now as if we were already
nt. Thinking about forever can certainly be overwhelming, it's a lot to think about, What can you do ab
our sense of ease and balance. No one can predict, for sure, what happens after death because consci
n, hell, and an afterlife can bring up a host of difficult & confusing feelings. What I want to focus on is t
But anyone could help. Just look to someone for help. If you can't find anyone who you think will listen
and eternity appear very powerful and unique to you, the pattern of obsessing about one thing/area

see your therapist and grow more comfortable with him/her.Â Another reason why you might feel pa
part of the reason. But either way; new or not, I think when are entering into a meeting that holds po

e most important thing I can tell you, though, is to discuss with your therapist this idea that you feel n
this anxiety before you come into the therapy room."
gaged and motivated to receive support from a professional,Â your continued Â dedication and motiv
ut this. I do my best to help people feel comfortable when they come to counseling, but regardless of
k to your counselor about feeling a little shaky. Sharing what the process is like for you is important in
ession. It takes courage to want to work through any struggles you may be having or personal growth
are you, the less likely it is that you will feel nervous and shaky beforehand, depending on your expect
Â Wouldn't it be better to attend to those of faith around you who have love to offer, first?Â Wouldn'

through those nerves and feeling more at peace in sessions.In my opinion, a competent therapist coul
ly) to see if there is anything that they can do, or that the two of you can explore together, that might
may not be the best fit for you."
al life outside of that room."
ple who've faced problems similar to yours.In this sense the therapist has a general idea of the basic d

Keep it up!"

find some strategies or tools to make it easier?
e your ""friend"". They are there to push the buttons that you might not want pushed and help you he

t--If you're not familiar with these techniques ask your therapist or write back."
s without judgement and try to reflect and understand what's going on that's causing you anxiety. Â O
g stirred up during your therapy sessions. Your counselor might suggest individual counseling dependi
be helpful to explore the feelings you're having Â with your therapist. It may be something that needs

ways to alleviate that desire, the feeling, the result you get from banging your head.Â Perhaps every
feel you have to harm yourself then a technique is to hold an ice cube. The cold will divert your attent
l therapy while others donâ €™t.Some of this stems from what the individualsâ€™ expectations were
r head require constant gentle reminders to do these new behaviors, or if you've discovered a satisfyi
e type of coping skill you have developed over the years to deal with stressful situations. Yet it sounds
something that anyone should just â €œwhite knuckleâ€ and try to get through on their own with no h
able to us, so we don't get to decide what emotion(s) we respond with.It does also sound like you are
be that the end-all-be-all answer is to be cared for, but the absence of care (or even self-care) can see
ad and reconnect. Go at a pace that feels comfortable and in time you could release the reclusive ene
ion so you don't embarrass yourself or say something wrong, or maybe even feel like people don't like
pected.As long as you're willing to be around her family for her sake, then you're doing all you can do t
n he may want to see a real bridge from a distance while employing that same relaxation technique, t
ps to want to keep going forward.Â Immersive therapy could help in this area."
class or at work if something is bothering you. As you build-up to what you fear the most you will have
ntext; however, if you experienced something traumatic while listening to the ticking of a clock throug
then probably a therapist who can ask you questions which help you remember upsetting childhood c
us. In reality, you can do what is important to you whileÂ having your fears!Â My question for you is,
cting you or helping you in some way, talk with someone (like a therapist) about it.If it is something th
ople with phobias find that the irrational fear interferes with their life and they do need to overcome i
experiencing. For example, if you have a general phobia about something, they may use various tech
ent-free in our heads.Â You could try to rewrite the thoughts, the negative thoughts, rewrite them in
oint in life of awareness about the voices.Usually when mental health people hear about voices the im
to understand when the voices are the least - meaning what helps you deal with the voices better. M
agine you may also be feeling isolated or somehow different. Atta girl/boy on reaching out for help!Â
. Some medicines may have that side effect as well.However, you say you've been hearing them since
ros and cons of staying versus leaving. If possible dig into what leads you to love someone who bullie
nough to stop you from presenting or is it just ""butterflies""?There are many ways of dealing with the
can do it! Â What language can you change in your self talk? Â For example, are you saying ""I can't sp

ou are solidifying the pathways in your brain that store and recall the information you need to know a
spend the days leading up to your presentation practicing. Do your presentation in the mirror, while y
ce, and practice, until you see yourself improve in how you present.Also, keep in mind that whatever a

e yourself with evidence that counteracts the imposter syndrome. Â Continuing to remind yourself of

em. Here are a few suggestions for overcoming impostor syndrome:Check your standards. Impostor sy
calling themselves this name.Instead, consider your own unique qualities including your fears of bein
shaking this feeling is very important to you. In my opinion, before shaking that feeling, we need to ge
correct, write down all the ways you are not a fraud.Â You are valid.Â View this video at your leisure.
nd asked the question concerning Â what fact supports that you deserve to be in your role? Vanderlan
It's what pushes you to keep learning in your field and grow professionally.Â When you are in gradua
are so unrealistic, that when we really look at them, we can cognitively see that it's impossible to achie

settings. Not helping, right?Think about people who succeed at big tasks: an Olympic athlete has a def

nes when we don't know what others think, we assume they judge.Â This is especially true if you've e
on most other places, if you mess up, there is such deep shame in it, that it may lead to one taking on

at the root of this experience, but you may be able to get insight into that, as well as develop ways of
ıay be time to find someone to work with. Â First and foremost, look into working with someone who
ıich you are feeling at this time.Since a lot of your stress is directed to uncertainty of whether your wif
E.Â IT might be time to talk with your main medical provider about a checkup to see if this is relating t
ther parent?Play in your mind with the metaphor of ""throwing away"" and whatever associations you
gh you are at a point where you want to speak to someone.Â Honestly, you might not find the correct
de of ethics and clients should have high expectations. You are trusting them to guide, support and hel
e of anxiety, the anxiety will be in charge.Â But you can learn to put those anxiety-provoking thoughts
4-5 seconds, and then out for 7-8 seconds. Try to repeat this for 3-5 minutes. Another suggestion is to

ke a little more self-reflection. What are some of your thoughts that are problematic? For example, cat
your plan is (within your capabilities) and write it down.Â You can even write down things that are un
ocus upon it from time to time, ""Man, I notice that the sky is really blue today... and the air is really cr
whether the the abuse was toward you or between your parents, it is possible these scenes made you a

ere are more, but the list is long, and if some of these are resonating with you, I would advise looking u
ere is under lining medical issues and then go from there.
cally brought on by an anxiety disorder (such as panic disorder).If you have lost interestÂ in going outsi

e something that can be worked through in therapy, and specifically with a therapist who specializes in
What you write sounds like you're not happy with this recent urge rather than that you and someone o

escribed the medication as well as a neurologist if you've suffered a severe head injury. There are so m
specially since this person is very close to you.Â Â The dealing with it part is probably going to be prett
en you talk to them, really spend time to listen to what they are saying.Â Your default may be to think
___, I'll never _____, I'm not _____, etc.), which probably need to be examined
f that you can talk to people and it will be okay. Â By telling yourself it will not be okay, or that it will go
be in the quiet and reflect can be helpful. Recognizing that even small self-care steps such as drinking
do; however, realistic boundaries are super healthy for both yourself and others. For example, I have a
hat we want, or we are doing too much (either of something we want or something we don't, doesn't
ones which distressed you before.This may be the reason for your anxiety.It is good news that you kn
logical sense, there's so much uncertainty in life that trying to plan all that out is nearly impossible.Â
tion in the past, your body may be at a heightened level of awareness or vigilance. Letting your guard
v down, sending the message that there's no present danger.Â Focusing on the present can also send
t I get the impression that maybe you are now carless and have no reliable method of transportation t
e they are accidents they are not a reflection of us.Â Â When we have an accident we feel anxious, wo
leaving the nest and heading to college, or the late twenties when it feels like you are expected to hav

me, just to find out it was exactly the opposite.Â That's how powerful our minds can be!What are oth
rtain level) a healthy quality.Â It means you want connection.Â Connection is crucial to mental healt
n become problematic. Balance is key to so many things in life. Your own voice is powerful and has str
eave a room, your obsessive thought is to switch the light on and off 5 times.Â Or every time you touc
through stuff that's too much for our bodies (whether that's physical or emotional), that stress will sh
our limits are. Â It already is difficult to avoid listening to your body.Try understanding what is difficult
then preparing to speak with him. Â I think he will appreciate your honesty and maybe this conversati
and depression and is available without a prescription.Just as a last note--you don't need your family
swearing?Â If it feels like your automatic response might be to curse, you could try picking some wo
on the anxiety surrounding them and build coping skills to help you get through those moments (if tha
ill worry people are talking about them (and usually not good things) because our brains tend to jump
on from just this description, but if you can work with a competent therapist, you may be able to get m
distractions and just go for it.Â The purpose of this is to slow down well before you go to bed, express
ity that the grown person is now capable, even if this takes some practice.Â Try asking yourself what y
on't have a lot of information on why this happens, but it's theorized that the brain projects the emotic
anxiety blurring your vision of a situation. Â Possibly imagining sights and sounds is also blurring an ac

nes with practicing mindfulness and asking yourself who you really are and want to be. Through this d
with a commitment, then there would be something about commitment that scared you and the work
any harm? If so, it is OK to know when to remove ourselves form situations that harm us more than he
consider the following:What is leading you to want to change your job?What feelings are associated w
believe you need additional help, I suggest seeing a professional."
theory is that stuff you don't want to deal with consciously is able to come through via your unconscio
am wondering what might be going on in your life either nowÂ or in the past that could be triggering s
es are sickening.Probably a therapist would be very helpful for guiding you to unfold these uneasy fee
t what is triggering that response.Another thing I'm wondering is if your baby either cries when you a

er that is real or perceived.Â It's not something your body does against you, but instead to keep you sa
from long ago.Once you feel at ease with dynamics of past situations then the current anxiety will dec
use we are worried about embarrassment or judgment from others, we tend to overthink about our re
ThoughtsÂ like,Â â€ œItâ€™s safer to stay at home..."Fear of beingÂ away from a bathroom or medic
which assumes anyone who has an interest in the purpose of the group is welcome, and you do, and

y dangerous?Â Sitting down and coming up with some ways you have done this in the past or qualitie
t to be feared.Give yourself plenty of time and reassurance that as long as you are making sincere eff
hat do you really need them to know?Â Also, do you want your dad and stepmom to meet certain en
about a delicate matter.Depending on whether you trust talking to dad and stepmom, you may simply
they even THINK will cause them embarrassment or anxiety. Escaping a possible embarrassing mome
al to have thoughts and fears about what others are thinking of us, otherwise we'd be pretty shamele
eel safe in small groups.Â Possibly you can generalize your findings to large group venues.If you try the
lf and that's so important in mental health! You know best what is working for you and what isn't, so y
ybe one reason you feel compelled to take more is bc you already are addicted.Drugs don't do anythin
es for coping with your anxiety.Â Medications are so helpful, and needed at times, but it's also importa
afraid that your medical provider will take you off of the Xanax and put you on something else. If the X

y with medical providers, and sometimes have discussions about medications with people, we rarely r
e pressures of the next day rolling through our minds before our bodies commit to sleep.Â If you pay a
bed if you have a comfy mattress and nice pillows! Â Make your bed an inviting place because this wi
mean you are actually in danger or that something bad will happen, so pay attention to the meaning y
out handling the fears when they arise.One answer is to examine the facts about the fears. Â Ask your
t's easier to deal with those fears by avoiding touch because that gives you control and how else woul
increase emotional intimacy. Â And emotional intimacy has a lot to do with feeling at ease with physic
w why you are having panic attacks to work with them, but it can help to understand its origins and ta
know your own opinion about all of what your life is immersed in.A simpler life of fewer activities allov
sort of threat. You may have heard of the fight or flight response. When you have an anxiety attack, yo
ate a loud noises.Â If you do this repeatedly, it will tell your brain that eating food in public is not dang
satisfy your particular needs for your own comfort in eating in a public place, the more likely you'll ha
hildren I get this intense feeling of paranoia and fear,"Your very concern about your response to being
hildren I get this intense feeling of paranoia and fear,"In our practice, many people we see have unwar
hildren I get this intense feeling of paranoia and fear,"Your question is written in a very sincere tone. Â
nothing wrong with a thought.Â We all have extreme thoughts in life because our brains are built to
sarily a definitive description of your inner dynamic.Most important is to keep an open mind to self-dis
ould receive help when they start to worry us. I would recommend meeting with a counselor to discuss
tention. In regards to your anxiety attacks, deep breathing is always a benefits. I have a link you can us
you feel about talking to your mom about staying there?Â Maybe there's a way she can help advocate
have a hard time letting go and, especially in divorce situations, your dad might feel as though he's ""I
s marital problems that their parents have. I'm sorry that this is happening to you.I am not sure of your
t getting your problem solved, then maybe your therapist can have a family session with your parents
nd not knowing the whole story, any advice could possibly make your situation worse.I do see some p
ou imagined."
ain things that your partner would be willing to do that and the ease your discomfort, like staying with
"".Recognizing your action and trying to directly correct it, realizing your action was improper and der
cience. In your example here I'd encourage you to always think, ""safety first""; and never offer a strar
ns are helped by talking themselves through the anxiety.Maybe you'd be able to distract yourself from
eparation anxiety), or some combination thereof.One thing that would be helpful would be to track yo
sation. Itâ€™s important to start finding things in common with others. You donâ€™t need to carry the
ional. It sounds like your anxiety is affecting your daily life and there are lots of strategies that may hel
emselves inwardly. Â If you are judging or criticizing yourself to be less worthy of having opinions or vi
him, then who texts whom first, wouldn't really matter too much.Try to understand within yourself v
conversations. For example, you could say ""I'd like to call or text you more often, but I'm concerned a
yourself a therapist who can assess you and spend time with you to address these issues and to help y
y might ask could be what other kinds of physical symptoms you experience, how frequently these ph
ck. Â 2) mentally anxiety presents itself as worry. Â Worry that spirals out of control, worry that dirsu
action from our primal or reptilian brain that is signaling the flight or fight response within us, which k
riggers. Further assessment can be made by a health care professional. It does sound like you are expe
identify what triggers the anxiety, you may be able to identify theÂ copingÂ mechanism that will help

ears of feeling insecure?You may not have felt loved and nurtured as much as you needed.Some peop
peaking or feels uncomfortable in large crowds, for example, is experiencing anxiety.It sounds like it w

:h how to deal with anxiety that your partner is cheating on you than whether your own emotional anc
es of the class.For your anxiety, I suggest some loving kindness toward yourself. Â Be patient with you
king, isolated physical surroundings, and being in isolated locations with someone with whom you're n
f drugs or alcohol.The Enhanced Access, Knowledge, Act program for college-aged women has been sh
ıerapist who offers a sliding scale or pro bono services. Â There may also be community mental health
need some medical tests or some therapy. Without knowing more, that's all I can say at this point. Bes
In working with a competent therapist, you may be able to gain insight into these experiences, learn s
ıodies. Â Dissociation can also mean that there are parts of you that have ""split off"" and sometimes p
:hat many people comfort themselves in times of high stress. If you are concerned that there is an actu
vell. If transportation is a problem, call a local mental health agency and see if they can connect you wi
you know about yourself.Are you in school and does that school have a guidance counselor?Would you
ance to speak with someone about the effectiveness of different contraception and forms of protectio

ıe risk to believe the logic that reasonable safe sex measures are adequate protection, give yourself tir
r way you can to discuss what's going on with you.
;. There is a place in this world for you either way! Public speaking skills can be practiced in speech clas

gh your particular reason as to the source of your discomfort, it may feel more manageable.Yes, social
ainly affect your sleep and some can even cause vivid or frightening dreams. If you are taking a new m

l work on building that trust ....or why you feel you are not good enough and work on that.

ɔrk with helpful tools for decreasing anxiety:1. Starting a daily mindfulness practice. For example: listeı
ɜnd then what the consequences were. Â See the illustration below:This is very useful in that it lays evı
ɜr. I always tell my clients, ""a crying baby wants to be held, not told to shut up."" Listen to your systen
elp Â focus on the bodily sensations that arise when you feel anxious. Instead of avoiding or withdrawi
ʒ families dealing with enmeshment and triangulation.Â Enmeshment is the concept of diffused bounı
x everything in your family. You are starting a new family of your own, and it's time to create a protect

evel increased.Â Yours will too..."
ieved by many that our dreams contain metaphors that represent meaningful patterns in our lives anc
s and resolve any lingering issues.
th your own negative thoughts. Â As you stated, everything was great then you started having low self
nity to have a relationship not only with the therapist, but several other people who are all in the grou
u to process those feelings might be just the help you need."
u, so she probably likes you as you are. She seems to put far less emphasis on your possibly annoying t
fully learn about yourself in ways your friend may not notice or be aware."
ck up a copy.As to your own perception: Â You seem okay being who you are, and your girlfriend agree
our behavior into a negative psychological category, try seeing each of the behaviors you list here, as y
t you are being judged, even when alone. It sounds like these thoughts are pretty distressing and you a
d fear. This fear is helpful to some extent, because it will assist you in taking care of yourself and not ta
curiosities you have. You're asking the questions in your head instead of being in the friendship.Â So w
ionship is that you can talk about matters with the other person. Â Doing so can only help clarify feelir
at's a lot!I love how you recognise that you been 'questioning everything'. I think anxiety's got its toe ir
l you have to do is show her clearly where the lines are. I'll give you some tips.First, remind yourself th
d a growing need forÂ independence. When your toddler does something that you don't approve of, r

en and clear the deep emotional hurt that always occurs from being violated by a trusted friend.Sendi

e more confident and face social situations?,"One of the greatest ways that we can promote ourselves
rs do you have in your life right now? Financial, relationship and unemployment are all common stress

keep in mind that just because you are experiencing this now does not mean that you will be dealing v
able to help. In therapy, you may be able to gain insight into these experiences as well as develop stra
7 years. The problem is that I panic and experience anxiety and depression thinking of him with some
7 years. The problem is that I panic and experience anxiety and depression thinking of him with some
y, there still may be options for you to be able to see a therapist. Check with your insurance provider a
spend some time with you and get a deep understanding of your life in order to help you sort all these
ys within ourselves that we decide if the way we were received by these others, the comments we hea
me way a sign that your body/mind is taking good care of you - trying to keep you on your toes in orde

th the issues you're grappling with."
ering a social situation, you simply listened attentively to the other people?This way you'd have a mor
this. Â So there is hope! Â Â In addition to the suggestion to visit your doctor (who may prescribe a me

nent is a very important factor when learning to ""live life to the fullest""! In fact, this is a required cou
h I have had all my life. I feel invalidated by my dad. I have been more paranoid lately as well. I can't tu
hy manner. You may be able to render this particular situation but itâ€™s likely that you may experien
here is a moment that occurs when the role as a parent shifts. Children no longer need the basics (foo
han anyone else. She would probably benefit from seeing a therapist to help her deal with the stress c
selective colleges"" idea on kids way too much.Â Teens in particular are prone to black and white thinl
ounds like XYZ is really difficult to take on, I can't imagine what that is like for you."" Allowing the space
mething that seems silly on the surface. Remember what is silly to you may be a huge deal to her, so t

the down side could be high levels of stress that she may find difficulty managing in the future. A thera
overall wellbeing and quality of life. And I agree how this may not feel normal - because truthfully, wh
worries? How does she feel about seeing a doctor? I would first have a conversation with your daughte

s healthy to learn how to effectively cope with stress. How do we handle life when it feels overwhelmi
nts such as school shootings, acts of terrorism, and natural disasters also worry teens. If there are maj
n order for her.
part is not abnormal as many children this age find themselves in this situation! School has become ver
ot just for her but also for you to help her when she ""freaks out.""""
on, and other similar issues. My recommendation would be to seek out a counselor who could afford a

nds of life that one may believe to be complex, challenging or demanding. While you are afraid that sh
ss in sports, extracurriculars and clubsBe pleasant to be around, despite raging hormonesHold it all tog

to be so hard on herself. Often kids will develop their own critical expectations of themselves that the
separate your daughterâ€™s worth from her achievements. Understanding where the pressure come
ens, their whole world revolves around school, their friends, and their family. It is a juggling act they a
Â I would encourage you to explore that with her!Â She might feel relief at your suggestion, or mayb
s, like really in tune with things happening in the world, highly aware of fair versus unfair, startles easi
und like she is struggling with managing her anxiety and stress. She might benefit from finding a thera
well as find ways to challenge negative thoughts that are leading to overwhelming amounts of stress. F
ee her, can contribute to the stress that she might be experiencing. When something happens at scho

ı if it ""broke"" her?Â Also, is she a high school or college student still living at home, or a college stud
r daughter might be a perfectionist. Is it necessary for everything to be perfect?Â No, we all make mis
l imagery would be a good start. Also, reminding your daughter that you see her doing so well in schoc
ow you respond to your mistakes. Â Â When she is calm, ask her what a mistake means to her. Â Givin
onal problems, and there is a disproportionate emphasis on test taking, scores and achievement in sch

se of detoxification before she readies herself to approach it.Basic listening is warranted here and wou

e functional adults and it's important to allow them to try (and sometimes fail) in managing their emo
ge and seeing others on social media seems to exacerbate these feelings and can feel like even more p
Our fast paced, fast food, society is taking its toll on our teen generation.Â While multi-tasking seems
ıt to start, you provide her a space where she can express herself openly to you without judgement. Al
elings. Listening and acknowledging your daughter's feelings without judgement or giving solutions is a
stakes are only opportunity to learn and grow.Â Give her permission and more importantly she needs
e driven it can break you down too.Â Therefore, I recommend that you find your young daughter som
and succeed could be some of the contributing factors for your daughter's stress. IÂ have had many a
at you've said here, I understand that you are concerned that she is overly stressed, though. I share you
ety can suffocate students particularly as they approach their high school years where they are bomba
ling services to help them cope with their stress. School pressures and academic achievements Â can y
date her feelings."
niques when working with children and recommend it to parents to engage with their children. Hope
ır grade in fourth grade English? Or what was the score of the 7th game you played in football when yo
des.If your daughter prefers talking in confidence to a therapist, then this may help her regain a sense
eliverance from parts of your past youâ€™re struggling to let go. Ask the Holy Spirit or your higher pov
e of your child's development.Generally, it's good for a functional (non-abusive) parent to spend time
problems, 7x more likely to become pregnant as a teen, more likely to face abuse and neglect, more lil
eliving in the pastâ€, allow me to reframe that approach and instead view it as an investment in your fu
it is even worse when a parent pops in and out of their life. This makes the belief even more strong for
ip falls on you.Your relationship to your ex wife took place between two adults and therefore you are c
their lives. Unfortunately, in some relationships children get used as a bargaining piece and I am heari
rangement with the child's mother for regular visits the child can count on and committed to by both p
flict or violence. More recent data shows that children are not necessarily harmed by divorce if they ke
now much toil was in your life as a single mom.In other words, what you see your kids overlooking or n
decide the sum total of your worth, you alone do that.This meditation could prove helpfulÂ Â I am ENC
ır dad?Also, limit the amount of dialogue you have with him so you don't offer him a chance to feel inv
h. You can choose NOT to allow him to make you feel anything. It really is that simple. By looking at it
t reasonable boundaries that honor whatever legal agreements are in force resultant from the divorce
rbal anger if she disagrees with what he wants.Facts are the best starting point to know how to handle
he doesn't pay, send to the local sheriff, go to small claims court, and win a judgment against him for
eholds and the stickiest spots are the ones that have not been discussed.Â There is obviously conflict t

ess supervisor about what happens on the playground, and whether your child stays on the sidelines c

em to explore their environment and use their imagination, among other benefits. Â On the other han
ng deeper going on, if perhaps it is occurring ""just during recess"" it could be something else altogeth
uring recess, or if any if the above areas show stress or difficulty for him and which need to be further
dult and we are not even aware of how much they are remembering.It may be helpful to teach her thir

en't able to magically make her father disappear.Also, please pay attention and form your own opinior
f behavior is indicative of emotional AND verbal abuse. And quite often the two overlap because some
It sounds like this is really bothering you.If you don't think you can talk to your dad about how you fee

ou feel about yourself.Â While the definitions of child abuse differ from state to state, talking to some
o one deserves to be treated like that and you do not have to allow yourself to be treated like that. Ple
to consider his points of view on his relationship to you. Â Even if he does no thinking about your relat
stic of its own merit.Is this your description of your son or his description of himself?First step always b
e bathroom and responsibilities and inform him that if he chooses to wet his pants that his video gam

nted.Â If she wants to budget time and money for a family vacation she will.As for feeling guilty, let m
hter your reason for not taking her along. Maybe this will open more dialogue between the two of you
change your childrenâ€™s behavior. I think it would be important for you to keep an eye on the situati
ng through w physically harming them.Approach the father the way you feel has the greatest chance o
ssing this delicately with your children's father, it would be wise to speak with your children's teachers
observations that you have done are affecting her performance in school only, or also in other setting

rance."
ys you have described. If you suspect that your daughter might have Dysgraphia, then the best thing to

ghter have friends, does your daughter have the same problems she has in school, when she is in other
r room or getting ready for bed?"

pet, a recent move, death in the family, Â and/or as serious as sexual abuse, and other things. If you ha
perhaps play therapy can equip you with insight into the causes of the behavior, and give you tools to
hter is ok.This is a tough question to answer without more information . Â With that said , I have found
ly factor then start with reflecting on what circumstances may be influencing your daughter to socializ
an unfair situation for both the person who has autism as well as the campers who do not, to expect bo
ve of your son is to tell him what bothers you about the way he's handling himself.If you'd like him to
nue to offer assistance for your son, but it is ultimately up to him to decide what to do with the informa
your life, just try not to make the same ones over and over again.It sounds like you and your mom are

s there to support you, guide you and love you! Give her lots of hugs - and give yourself one too for bei
t's a dreadful feeling - getting caught out- and an impulsive lie may have popped out of his mouth befo
nswer might be different depending on those details, but I'll give you my thoughts.I see it as every chi
as been stressful, upsetting?Is your daughter trying to communicate something to you and if so what
ossible steps.If she's pretending to be a fantasy figure or trying to find out how being taller feels, or wa
Feelings are messages from our soul or spirit that something is not right. Â So, though Â it might be no
e child and any stressors you have gone through during the child's lifetime.Â Often if there is stress pa

:rs.One point to consider is whether it is the child' personality or the way they interact with you which
aries?Consider too that there will be an effect on the toddler, your grandchild, if you kick out your dau
the biological parent.

would help him and you handle his increasing maturity."
dy read Greene's Explosive Child, you might give it a shot. While it's a little preachy, many of the tools
ernment.Especially since you have kids the child welfare service may intervene to help you. Â Sometin
nd real about your needs and desires. You cannot pour from an empty cup and must take find the time

nt changes in their life. Â All anyone can do is guess at this point and there's no good reason to guess.T
ıent is not one them.Â Encourage the step-mother to build a positive relationship with him, this way h
Discipline shouldn't be seen as punishment. It should be seen as a way to teach a lesson. What lesson
t your father handles himself in a way which shows for now that he is unwilling to respect your wishes.
y you have the right to choose based on age requirements set by the state.Legally you can't be kept av
ırself for taking on the burden. Â We are all in charge of the choices we make. Â No one makes us do s

ɔng as the activity is safe and affordable, try to do it, even if it's not your thing. Â While you are with h
ılated and quiet surroundings around this sensitive time.If your kids are of the age at which they have
:ing working always have what they're looking for (permissive) is not usually helpful, just as the middle
:om/blog you may find some more tidbits there that help you shift gears."
ıld be told. The ex-wife says her therapist says the opposite. Should my step-daughters be told that th
ıld be told. The ex-wife says her therapist says the opposite. Should my step-daughters be told that th
ıld be told. The ex-wife says her therapist says the opposite. Should my step-daughters be told that th
ienced bullying, or some other emotional injury. The fact that there are some defiance symptoms goir
ence to play with your toddler, then I would definitely not allow the two of them to be alone together.
eloping ways of listening and talking to one another to better understand how you each feel, would pro
ıarmful to the child? Is the parent likely to be harmful to the child? How likely is it to be a positive expe
ot sure how to handle that,"Hi Arkansas,Â Your situation sounds like a case of parental alienation. You
ot sure how to handle that,"Hi, I understand what you're going through. Your daughters favor him bec
ot sure how to handle that,"It sounds really difficult to know that your daughter may be ""choosing"" h
ıow about her dad's addictions. Although you don't say how old she is,Â and I imagine that at some po
g the best decision for her son; if you are willing to maintain the relationship, it would be good for him
ut creating an issue? My mentally-ill mother-in-law wants to babysit,"Hi Fontana,Thanks for providing
l your daughter?If no one is pressuring or expecting your daughter to show up, no one has even asked
ild is old enough to make a strong statement about not wanting to see a parent, then this should be ho
m the situation I am in with my mother, and he said he would like for me, my fiancÃ©, and our son to

when there are already children involved is very tricky. You don't tell us whether you live together or n
s, which is unusual, I believe. I wonder if they had already figured it out anyway?But they know now, a
uring out what is going on is to sit them down and have some conversations with them.Â These conve
s his poop?,"Your son is showing signs that he's just not ready to be toilet trained. You don't say how o

ı who I met years after giving him up for adoption. Last night, I was angry at the world and afraid of Go

is you may also find our way to the repair. If feeling all this is tough to take on, seek out a local therap
er and mend the troublesome actions into more appropriate responses.Â Have you addressed your co
having a difficult time understanding how he can forgive me. I can't seem to forgive myself. I'm overw
having a difficult time understanding how he can forgive me. I can't seem to forgive myself. I'm overw
ou want more self help for Self Esteem please check out this BOOK"
r example, you might change ""I wasn't good enough"" to ""it wasn't about me"" or ""I'm actually real
u joy? Do more of those things.Â Â Where did the thought or the feeling of hating yourself physically a

ut that you recognize you are not alone as suffering is ubiquitous so you are connecting with the rest o
w you view your physical and emotional self. Ex.) Identify a hobby that brings you joy."
self-compassion and ultimately self-love. It is a recovery process and has to be an active thing each da

ur life that have led to these self defeating thoughts? For example, did a parent or another loved one c
o listen to those parts, because.....it is the ""I hate myself"" part that is our inner critic. And often, our
tional problems. The obvious, such as being abused, can certainly lead to a person having little to no co
l circumstances, you'll build confidence in your ability to be good at something.Do you know why you l
ople putting forth their 100% everyday and often times, do not get the credit they deserve. Without b
lationship with ourÂ parents or significant role models who made us to feel we were never good enou
À No wonder you're feeling worn out and hopeless!Â If you're doing your best and it's still not good e
g with someone who does not acknowledge nor celebrate your efforts or achievements.Â Â It seems l
first of all, that doing more, giving more, loving more, performing more will never provide you with a s
000, so I'm grateful for that. I still hate him for what he did and still want him to like me although we'r
ession? If your not sure, it may be useful for you to try to notice what people say and do in response to
ding"" others, we don't usually know what someone else is thinking.Â Additionally, low self-esteem m

here to go must be influencing her decision to stay. I love her so much, but my jealousy is not likely to
here to go must be influencing her decision to stay. I love her so much, but my jealousy is not likely to
here to go must be influencing her decision to stay. I love her so much, but my jealousy is not likely to
is keeping you feeling ""stuck"" in a cycle of not feeling motivated to find work at this time. Â Perhaps
TV as you described. It can take time for us to move to self-forgiveness, and self-kindness in order to s
through a particularly difficult time and that everything is temporary. Â When we are in something, it

meone.Have patience and kindness toward yourself while you get to know the qualities which attract y
eated you poorly and unkindly.Time is needed of repeated occurrences of this newfound loving behav
t ""loving ourselves"" enough or put ourselves down for having low self esteem. It seems to me that s
verything we believe about ourselves.Â First, I want to say you are very brave to open up yourself to th
o my mind are maybe talking about spending about 10 minutes or so discussing how you are feeling a
our efforts to ask questions, to figure out how to change the messages that you hear (and say to yours
ask for permission to seek for support.Â Finding that help at school or through your pediatrician coul

o someone, it mirrors our early experiences with caregivers in early life. Â So....our body, nervous syst
art Â of the process Â of healing and just by posting your question tells me you're aware and desire to
se thoughts and feelings of abandonment so they are not so overwhelming. Negative self talk can be e

ɔullying you, are quite draining.Now is probably time to recuperate from your emotional ordeal.Hobbi

be as accepting of yourself as the teacher is of you!"

a therapist/counselor can be a great resource to help you learn to fight those messages."
a therapist/counselor can be a great resource to help you learn to fight those messages."
ırself, what is one attribute you DO like about you? (Psychology has long recognized that it's far easier
e mad because I don't want to look like my mother. I hate her. All that she did was bring me down and
: situations and demure in others. Â Men don't have the same range of societal expectations to naviga
t was malicious on his part I think the important thing to focus on is what is called ""Common Humanit
:hat attention. Â If you don't want his attention then you have a couple of choices--wear a shirt Â over
stir or harm yourself or anyone.Now that this student in your class pointed out your mistake, you will l
So people who are holding onto embarrassment and self-blame often have thoughts like, ""How coul
the embarrassment will be temporary.As far as the class, maybe you can give yourself compassion fo
ng, your body will change as you mature, but in general, we're given the bodies we're given and I'm gl
ır family first, explaining to them what you have done and why. Â Perhaps they can help you to practic
naybe they will be empathetic and this always helps.They may also agree to not make any comments

e best thing we can do is see the author's evil or careless intent and not take that on. A therapist can h

s of ourselves so that's a good thing. But your ""alarm system"" is out of whack and you are spending t
ıey still don't judge you, and they still think you are amazing. Â Find a therapist you connect with."

it, only she can. We can't change what other people say, think, or do. We can only change our reaction

ıe self-construct theory and do some self-concept work.Hope this helps,C"
;lected, which we could interpret as hate.The key is to beÂ aware ofÂ what you think about what peop

r plan... where do you want to be in 5 years... then start breaking it down ... what do I need to do this y
y do much to help us in the long-run. People may make changes for a short-term period of time becau
quences as for your actions not to take the same course. Forgiveness comes with time as you ""learn h
ɔarrassing, hurtful, almost unforgiving at times.Â But how do you forgive yourself? Take a Deep Breat

motivator for kids. It doesn't work. WhenÂ was the first time you remember feeling a lot of shame, as
ke what you say?If actual conversations are leading you to feel left out, then evaluate whether to bring

Â Â Â

what is necessary for you to recognize what you'd like attracting.It is much easier to attract what we'd
e who may also feel lonely and scared and want to be seen and acknowledged. I wonder what it might
to have something to do in between that you enjoy."

strategies for taking care of yourself, and get a stronger sense of who you are motivated to be when y
ot on FB for the reasons you list. Â Plus, no one wants to go on FB and tell the world they don't have a f
he handles himself.Who knows, you may end up being the one who thinks he is creepy!Good luck."
thin your own heart for the full effects of having been hurt. Â It is possible there is more suffering with
fraid of being alone sounds like an honest starting place. Â Don't try to ""figure out"" whether you sho
lue as a person, you would be less afraid of deeper relationships and intimacy in general.Â If I were yo
may seem to keep such a secret from those around you. In the same way, there are many people who
e shame is not yours. It takes a very patient and loving partner, but you can make progress towards a h
conversation with your wife about this concern. Â Sometimes it is helpful to have that conversation w
feel.In its most positive light, you and your wife can build a new sex life based on the loving foundatio
that he doesn't like me anymore, but without me he's homeless and without a car. I love him so much
have confidence in your attorney's handling of the legal areas related to the divorce, and the ""impos
hat to do. I'm working at a place I know I should enjoy. I'm keeping up with my creative passions: work
hat to do. I'm working at a place I know I should enjoy. I'm keeping up with my creative passions: work
uestions or concerns, please feel free to ask."
picture a big red stop sign. This is called thought stopping. This is a technique to use to stop unwanted
elf esteem. I've always been very closed off about my feelings and problems,"Hey! Â It takes a lot of co
ou having a good level of compatibility in your personalities and feeling understood, protected, cared l

ding a relationship in which I had a lot of hopes and dreams?Â 5. Am I staying in this relationship becau
endship or romance, itâ €™s easy to try and compromise with one another, making certain both perso

rk at this then the relationship can't really grow or get better.Â Perhaps spend some time really askin
more ice cream to keep your dopamine levels up.When you experience a breakup, itâ€™s important t

ould it be like to end things? What would it be like to stay? Are there issues that the two of you can w
ay be best.
relationship. Best of luck in your love life.Â Mirella~Image and Likeness Counseling
to fruiting.Â Without much other information, this is this is a solid approach."
metimes talking it over can help you think out loud and you're friend can point out details you can't th
ersonal growth, andÂ we enhance our spiritual and emotional wellbeing by collaborating with our pa
ourself as being happier, having more freedom?Â When you think of life without him do you feel a w
im? How does he make you feel on a daily basis? Is there any abuse in the relationship (physical, emo
e question, does that say something about what you feel is the quality of the relationship?"

t to move into the future:Â * Realize that you have a choice.Â Understand that youâ€™re not a victim
to move on then release. Acceptance of what is would be crucial, giving yourself the closure you dese

is can be an exciting time of transformation for you. Â As time goes by, you'll add new things in your li
re your feelings. Instead, take good care of yourself, talk to friends and give your self time to heal. The
g and sleeping well and spending time with friends. Â After some time you should start feeling better.
ncentrate on you and not them. Â Â Thirdly, it's super important to make sure you're really looking at
nd them.Â 2. Although you might not feel like it, try to take care of yourself as much as possible: eat h
understand your part in what transpired.Sometimes people obsess because they have difficulties acce

und support in engaging in acupuncture and emotional freedom technique (EFT) also building up your
for you. After you say ""thank you"" to that relationship then it may be time to say goodbye.Â You obv
, the person had qualities which are no longer relevant or necessary in your life and this is the reason t
w what the problems are from your wife's perspective and if they're repairable. Ask your wife if sheâ€
parture from it.Emotions change gradually, whereas whether or not in real, practical time the two of y
n sensing that you believe he may still be involved with her as they work together and see each other
ask him this question. Â He may not be willing to meet your request.If he hesitates or becomes defer
is, then there is some hope he will decide to stay together.If he's been out of the house for a while an
e help of a professional counselor you can get help and direction where you need to change."
our husband, but now that it's happened, you can make the choice to focus on yourself, rediscovering,
for a short period of time or be done forever. No one can answer that which is why I think you should
radually fills in new people, including a relationship once you feel strong enough from having endured
ggest that you talk with a therapist and your local area so that you have the ability to discuss the loss
ods are healthy for human growth for either of you. Â He lies to you and this is clearly not usual in rela
f your son, and this new baby would be his half sister. I think telling her is mature and appropriate. Us
now as it relates to your son.The mother of your son has every right as a parent to know who is directl
the particular points help the couple to clarify and possibly set the relationship on new terms or feel
elicate topic.Since he is emotionally attached to the former gf, it is very likely he wouldn't be able to f
he relationship with this guy. If so, is it an option to talk about this with him?If you decide to get back
usband cannot seem to make up his mind on his viewpoint and doesn't seem to care whether or not y
cult.It sounds as if sometimes your spouse want you to be a part of his life (which could be a part of wl
he is referring to. Couples simply become ambivalent. For some of the couples I work with in my pract
ect, discontentment and separation.Â Please seek help from a therapist trained in couples work to hel

many alternatives he cold have taken besides disrespecting you.Try to understand whether you are sa
ationship the two of you have.Since the ex is gone and the sister is an ongoing person in your life, this p
changes extended family dynamics. Also, a lot of people don't act the same way around extended fan
nd see what she does when you contact her in a friendly way.Pay attention to your own satisfaction le
feelings to you while listening as an investigative reporter and asking questions that cannot be answe
ole you are being self-critical about your behaviors toward your ex girlfriend?Â Either she is unaware c
ou write, your fiancÃ© didn't seem to have much interest in earning back your trust or in empathizing

ld be holding certain memories as your own.You may also find things that make you feel happy or con
her your former partner is cheating or whether she is happy to be with the new partner, is to contact h
m to be with me. He and I had an absolutely amazing relationship and connect on so many levels. He i

re going to have now, consider taking the time to listen to how each of you feel and think about differ
sually there are clues that we might not see clearly until after the fact. WriteÂ about what you learned
ully some colleagues will add some others. One of the things that I want to point out is that ""letting g
you feel toward this man is deep and complex.Instead of deciding to leave or not leave, change your
elationship, and now you feel hesitant to let yourself get close to people. It is understandable that whe
t hold your son as a priority in your life....Have self worth of a $1, etc.I have a feeling you are saying...I

he power of your own voice?Â Did you lose yourself in the relationship and it became just one sided?
art of the problem is that he keeps trying to get back in touch with you. For some people, honestly, it's
o ask of him.Think over whether you wish to divorce or not.Since he hasn't taken any action, then for t
, then right now.. Everything is on a hold."
e stress in your relationship. Â There is definite value in being clear as you are, about your own emotic
ist so that you have private space to talk in detail about your fears and the new ways of seeing your Se
soothing. No couple can ever truly eliminate saying/doing the wrong thing, that's ok though because su
no to lending me a few hundred dollars for me to live on. I am losing faith in humanity itself. How do I
completely new environment. You are going to make mistakes. You are not going to get it right the fir
grees?Keep an open mind over the next several weeks or few months on how you feel in your new wo
t to any fault. This could lead you to feel inadequate in the relationship that can harm your relationshi
nend to take the time to self reflect on what exactly it is that you are doing that is contributing to the r
s her. It must be really difficult to constantly be faced with accusations and misunderstandings from yo

nse of neither one of you understanding the other.The deeper question to ponder is whether each of y

aluator of how well you did your work.Assume your work was at least good enough, otherwise she wc
can use as a mediator?"

ed thought that sounded like ""If he liked me, he would make something happen."" A truer and more e
ims court, and win a judgment against them for failure to compensate for the use and enjoyment of y
s way to handle his social life.Try to accept the limits of your request extends to you and the child's fat

ou both think about the influences and images that your child is exposed to and what you think your rc
lized gift and instead focus on building attraction and romantic interest with someone who is not at th
performance. Because of this power dynamic, most employee handbooks expressly forbid supervisors
oing to have $25.00 when I knew I wasn't. I told him I had to pay rent and my rent was late. He texted
tionships.Â No one wants to work in a environment which they consider hostile.Â Employers can be h
vorkers would tell your boss this if itâ€™s not true. Is it possible that you're not aware of how your inte

such a rule that applies to you."
athed into your physical part while understand that we animate the physical.Â Faith and belief is a cho
d?""Â Are there any other ways to think of it?2.) What turns you on or off to the idea of God?Â And re
alking with friends or family about this. I would suggest, though, that you have the discussion initially
if things are not what they seem on the surface? Am I any lesser of a person as a result of this person'
to argue it, a false system of conditioning, humans have a finite mind and a finite mind cannot ever h
orce and plan.Â May you be successful in your journey."
'".Probably god is real in the sense that most people want to believe there is guided purpose to what g
raying and asking for a revelation or a confirmation may help as well, but again it is another act of fait
the foot of the cross for Jesus to handle. Acknowledge that holding onto the past is sin because it kee
herapist.Â Perhaps he can rewrite (symbolically) the past and project a more positive stance or feeling
ocuses on what is good in your relationship and what makes it worth fighting for can help as a launchir
ward or ""get over them"" doesn't usually work. Your fiance is probably grieving the losses and consec
d start there, he needs to forgive and trust your love for him.Â His insecurities stem from something b
m a divorced parent upbringing, may have seen parents cheat on one or the other, may have had part
o is reassure him in whatever ways possible, but always recognizing that you can't ""fix"" this for him.
ot averse to religion, i just think that many times it puts unreasonable expectations on us and helps us

be faster than his pace.Since it is possible he may accelerate his pace of accepting your past if he know
at means that when we stay in the moment with our partner and can notice what we are experiencing
learn to live more in the present and learn to let go of the past or move in a different direction, you ca
onversation on your own.Â I would also encourage you to contact national and local resources that car
em is limiting your life and the expression of your preferred gender. My concern is for you and how thi

eless, it is POSSIBLE! It begins with finding a good counselor who can walk with you through this journ

: standards and boundaries to protect ourselves. We also need to not project the judgment of other pe
ause this way iff and when it comes you will be better able to handle it."
right away through your local LGBTQ center or PFLAG. If you donâ €™t have access to that, I recomme
ewing the journey of finding yourself as exciting and ongoing. Allow yourself to feel emotions and lea
ıld call our core and to understand the core, we need to live and to experience, but also to think deepl
/or comfortable. I also wonder if looking at the list of values here may be helpful to you:Â http://www

ed, but because in those moments, I was in contact with my highest self.Â On the flip side, I needed to
ıin my own being and so did everyone else. I began to see everyone as not just capable but powerful l

ea.Â These may be temporarily discontinued due to the COVID-19 situation, though they may be doin
y much. Does it mean that he isn't the one God planned for me if we had sex as Christians?,"Having se
y much. Does it mean that he isn't the one God planned for me if we had sex as Christians?,"I'm not a

dren to each faith until they are ready to decide for themselves can be beneficial.Â Also, it's not uncom
eligious contexts, you may also get to practice boundary setting, assertiveness (without aggression), c

if you would like/have the means. This can quicken the recovery time from these distressing life even
ng a really great job of protecting you!Â Therapy can help you find your ""off"" switch."
at trigger. Therapy will help you process your trauma, identify your thoughts and feelings, teach you c

ch you allow someone into your life, is natural for anyone recovering from trauma.Allow yourself to w
Body Keeps the Score is a wonderful book that discusses treatment options in depth."
ho are in great distress you can also complete EMDR therapy every day if you would like/have the me
this person. Â Â Relationships don't require a time measurement in order to affect us. Â Â Your ques
nd, as you know, that isn't working.Emotional pain comes in waves, which can also cause physical sym
es into defensive mode (dorsal vagal nerves) that protect you from any further harm. What this means
f the event. Â It's actually pretty amazing that our selves know how to do this automatically. Â And, I h
to get some trauma counseling with a professional counselor. Â As you process your experience, you
for the reduction of symptoms. For those who are in great distress you can also complete EMDR therap
and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively
experience is the desire to ""push away"" or to avoid reminders of the trauma which include feelings o
which the brain responds to by basically suppressing those circuits from awareness.Â It doesn't mean y
do the same thing sometimes. We feel shut down and that can be strange---a kind of disconnection. Th
. I would suggest working through your traumas with a therapist with methods like EMDR, somatic exp
ing and increasing Â ""emotional distance"" between what is happening and what you are feeling and
lp you manage the stress caused by dealing with negative events and with help you can regain emotio
rson. Unfortunately recovering from trauma can take time and it's best done at your own pace. If you a
nd feeling disturbing emotions which rupture basic trust that other people are safe, is itself a raw proc
el the emotional pain. Â My advice is to get a therapist ASAP so you have a safe place and a safe perso
You absolutely can recover, and it would be really important to get some trauma counseling with a cou
y time from these distressing life events.

ourself.Â If you donâ €™t have one already, I would suggest trying to find a therapist, depending on wl
you a safe place to explore these areas and come up with a personalized treatment plan.Â It's commo
elationships and your job status.To help you get your life back, it is important to process your emotion
l complex and at times overwhelming, feeling better is more than possible. Â Give yourself credit for t
ne you recently lost.Try to prioritize restoring your emotional and psychological health. Â With this as
blem and positive ways to manage it can be a good start. This can also mean seeking professional help
vent. It's important that you don't blame yourself or your body for reacting this way, rather approach y
ections in you that were needed at the time you were abused but now create a ""wall"" in your curren
r partner.Once you've stabilized yourself by accepting the tremendous harshness that was part of the
line as it relates to trauma. Doing so will serve you well for your own peace-of-mind especially so in y

air. Being mindful of the environment you are currently (for example, noticing what is around you) ma
that response could be helpful for you.
ent partner so that he is able to understand what's going on. Also, you may want to consider Â what pa

ard you.This can be either strong positive or negative feelings.She may be fearful of becoming more in
everyone of it. Our brain is similar. Her brain has probably learned that physical touch is dangerous fo
e past as if it is happening right now. Â Re-experiencing orÂ relivingÂ traumatic experiences is a key s

as cured. Â A relatively qualified therapist would never make this call.Psychological and emotional ter
mindfulness and thought reframing.Â This couldÂ help you to not experience the panic attacks or ang
e Processing Approach can be treated in as few as 17 weeks. As for your other concerns, many of these

d drinking more, and the fact that you can recognize that these may not be the best coping techniques
ney are, are meant to be felt, those feelings help us to process the event and also help us to pass throu
onship that may involve difficult, confusing, and even contradictory seeming thoughts and feelings and
specific time frame or lengths of time for someone to work through each step. Its imperative to note Â
and the intense feelings of loss will decrease. I also recommend finding a survivors support group in y
er things you can do to cope with this, and it has to do with accepting your powerlessness to stop it, no
substances that will not make depression or depressive thoughts any better.
ins typically have a lot of experience working with military trauma. Here's a link to a directory of Vet C
cle accidents are the most common cause of PTSD. My friend, you've been struggling, it seems.Â So it c
lent as it did at other times in your life. Hopefully that makes sense."
and increased heart rate when you're faced with reminders of the event.2.Â Feeling a little more on e
esponds to these stressors in order to keep you safe during the events. If the body does not realize tha
PTSD symptoms. Even if it didn't, it is possible that the complexity of the two situations will interact ins
hat you cannot recover. Are you currently experiencing additional trauma symptoms?"
to address this is to tape up cracks and crevasses?As long as her behavior isn't aggressive, harmful to a
ationships.If you have a similar sense of hurt or that something is wrong, yet in a familiar way, then m
umas and move forward in a very different way.Â If you see negative ways in which your past affects y
ficantly interfering with your daily functioning. A therapist can also help you to develop new coping st
defined by past traumas. Â The best way to grow and learn how to do this is to talk with someone abo

d at your pace. Â You are not your trauma. Â You are good and you are whole. Â Please seek out the su
Â It would be normal to have some difficulties with sex after such an incident."
eal.
Bessel van der Kolk's The Body Keeps the Score."
n the therapeutic process."
mething else.One thing that might help is to find a bead or a rock that is smooth that you can hold ont
of the origin of the trauma before being started."

elp to you, there are free hotlines you can call that are staffed by knowledgeable people that cost notl
esearch them and get more information."

acks. Let him know what some helpful responses may be."
l effect when the emotions related to the abuse Â have not been fully processed. Â In the meantime, y
covered and can be integrated with other memories. Â This will help to lessen the potency of the mem
r brother.Probably the best way of finding your way back to those times, is by paying attention to all o
u. I don't know how old you are (past teen years though), or where your mom is, but I bet there are oth
can guarantee these thoughts will go away or be reversed, however, there are things that you can do
to move forward.Â In addition, if past memories do resurface a trained therapist will be able to help y
ibusive relationshipÂ https://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htmTh

ht to verbally abuse the other, there isn't much genuine care and trust going on at all.It is never safe t
le later, maybe one of you can take a timeout in the discussion and set a time when you will come bac
here something I should do to help my friend who is in an abusive relationship?,"Iâ€™m glad that you
me out of the house. He apologizes sometimes. I feel like I'm the only one fighting for this. He agreed t

e non profits provide free counseling if you are needing to talk to someone. What you are going throug
sn't want to understand what you feel, then slowly take steps to understand within yourself whether c
A lot of time people return to thier abuser because thatâ€™s the only support that they have. If this is s
bout the issue and ask her if she would like help as well.Â If you are concerned about your siblings' saf
memories in a safe space where others will be able to provide support and understanding for what you
ething that happened a long time ago. That's not the case. There is no time set time for which we shou
danger, he or she is generally allowed to disclose confidential information to protect that person.If you
ering you. What strikes me in your question is that you describe several ways in which your husband is
t of his home, and we were staying at cheap hotels and friend's houses with the little money we had. I
need help now. I'm about to explode. I want to stop physically abusing my girlfriend,"Hi Baton Rouge,
need help now. I'm about to explode. I want to stop physically abusing my girlfriend,"Good for you fo
very hurtful situation. Unfortunately, without a batterers intervention course or a desire to change, t
have no friends or family and a couple months ago she was confiding to some guy, but says he's not a
hone calls and texts. Soon after, I experienced a miscarriage. I texted him about what had happened,
lly if cost of counseling is an issue.The important thing to know is that what happened was not your fa
aving empathy and caring what he was feeling at the time, may be restorative to him.At the very least
ur boyfriend or your boyfriendâ€™s history so I canâ€™t know for sure if that was what was happenin

lp you keep your calm and respond appropriately.Â 1. Acknowledge Your FeelingsWhen youâ€™re ca
n is toxic for you. Move out of the room, say something calling to both of you and let things simmer do
tional ways on occasion.If the choice is to tolerate being triggered or to dissolve the relationship, then
rest is history. Anger management can help you identify what triggers you so that you can train yours
l badly about yourself when these small things happen? If thatâ€™s the case then you need to work o
ess.Â Awareness is fundamental.Â Becoming aware of ourselves and what is happening internal that

ur description here, it is quite likely that the anger you show toward what you call ""little things"" refle
ifficulty processing a traumatic situation that occurred in the past. Many people go through this. A goo
will need to feel finished with examining these topics.The more thoroughly you understand yourself, t
no willingly hear and talk with you.Even if social media groups are the only format available to you, it i
if you start getting angry very slowly and it builds or if it happens quickly. Try to keep an eye on the p
n again.It is normal to grieve so be gentle and not critical of yourself when you feel yourself missing th
e aware of our feelings to learn more about them and not be swept away by them.Â Learn more here
(with practice you will be able to identify them ahead of time), identify why you are angry, and try to
a volcano effect whereby they don't readily address problematic situations but rather they continue t
gs ""thermostat"".Â If you are always near ""boiling"" you don't have much margin for error.Â It's inÂ

ou the problem isn't so bad, why are you complaining, tells you a lot about his willingness to change.W

uation and maybe not even be able to help. He needs a professional. Period.Â What you canÂ do, is tal
bout them. Â The more you try to avoid certain subjects the more likely they will come up between yo

the answer, explore how often that happens and whatâ€™s your reaction.Â Then explore how else yo
to bare.Â Don't take his reports lightly.Â For himÂ to tell you, he knows that something is not right.Â
uld be my first tasks.Â I wont label this occurrences as ""normal"" yet it is important to note these thir
elationshipÂ usually includes respect, trust, appreciation, companionship, spiritual solidarity, domestic
eing triggered partly because you feel trapped or shutdown by your fiance's moody/angry/rage respo
professional help so that you can be happy and have a happy child."
repeated dynamics which upset you and that no one helped you feel secure through such times.Also,
let things go or communicate?,"Congratulations on making your way to Step One, self-observation and
let things go or communicate?,"Taking accountability for your actions and seeking help is an excellent

let things go or communicate?,"Hi California,I'm happy to hear you want to get a hold of this problem.
ild spoke up with an independent mind. Â By knowing where your difficulties started, you may very we
asically, if the person who does these actions which bother you, start by telling them.Depending on wl

ho similarly promised something and failed to deliver whatever it.If at the time of feeling let down by
here are many self help books and internet sources that provide free tools to help you cope withÂ life'
oved by their parent. Â Do you feel loved even though you and them have clashes?Anger is a symptor
your energy as well as affecting relationships, I'm sure.Working with a therapist, you can learn to reco

p breaths (breathe in slowly counting to 4 and breathe out even slower counting to 6), while focusing a
emotions. His mood issues are about him, not you, and he's either not recognising that or not taking re
ıy earrings out. This happens maybe two to three times on a good week, and it's always over stupid, pe
eople - who can help keep you accountable with your boundaries and who you can reach out to if you
re also means that you are able to express your feelings to others. Being unable to do so leads to feelir
ı order to be able to alleviate their psychological distress .For example, in the treatment of nightmares
ntrol, competence, and/or safety. In other words, if the nightmare involved being pursued or assaulte
ct control.Your nightmares may offer useful clues as to what you're trying to resolve in your life. Â Pay
an? I've seen people with many different symptoms that end up being related to acid reflux or someth

warning. How can I solve this issue? Iâ€™ve suffered from insomnia and nightmares for about 3 years

warning. How can I solve this issue? Iâ€™ve suffered from insomnia and nightmares for about 3 years

ɔu did. A broad cross-section of these these messages will help your therapist help you interpret the m

tionship.Â Before considering marital therapy, please find a counselor for yourself. The right therapist
meone else a few years ago, but more that you lack trust within your relationship. Are there other beh
believe he's thinking-...if I cheated...you must have as well....but you're much worse than I because it
kill a marriage.Â Secrecy and dishonesty certainly will though.Â Â I encourage you and your husband
100 percent certain. The suspicion alone would appear to be a source of distress for you. Having the ST
ve him than that means there is lack of trust in your relationship. If you are experiencing mistrust in y
id, how do you feel about it? I'm curious. It sounds like you are too. Talk to someone to explore this sit

some relationship counseling.Â I don't know where you are in your mind on the relationship, but coup
is okay, and normal/natural.Â The question I want you to focus on is why you want to know if he had s
ay have lied to you in the past or he is lying now. He may have been honest then or he may be honest
being able to repair the marriage.Â The best thing you both can do is seek professional help to naviga
ense of confidence in the stories he tells you.If you state your doubts and your interest for the truth, ic
m the novel sexual arrangement and what you feel is necessary in order to feel emotionally close and
ne, is the ultimate goal here able to be acquired from this arrangement?Â Are you trying to have your
tual behavior really, we humans tend to enjoy a little extra oomph to our courage levels. That being sa
part of the excitement of trying something new. Many people who engage in open, polyamorous, anc
How has your sex life been with each other? Â If there are any problems, insecurities, issues, introduci

er than negative thought patterns.Â Don't attract what isn't supposed to be part of your life.Â good lu

dered a child/minor yourself that is growing into his own adulthood.Â This is healthy for you to seek th

ilar biological make-up. If humans did not have an innate attraction to others, then the human race wo

secret that teenagers do have sex (even if their parents and perhaps religion would definitely not war
your blood vessels to constrict and keep your penis from becoming erect. After reading your concerns
ten find ourselves ill at the same time. Â Can you think of any part of your world that may be causing y
you haven't done so already I'd encourage you to checkout the Mayo Clinic's website on this very topi

s of healthy relationships?Â Was anything of substance coming up around the time this began? Some
s.Maybe you're nervous about your sexual performance or that your gf may be disappointed in your p

amous relationship. You are not alone and you can get through this just like countless couples have do
that cheating is a choice. Please don't take the betrayal personal.Look at the foundation of the relation
get past the cheating, or should I just move on?""Â Deciding to stay or leave is such a personal decisio

vercome cheating and get back to the relationship they once had. Hopefully, the other relationship is o
need to earn back your belief that he is faithful to you.Do you feel he empathizes with how you felt to
not only is it possible to have a satisfying and fullfilling relationship after infidelity, it happens more o
st wounds. The fact that ""it only happened once"" may not make it any easier to move forward. I high
at you have.You asked whether it is possible to get past the cheating and the answer is that it can be.
whatever underlying issues led to the serious breach of trust. For some people, cheating is an absolut
ask yourself is do you truly believe in your heart that you can forgive him and trust him again? Â Once

s are the cause of this, talk to your doctor about switching to a different brand. You may even consider

t if you aren't a hugger, a kisser, or a toucher you have to find what works for the both of you and your
hat happens next, which could be at play on a subconscious level. Also, investigate your feelings aroun
l desire to express affection.Allow yourself some time to reflect on how you feel toward your BF. Â It i
omeone whom we trust as a safe person to know all about us.Once you feel at ease with your potentia

g it a secret, I don't really think that it's necessarily one or the other, at least not the first time that you
reasons and the possible reasons many others crossdress, how it is not always for sexual stimulation.'
giving it up for someone else, as you won't be happy and neither will your partner because they will be
and fetishes (if I may call it such, not my intention to pathologize in any way though), then be as open
how it makes you feel.Â Perhaps try to be social at more accepting affirming locations in your area.Â
g, then you're facing a different problemYour feelings are real and need to be handled.If you end up fa
explore with him his understanding of, and experience with, intimacy in relationship with others.Â Furt
ou) as much lately. Can you tell me more about what it's like for you?""When asking questions like this

r either turning towards other people and activities or being withdrawn and turning inward.Â My min
ecting.Surveying the demographical data on long-term relationships, it's pretty common for couples to
about and thinks.Your current emotional suffering is the natural result of being married to someone w
r even unburden yourself to him during this first conversation - just try to be light-hearted and focus o
ers of a couple to report to feel both physical and/or emotional distance. When we don't feel connecte
to move closer toward each other on your own but since there has been two years of distance, I would
Much like the saying goes in the military, the same is true for a couple; ""Complacency Kills"". It is imp
the following:Â 1.) Understand what his primary concern is2.) Understand what your primary concern
hings that make you feel connected.Have you considered a date night or anything (doesn't have to cost
re both frustrated but very much in love. She and I are in our early 20s. Weâ €™re married and we have
re both frustrated but very much in love. She and I are in our early 20s. Weâ €™re married and we have

re both frustrated but very much in love. She and I are in our early 20s. Weâ €™re married and we hav
re both frustrated but very much in love. She and I are in our early 20s. Weâ €™re married and we hav
re both frustrated but very much in love. She and I are in our early 20s. Weâ €™re married and we hav
your husband in this situation? Is he resentful, accepting, demanding or neutral?3. What is your past s
sex drive that possibly explain this.Knowing the other possibilities matter because a low sex life may m
ins or not, but even if he doesn't it seems there's a sense of something important missing for both of y
ou ""actually knows what you're doing,"" and you want to be better connected with your husband, cor
efore your husband? Have you ever experienced sexual abuse or trauma? Has their been any negative
nan's reproductive function to improve desire;To improve his, there are herbs for the man's side as we
rent ways to achieve orgasm on your own. Â Explore your own willingness to be open emotionally, sex
ne first step would be to have an open conversation with your husband. It's important you are both op
x a person should have or want to have. If having sex 4 to 5 times in the course of your relationship is
erve the benefit of the doubt unless they show signs they can't be trusted.The answer here is in two d
roblem preventing him from having sex w you.If he is told by his doctor that there is no medical reaso

ised by how many male patientsÂ haveÂ some kind of erectile dysfunction occurrenceÂ even in their 2
tell whether someone is telling you the truth or whether you are interpreting evidence accurately.An
point in this process you will start to feel whether or not the person is trustworthy or not."

, and ask him to be sensitive to not trusting easily.The two of you can collaborate in creating more sec
want more? All of this can be handled if you really want to fix it in your marriage.You can have more ir
isfying enough to stay.
provide it? Â Do you want to stay together and make it work? Do you want to open the lines of comm
olving more than two people) are acceptable. This does not work for everyone, but if each of you agre

Henry Cloud and Dr. John Townsend.Â It's a great resource for helping one recognize boundary violat
h feel safe and valued in, it needs to be a shared mission.But healthy intimacy begins within, and you
ong time, such as a few years, and your partner is unwilling to talk with you about it, then you may hav
ng to you speak.If it is so, tell him you value his opinion and that when you talk, there is no bad intenti
bout emotions than about specific actions he's done or not done.Mostly, entitle yourself to the quality
ity disorder?,"I never heard of a marriage mediator before.Since you already went to counseling and t
nderstand how lonely you must feel, not only sexually, but emotionally too.From what you describe, it

ce you start seeing your success, this will motivate you to try increasing the length to expect yourself t
n doesn't give you a straightforward answer to their feelings for you, you'll gain a little more informati

wasn't there the second night. He claims they didn't have sex, but what else should I think? What sho
wasn't there the second night. He claims they didn't have sex, but what else should I think? What sho
o talk with each other as to what would make you each feel more secure with one another.Also, more
s your little fights, consider spending five minutes with one of you talking about one issue that is a cor
with me?,"Your compassionate reach out to the friend is praiseworthy.That your ex bf has trouble acc
with me?,"I'm glad you think so highly of your boyfriend and his ability to be there when you would li

preferred for sexual excitement; and in its absence do you find yourself being sexually avoidant with y
to have a conversation about something that is important (for example, not during a commercial for a
rectly do to stop his relationship with this lady.It is possible to influence his side of their relationship.D

nversation with asking if the person is open to having a discussion that is important at that time.If this
nk through a couple of these questions: What kind of person do I want to be deep in my heart? WhatÂ
time to sort through with an experienced therapist more of your sex/sexuality story-line and apparent
l other men relates to feeling sexually unfulfilled with your fianc Ã©, or you're not as willing to commi

of other feelings, such as trust and communication. I don't know whether your use of the phrase ""me
offer words of advice to protect her from herself then try gently pointing out that some of her actions

eme sadness.Â It is feelings of abandonment.Â It is intense emotional pain.Â It is his way of protectin
he good news is that when we're just starting to get to know someone, we can take it slow. I think ma
ve no matter how wonderfully you treat your partner. You can either accept the terrible relationship as
der having a conversation when you are not upset with one another about taking some sort of timeout
rough passive withdrawal behaviors. And I can assure you that you are not alone in struggling with ho
the two of you will become increasingly distant and have developed the very unhappy habit of not cl
elp you to grow as a person or (2) Â A message or value that is damaging to the relationship or Â to yo
ense of satisfaction in the relationship. Â Or, of course, you can decide to end the relationship. Â This c
ce of what you receive in this relationship is worth the sacrifice of not getting as much love as you wish
h help women to leave abusive relationships.You are not the first or only one and probably not the las
want, what you need and what you have. Being able to assertively identify express your wants and ne
y to consider changing that is to seek out a therapist.Â Psychotherapy can provide you with a relation
leave the relationship.There are always plenty of areas of disagreement between partners in a relatio
for whatever details you feel will give you confidence he is telling you the truth.If he really wants to cle
y are the one who must show themselves to be worthy of being believed again."

rust, and have periodic conversations with him on whether he feels more at ease with trusting you, th
entions then next time they comment its reasonable to expect these comments to not hurt your feelin
I being picky when it comes to my boyfriend?,"Well, then your decision is whether you want to stay in
it doesn't continue for long enough that friends feel hurt.If you feel you would like to one more time te

ur boyfriend wants.You may also consider taking five minutes to see if he will listen to your feelings ab

ling him having performance anxiety...maybe he had a bad experience with a previous partner that's le
ess you wish to receive."
s your mother will influence your opinion about him, then trying to prevent you from visiting your mo
e concerned about the influence of another male in the relationship, and are unable to express your co
get out of all of that.I would also recommend seeing a local mental health professional. If you go yours
ife tells you to do this.Each of you would benefit from more clarity of what you expect and would like

ething that we earn based on our actions and the actions of people we interact with; itâ€™s also based
e who we love. But the evidence is pretty clear, isn't it?Â A healthy relationship cannot be built on a fou
ou are feeling upset or if you are feeling another emotion : insert worried, ambivalent, scared, angry,
and emotions?

our thoughts about it.This might be something to discuss with a local therapist so that you can look at
s a problem and is he trying to repair it? Â Even if he truly forgot to tell you about the woman at work I
able to live with the unstable sense of trust that you have in your husband.Remember too, that if you

want, but she may just want a hug in that moment.Â I don't know if you heard of Gary Chapman's boo
assumes you are responsible for tracking what in fact are his responsibilities, than about the anger per
© is still angry about it or if he was angry in that moment and has now worked through it.It sounds like
S his responsibility. What's paramount is for you to get immediate help from an experienced therapist
regard for your needs. There is evidence, as you suggest, that there is addiction here. I recommend see
addiction problem. One thing you need to ask yourself is ""Am I happy?"", ""Do I feel loved?"", these a
can learn more about what would help you through this and you can learn how you could support him
don't know what to say to each other, and so we suffer in silence with little support.Here are a few tho
past.Also, it may be beneficial to have a conversation with your child's father if you are both open to h
sion that is important. I don't know how well the two of you have communicated over the last year, bu
f they are not interested in changing it. Many people who behave in this way actually feel justified in s
ace for her to talk for the same amount of time. You can adjust the timing for what works for both of y
out something that is important to you. Then you could talk about feelings that you're having."
lship! You do not want to fill your marriage's void with another person. Â Even when you are in a frien
f he will be willing to engage again and how he would like to do so.Â Many times when the dads are a
t from personal counseling to explore where this jealousy comes from and what keeps you from havin
ure...if he feels uncomfortable or needs reassurance...listen to those things. But If he doesn't dig who

t oops, he's changed his mind and will tolerate you for a while longer? Excuse me? My Dear, it's okay i
is the ""right"" woman for you?...that she loves you?...that she cares about what's important to you?
ake for granted, and we rarely communicate about it. I noticed how you mentioned that she had â €œ

ner, but I'm not sure if you currently have one. Having a partner you can trust with your fears and who
We can be influenced to believe that being a fantasy is better than being who each of us is, genuinely.Y
r fears and make you feel comfortable making it a great experience."
hat question aside for now. There are better questions.What do you want? Do you want your marriage

between satisfying your freedom to do as you please, with your sense of being a partner, which means
urt of law, if no evidence....find not guilty.Â Â Don't make them pay the consequences as if guilty of yo
p. It's also possible that your partner has hormonal issues, pain issues, Â sexual dysfunction or is asexu
ess for each other and buy fewer gifts...spend less time together...all because we have already formed
s with me because we fight too much,"Congrats on the birth of your son!Your situation sounds painful,
s with me because we fight too much,"Hi Oklahoma, Listen to him when he says this is how he is. Your

ting that bulls eye because you're not home! The five languages are words, quality time, acts of service
no longer cares or cares less for you, especially if your feelings have not changed. It can be scary, frust
any of these topics for discussion with your fiancÃ©?Now is a good time for finding out if and how you
atural for the passionate beginnings of a relationship to lessen with time, because we have established
neone. You can be stronger in the scarred places.Â I would suggest that you each have a separate job t

this friend and mistake that feeling for sexual feeling, or the feelings may be real. This is something yo

y are extreme...like you refuse to go anywhere) aren't a reflection on him; it's just you being you. Also,
"". If they haven't cheated on you in the past, there are three possible scenarios here. I invite you to ta
om of ending relationships when he feels bored with the sex, he will be facing the situation of being in
maintain this affair you need to deceive both of your spouses it seems unlikely that maintaining the af
ver cheated and still expresses his love the same way and that he wants to change and do better. How
at they need from each other and to talk about that, your situation sounds one-sided and rigid. Will you
boyfriend have an agreement on looking through each other's phones?I ask because the overall probl
s that he blames you for creating a situation he didn't like.If he did nothing because he felt unsure wha
he does? Â Does he care about your views? Â Does a cat have some deep meaning for him that having
marriage is over and has turned romantic love into platonic love?,"Hi Portland,This must feel like your
ynamic.Good luck in understanding more about your happiness and satisfaction in the current relation
alone time, even though to some degree being alone is not your first choice.At the very least, since you
ou to ask your boyfriend to be patient with you at this time Â until you figure out what is going on. Â I e

herapist on your own in order to better learn where your insecurities come from. There are several po
first time. Â A lot of emotions arise and often people lose their conversation focus from this.If you and
a bad person, I've just made a lot of bad mistakes. Itâ €™s unintentional, and I know right from wrong
meantime, you can try a few things: have compassion for your wife. She's in pain and this may preocc

st (unless you've recently revealed details of a sordid past?). You don't mention ever having hurt the t
here are many ways of making love. Â If your bf's cyst hasn't yet healed, then another way of both incr
language' is different...you'd rather spend time with him or talk to him...you want to feel like he's a bi
ds his share of your relationship and whether and how he would like making any changes.If the two of

o you consume a healthy diet and do you exercise regularly? How much caffeine and sugar do you int
g that she was legitimately enjoying it. She responded angrily with a complete denial of the faking. I d

and fantasies as windows into discovering your needs (security) and wants (desires). Marriage is a pec
ou may find that it is something very common and not something to be ashamed of.Â You may find o
. For one thing, it is a good idea to be checked for STDâ €™s before entering into a sexual relationship

and possibly joining a local free support group, will be all you need to feel better.There is no set timel
Feeling your feelings, do not stuff them down, your feelings are valid. Grief is handled differently, ex

n campus. I was the manager of mine and at the time, I had a client only paying $1 per session. They v

ntributes to healing in a significant way. During a pandemic, meetings may have been cancelled. How
helpful to check with your insurance company to see what services they cover and what their copay i
ope with their grieving experience.Grief is a natural human response to loss. That doesnâ€™t mean the

eler... sent off on a wondrous journey that will consume and encapsulate his entire awareness... and...
sometimes offer pro bono sessions for clients. Hopefully some of these leads work out for you so that

understand the general effects of grief and feel comforted that you are not alone. Lastly, some therapi
ssibility is a support group for bereavement and loss. Many are free.Â I wish you the best towards hea
ling I would suggest doing an internet search for grief groups in your area.Â Sometimes hospitals or h

is possible to get overwhelmed from your own self-neglect of daily life.Finally too, a major loss such as
d feelings with without any judgment. Â If you don't, I know parents have found comfort in journaling
ou in that sense, consider speaking with a mental health professional.There is quite a process to grievi
y have strong feelings and feelings which are different from each other's to understand, require some

yone experiences all five stages in this order. This 5-stage model is meant to help normalize the grievi
would like to talk with someone about this, someone is there. There are links at the article above and
you will want to have shared with your brother and grandma and it just seems unfair that you cannot
loving relation to you, just not in physical body. Â Pay attention if you have a sense of talking to them
vided, but what I suspect is that there are some unresolved issues between the two of you and that sh
ore your mom's passing. I also hope you can find someone to help you set boundaries with your sister
ation to believe happiness is possible and to try new ways to create this in your life.
a hunch that your dad blamed you for a lot of things. Abusive people do that a lot; they make you beli

ives.The good news is your awareness that you and your wife are not connected in a satisfying way.Th
ou or find a good grief support group. They are hugely beneficial since the group will understand exact
t aspects to deal with in life but eventually you will be able to move forward.Â In the mean time, imm
ou literally were doing nothing but crying every day all day, someone would have noticed and would h

flooding the pre frontal cortex of your brain.Â This controls communication and cognitive behavior.Â
when you drink too much and I suspect you already know the answer to your question about whether

:bsite by the National Institutes of Health:Â http://rethinkingdrinking.niaaa.nih.gov/How-much-is-too-
o feel you belong in a group, there are so many possible variables.Â The guilt is your body/brains way
y are, ""over indulge,"" ""feel really guilty,"" and ""angry drunk.""Â You also indicate that you have be
nankind having an animal nature, and a spiritual nature;In most societies today, the animal nature is lo

ourself is why you are drinking? The second would be why you feel the need to drink in excess? It may
lefinition as to what problem you feel you have. Â Some possibilities are feeling unhappy in the relatic
est as the stepmom.Iâ€™m sure from this perspective at least, heâ€™d appreciate your telling him of y

me of day."
p drinking completely, but you have been unsuccessful.You spend a great deal of time seeking out alco

·test/am-i-alcoholic-self-test There is other information on this site as well."
ng him to stop is just going to make him defensive and make this worse. Nobody can change another p
our dad regarding your concerns.
Not only so you can have more clarity in the situation but we often tend to gravitate around or toward
an effect us in different ways. Â I would listen to her and discuss why she feels that she needs to be on
in your ability to care.If you haven't already done so, tell your friend directly about your opinion on the
rn would be the legal ramifications that you could face should you ever be caught with someone else's
kicking them out and everything, but nothing is working. They do nothing to try and help. My brother i
rt - even though it is also hurting you. In order to stop using alcohol and weed you will need a lot of su
ch to see what type of helpÂ is available and feasible for you in your area and go from there. Know tha
d, invisible, nothing very pleasant, since a very young age, usually starting around 18 months.Most oft
fe and if you find yourself in a situation that does not suit you make a change."
al provider; preferably someone who specializes in addiction. Â Know also that although marijuana ma
form of outpatient therapy on a consistent basis."
relationship you have with your daughter in law.Since your son will also be affected by the prenatal co
ving, or mean the awful things she says, but that doesn't make it hurt less.Â Please take care of yourse
to you because if that were the case, you would not feel any guilt.Â Accepting the new stage will help
changed, and not just toward you. The first thing is to keep in mind that this is not personal to you. You
dition has truly done to her?Â Anger is a secondary emotion, once we address what the true emotion
nes up for her a part of your brain does pauses or becomes something rubber so that what you experi
is is also a loss as well. Your mother and her condition may impact her more with time. I think it is imp
's steals so much, and when your mother is nasty or asking for things that seem nonsensical to you it c
priate protocols that are inexpensive and generally simple to follow.Imagine it like a flower that is not

ce to these feelings and commit to move on to provide your mom love. If you can, use mindfulness me

ne is speaking to. Your response of anger and frustration are understandable. It is also a part of the gri
eep breaths. But know that this is normal for caregivers/family members to have these reactions becau
n the other hand, if your relationship with her has always been difficult this can definitely open up old
ition, if they are incontinent, they may blame a leaky roof or something else when they are wet. You a
use as little kids and babies, we had a strong reliance on a parent and believing every word they sad ar

's father,"â €œHe has NO boundaries.â€ That says it all! Enforce strict boundaries, set them,Â and abic
's father,"You're expecting reasonable behaviors from your boyfriend's father.Since the father is his, y
r. There is nothing wrong with you for not liking your sister. Some people are fortunate to have sibling
You may make some discoveries about yourself and your relationship with your sister by studying the
know about. Have you felt hurt by your sister in the past, or are you just 'different people'? It's a comm
do not accept us as we are.Â One thing to ask, is this something that you need their approval around?
l you really can do is continue your self-examination and know you're in a non-supportive family of do
ving these conversations can be difficult and you may choose to talk about your real self in different wa
ghting and projecting (taking them out on) you.Â Typically whatever people throw at us is more of a re
with her, you caused some massive harm to her which would justify her indirect dislike for you, then th
h you, that may be a good place to have some discussions about the relationship that the two of you h
oduces an enormous amount of stress and pressure because your mother and niece would both need
h about not wishing to continue listening to your mom complain."
about it because she trusts you enough for you to be someone she can speak openly, you are becomin
That may mean not picking up your phone for each call. Â Soon enough the message will be clear. Â G
ship.Think about what you want instead with your mom.Â More time with just her?Â A chance to off
mother understand how you feel using Â ""I"" statements Â i.e Â (I feel _____ when you call to talk al
d it because it's a wonderful book and it helped me out a lot. I recommend it to a lot of people. It shou
mber, however in the following comment, it sounds like you may just want the avoid that conversatio
on Boundaries could be beneficial."
ball field. The other person needs to know when they are ""in bounds"" or if they have stepped ""out

y system and how it's impacted the family system. It sounds like your mom is looking for an ally, and i
g boundaries. Communicate how you feel respectfully yet firmly. This will let her know that you respec
impact it has on you to listen to the complaining and not working towards changing things or coming

s."
alls.Â Let her know that you are feeling stressed about her own well being.Â You can then suggest tha

would suggest:Surround yourself with people and things that remind you that you really are okay as y
to be the case.Â Deciding if this is a deal-breaker, or can you work around it, not sharing this part of

processing this ""new"" information. Are you willing to give it some time? Hopefully this helps!"
appen if your family has deep-rooted religious ideas about sexuality.Â Whatever happens, I would su

to appropriate websites and organizations that can help them to understand that this is natural and n
. To see yourself reflected in others. To hear others stories of how they have coped. These things can h
give them a little more time to digest the information."

aintances who accept you as you are.You can also find some support here through this organization th

with that, and perhaps other issues you might have with it, it will be significantly easier for you to tole
at, if any, the differences are in the opinions you each have on the double relationship status, you'll be

could also try asking what you could do to help, perhaps she is frustrated that the trash wasn't taken o
you; it's just that she has habitual ways of talking to you that seem stuck in the fourteen year old rang
elationship or accept that this will not be possible due to either person's way of handling themselves.T
t she did, and I don't want to live in her worst moments constantly. I want to put it down and move pa

from this?"", Is my marriage currently in a good place? I really wish there was some form of magic tha
ebook activity.Â I'm curious about why you're just now seeing her facebook posts again. Are you feelir

t.Â It seems that image of her happiness may have triggered something in you that isn't happy. I'm no
en even if you had free choice of whose house in which to live, are you not better off with the decision
bout how you would like to live in both places, maybe you can all work out some kind of agreement."
ne by any means, but rather that it may be helpful to talk to others who have had some similar experie
itancy to speak with him.This Â way you can anticipate and to some degree rehearse your answers.Tel
nall clue about how well he may accept this news from you. For example, if he has been watching the
eir loving attention, there's nothing directly you can do to squeeze it from them.If they don't voluntee
u'd like to find ways to maintain some level of connection to the ex gf.Holiday and birthday cards, occa
ting to you?If prior to the onset of Alzheimer's, she never examined her way of relating to you, and if b
help re-frame your thoughts and have a fresh perspective on the situation. Additionally, Visual cues li
is not okay for one person to be the authority for another person unless the one for whom this is being
or can do wonders in helping us feel less alone in frustrating situations like the one you're currently stu
ifficult for children who have lost a parent to then see their other parent moving forward with anyone,
hether or not your dad understands your wish?Your dad understanding your wish does not mean he w
n moving from a friend of yours to both a friend of yours and, inÂ a sense, your step mom is a lot. I wo
neone.Stick up for your own right to make decisions.If she doesn't accept your independent viewpoint
end.If there already is strong animosity, mistrust, dislike between both of you then there is more chan
ou about something that is important to you. I would also suggest trying to make clear your true intent
ther area of their lives. Â It is often easier to create false narratives if a person wants to avoid looking
getting good grades and you are saying that your family does not think your grades are good enough,
parents' help."
gs or people that we cannot.Â Â Understanding that we do not have control over otherâ€™s outcome

ll stay with your classmates in the school year which starts in September.I understand not liking the id
ughter relationship is unreasonable and disrespectful toward you.Threatening to take action against y
at makes him feel threatened or on edge if you visit your mother without him? What does he think wil
ons on him?You're as entitled to dislike what he does as he is to like what he does.Since you're togeth
on by loving you.This way you are able to tell yourself you've tried what is reasonable to try.Don't give
on you can change is you. Â I would suggest that you approach her with love and let her know what yo

ad to toe, I can think of reasons that parents might do that. I also think that talking about it is probably
ate to past events between you and these other people or it could relate to the conflict that you mentic
nt, to talk directly with each other. Â A third person distracts from the content and reasons for disagr
care for your mom. I don't know how old your mom is, but if she is younger, they would probably hav
he way that he would have done so in the past.Â As the issue evolves find a therapist or counselor to h
change how your mom handles her life, is your mom, and you are the only one who can do the same fc
ith any disagreements, much easier."
eems difficult to communicate with our family because many feelings and â €œundercoverâ€ message
."""
sent stress. You're just the trigger. Yes, this is normal, but it's not necessary. She can find another way
e to fix or calm down mom's anger. Maybe in a calmer time when you guys are being silly talk with he

d what it truly is to be bisexual. Many times, Â people are just not educated on certain things."
to play out each possibleÂ scenario andÂ conclusion (eg. your parents being supportive vs. your paren
s, etc. The only ""right"" way to come out is the one that you choose. The one that feels right to you. T
ed implications. First and foremost I would recommend going to see a counselor at your college/unive
from you and your maturity to handle what may happen in the end.Â One thing I would like to note..
but...there are things you can do for yourself and your relationship with him.Â While your response of
move forward."
ay open minded about your daughter having views which are different from yours."
of this new little person and their growing family. If you are happy for them and help spread their joy,
.Â The good news is that you have this lovely awareness and I think a desire to learn about yourself an
your mother why this particular fight/situation is eliciting such an angry response. Â Often, the simple
endly with his girlfriend, and it's also okay to say ""Hey, bro, I'm still here. When can we hang out!?""
you. It most likely means that he is having to split his time between different people and priorities. I s
d give up. I have no friends because I was a truck driver. I've been getting serious headaches and can't
out it always comes back as an attack on my character and I have never heard these comments from a
out it always comes back as an attack on my character and I have never heard these comments from a
r, and what her concerns are? It sounds as though you and your mom may be able to use some help w
nt to be. Listen to that voice. You don't have to lie to your mom to get what you want.Now, you don't
home if I don't play. I just want to run away. My parents are threatening to send me away if I don't pla
down to or being ridiculed, it is difficult to not take it personally. It sounds like you have taken the first

up feeling invisible. It sucks to feel invisible and it is important that there is attention for you and that

nild,"If your wife is willing, seek out a qualified couples therapist! Look for one trained in the Gottman
g in relationships and when that is broken, or perceived as being broken, it takes a long time to repair
s mother, try viewing them as two separate entities. She can not replace you, and you cannot replace

all is going on in your family, and I cannot answer for your dadâ €™s actions or his reasoning behind th

to know this information?- What are the consequences of either telling them the truth or not telling tl
environmentÂ Â IT is 101 basic communications and you will still maybe have those men who love to
ıd non-threatening way.Â Therefore, the time to have this discussion is not when you are frustrated o
you need and deserve.Are there others in your life that allow you to feel heard?"
im so much and you are sureÂ that he probably doesnâ€™t do this intentionally but youâ€™ve been fe
ıe situation that comes up a lot when I work with couples. One person focuses more on solving the iss
me and criticism are present. When blame and criticism are included, bids for connection, can quickly
stening"", which may be very different than his definition.Basically, no one can directly change someor
notion. The second part is what he does specifically to make you feel that way, be specific! Example: w
our reactions and what you do about your own thoughts, feelings, and actions in the relationship.If you
Direct opener: Â I'm not as happy in this relationship as I think we both deserve. Â Pause, and if you v
even necessarily a cross-dresser etc. unless he has already told you so. I agree with the other poster v
ısk him whether a certain time is a good time to have a conversation and asking questions for five min
tion. Then what happens is because we have that connection established, we instinctively cut back on
in both you and your wife.I suggest you and her prepare emotionally before you both go ahead with tl
uilding trust takes time and effort for both parties. On your end, you may need to provide more reass
e person who tires earning back trust, must know what standards for this, of the one who was betraye
ıs from different angles, gives us new understanding and insight. Remember that you can't change hov
ach where you a) take responsibility for your past actions, b) show an understanding of and compassio
lationship, even the great ones, this is what came to mind. There are certainly more specific unique an

ıemselves, is going to be what defines all of this, because every relationship is different.And in answer
respectful, not accusing manner will increase the chances that your loved one will actually listen, emp

n, or buying a house. It can be anything, but a good marriage is one in which both partners can answe

also means that it is important to have alone time to re-charge and re-focus our purpose in the marria

ugh"" in response to you wanting to make a point to him.When the immediate situation has calmed d
you and your husband feel is appropriate in your relationship. If you are feeling like you need to walk
willing to hear usâ€”especially when we have been trying for so long to be heard. Being cut off, shut do
elationship goals are similar. Then you can build upon that.Learning communication skills, listening ski
ı extended amount of time, and the value of the marriage doesnâ€™t outweigh this, then seriously co
ıe marriage, you certainly have the right to say ""I need answers to all my questions"". Giving you the i
u when this pattern happens, then you can start to name it. Once you name it, then you can take a bre
ıg clear with each other about what is the problem, how you feel about it and how would you like to r
icizing the other person. Â If you work on communicating in new, less critical ways you both may learr
ou felt in his heart that he was truly sorry for what he had done, it will give you a piece of mind that it v
obably the hardest part, forgiveness is something that can and will happen. There are things you can d
self to grieve and find the support you need. I'd highly suggest going to couples therapy and addressin
ways are more effective at rebuilding and repairing relationships that others. I am a big fan of The Gott
ill get to a point where you will settle for nothing less than that. The change that might be necessary i

You seem to lack self-worth...seek a professional to help you with this."

ected from each other which naturally Â could contribute to symptoms of saddness and even depressi
u have been emotionally starving for the past five years. Â Please try to find time for you; to clarify you
sume that you can't afford a new one? Ideally, she buys you a new couch, but it certainly would be a ge
t professional support. With appropriate professional support for your relationship a lot is possible. I'm
s a relationship with them when they are older. I've tried to research online, but I'm not getting any ar
s also very important to discuss WHY he cheated. You want to make sure that the reasoning behind thi
it wasn't due to lack of funds. I know this is all material and the marriage is the most important thing b

therpist will be happy to have that conversation with you and allow you to make the final decisions ab
ent level of care the therapist would recommend a more intensive treatment level.Â Read more at den

Lanugo (layer of downy hair all over the body)Amenorrhea (loss of menstruation in women)Pregnancy
se sorts of topics, keep following your own logic with the aim to free yourself, which usually takes plac
because of these emotions you ""repent"" (i.e. vow to never binge again, promise to ""do better,"" go
ch variables. Â I have been working with individuals dealing with such challenges since 1998 and have
ust be practiced (exercised) in order to gain strength.Â Find healthy activities that you like to do that c
sure from the problem behaviors.Take the slower road of understanding why you would deprive yours
your body needs, before feeling full.The extra calories become extra weight eventually.Also, it is possil
l occasions and celebrations. But in many cultures, we place a LOT of emphasis on food. We have food
ed to food. I hope this helps."
you can count on him and can expect him to be responsive. How he responds to your question will give
r the truth will hurt them.In the short term this is definitely true.In the long term, knowing you are get
akes it hard for me to adequately answer this question for you.I don't know how old you are, but if you
can undermine the long term health of the relationship. Hopefully, he will understand your concerns ar
Lewiswww.RelationshipsGoneRight.com"

to commit long term, and if that's the case, he could say so and help you understand this. I think it's n
of abuse or neglect, Â or just pure selfishness and a related fear of what they might have to give up in
e it with yours.Sometimes people are afraid that the answer they'll hear will disappoint. Â While this is

man beings, even very committed and happy partners to have moments where they notice an attraction
d. Is this situation likely to continue for a long period of time? The old adage that ""absence makes the
ng in the physical contact aspect of intimacy. Here, we are not talking about sex, but about the emotion
u to be able to gauge a lot of the emotions connected to what is going on.Are you in a place where you

you go thru this process."
both of you, and she would do well to define ""feelings"" and I'd want to know more about ""just a crus
m curious about these questions, I wonder what you fear about having this knowledge. What does this
ce in feelings) then that is what is most important to understand. When you understand exactly how YO
hip. Â Now moving forward, continuing to have honest conversations about your relationship will help
responded, then your current situation is a good one to start these foundations of talking with one ano
for your own mental health, and I would like to explore them separately.Â The first scenario is that she

:o do the same.Â Â Break ups are painful, and I know you'd like to avoid that.Â I get it that you feel att

p, your mood is probably affected by this.Once you are clear on how the range of your feelings, especi
and stop doing to get there. He may want to be really good friends. He may also be trying to figure ou
ife now may not be the ones who can do that for you, but there are people who can, it is a matter of s
of the planet. All you need and have ever needed you supply yourself.Â www.lifecounselingorlando.c
nted things, I will just respond from how this strikes me.Â Sometimes feeling alone might be the resul
l needs that result in a good and secure emotional connection that reduces feelings of loneliness.Â You
il you are able to find in person friends whom you're able to feel hear you the way you'd like to be hea

ds you do state."

nplicated"" nature of your relationship, I wonder whether your boyfriend has given you reason not to t

book live. They pick a restaurant, order, and talk about their day. It's super cute and sweet. What are s
r a while, then it will. Â The military may add stress.This doesn't necessarily mean the stress will disso
Make sure it is a good time to have a discussion (and if you're doing it in writing because of the distanc

c comedies and song lyrics telling us that when a man appears evasive, there's something to worry abc
nto others what they are dealing with themselves.
all of another woman.Have you blocked the unwelcome phone calls?Has your girlfriend said she does
on't give her enough information. Answer her questions fully. Ask for her suggestions as to how to har
annot live with and without. Â And, since you are considering marriage, for how long do you imagine y
n, but there's something missing for you. I'm curious...you say this is a long distance relationship. Did y
ment that you are not as attracted as you ""should be"" - What is your measuring stick is for what you
f the missing attraction is due to the distance. Has the relationship always been long-distance, or is thi

and is not at all about trying to make you crazy, it's just one of his quirks you'll grow to endear. Early m

/ each other on a deeper level, that's a different stage in a relationship and sometimes it feels differen
genda.You could also test out your theories by discussing with each of them their opinion of why they
er off with some time separation between relationships. Â This gives a chance to know what you were
u that wants to stay or the part of you that wants to leave? Can you consider what you want, wish for,
nether or not he reappears is up to him returning or up to police skill to locate him.This is beyond the c
out is her with another man. I don't know what to do or where to go for advice? My fiancÃ© cheated.
out is her with another man. I don't know what to do or where to go for advice? My fiancÃ© cheated.
out is her with another man. I don't know what to do or where to go for advice? My fiancÃ© cheated.
out is her with another man. I don't know what to do or where to go for advice? My fiancÃ© cheated.
mantically attracted, and your primary interest is in someone who' steadily manage the kids, househo

at at least you let a person know they hold a special place in your life and wish him love, peace and ha
e are different or similar to our own. Â Â At the same time, we already have values which are rooted i
's wish for you to feel better about yourself, is fine. Â The problem is he seems more interested for yo

nique love you give to yourself.
here are many questions that may help understand why, how was your relationship with your mother
hat could form a network to help with this when you are not romantically involved with someone. Eve
end is the expert on what she needs and wants in relationship. You could simply say to her that you kn
that is significant to us. It sounds like you are saying that you have a difficult time really listening to wh
ou from having the ability to problem solve?Here are some tips that may help you with being a better
stand, then find a way.) You can also say, ""That makes sense"" or ""I hear you"" or ""I get that.""3. Em
William & Carleen Glasserâ€œHold Me Tightâ€ by Dr. Sue Johnsonâ€œDivorce Busting: A Step-By-Ste
you to gain more understanding of her experience. These questions usually begin with words like who,

a therapist on what you can do differently, reflect within yourself on the situations when problems aris

houghts, and will allow you to find the coping mechanism to address life and relational challenges.Â IF

e to do this only consider the emotional price of your frustration to wait for someone to change their
out her today as you did a few years ago.The relationship does point out the priorities and values you h
ressing you feel using I, you statements can be beneficial. Do not accuse him or use ""you"" statement
e he decides what to change about his part in the relationship toward you.Substance abuse recovery re

gined these would go.Since you already are on the best road possible for yourself, since this resulted f
ions affect you and he will change."

accept his actions. Â There's nothing you or anyone else can do change the fact that when someone d
d the brother actually do like each other.If no, then definitely have a private and direct conversation w

Well, have you told him similar descriptions of your feelings as you just wrote here?This will give him t
nal.Similarly, depending on what you mean ""take it out on"" people, you may be expecting too much
ut of involving himself in your question.The key whether or not he loves you is how you feel most of th

he other person, or that what you will say stirs anger in the other person.If you are able to know what
al parts of both of you. In simple terms it is as if two infants somehow acquire the ability to say words
ne.Â Without both, communication is impossible.Â Â Staying together and the kids observing unheal
k him is why he says he doesn't love you when the topic at hand is about a specific practical matter.I'd
eople giving some effort. I'm reading between your lines here and I wonder if your need to keep the fa
tionship to another without giving ourselves a chance to adjust and grieve for the one we had to leave
ing to, acknowledging and remembering your wishes, that is likely an indicator of some fissures in the
l only improve the way you feel when you are with your boyfriend."
ctually occurring, as your partner, he should be just as concerned about something that is disturbing y

e feels about answering you right away. It may be helpful for both of you to listen to each other and w

partner, but perhaps his or her parents would see you for who you are and make their own opinions o
other's mind without being able to communicate effectively. I recommend working on this with a the
amount of connection.
anging around a new man why is telling you the same message. Move on. You aren't unworthy, you ju
t because clearly you are already there! Â Next I'd suggest finding a relationship therapist to help you
ted to being part of a couple.If being by yourself feels uneasy most of the time, then probably practici
d/or relational issue rather than a physical/medical one.Â As for your question, only you can answer th
both people are okay with. Now, as Dr. Zehner indicated, what may be okay today may not feel okay t

me of asking why you'd want to remain in a relationship which is draining."
coaster of breaking up.Â It is good you all went to counseling, but one or two sessions may not be en
be can be incredibly difficult, and many would argue is even harder thanÂ overcoming actual physical
days (or ""ghosting"", where you just stop talking and disappear!). I get the sense that this relationshi
did that it would not go well.Â If you make it about you and that you want the best for him while you
having your conversation!"
t he needs.Â Don't take it personal because you just been dating 3 weeks and his depression maybe s
he other person's way of handling themselves is one aspect of relating.Since the anti-depressants are
st chapter of my book Living Yes (www.LivingYes.org). Â Is there any way that you can enjoy your time
ver after a ""big argument"" as you mentioned.Â However this is not surprising to me based on his po
e me sick,"Sounds like you are dealing with a lot within your self which is causing you great pain.Â I w

u hurt in some way by him? Can you understand where she's coming from?Â Sometimes when we're
t him whenever I need someone to have sex with. He left his bath soap so he could come and get it. I
e constantly exposed and connected to people who intrigue us and to whom we might feel a connectic
re you are fully grown emotionally. A relationship that is one month old is not stable enough to suppo

t now does not has a natural source of satisfaction.Suddenly being without a partner is difficult becaus
your ex is using the children to manipulate, or is generally controlling the separation process, that's co
y that you refuse to honour her decision is another day that you hurt her all over again. Move on and h
nd what girls like to show her how much he loves her. But he's also been thinking about breaking up w
lso, is it better to say that I want him in my life or that I want him as part of my life? My ex-boyfriend p
me one time that she wants a man who is going to be afraid to lose her. Is that a normal thing that wo
u push to see him as he's moving on with a new relationship. It's appropriate now for you to respect th

elf and remember that you aren't choosing to have these thoughts. I'm sure that if there was a switch t
nt about because I want him out of the house and my boyfriend doesn't want to see him go. Itâ €™s no
not the best opportunities to try and make a point, as strong emotions can get in the way of understan
d (unless you've only told me a small, disproportionate part of the bigger picture) doesn't tend to treat
eal picture. Is there any real evidence that he is cheating? Remember that texting his ex is not evidenc
r GF contributes to your relationship, based on the same understanding of the couple's problem, as yo

your life. When we are going through this kind of loss it is really helpful to have the support of friends
espect, but this person isn't one of them.If I'm reading this right, you knew this person for a week? In
uch distress at this time.Â When we are in relationships, trust is so integral to our satisfaction within th
to have trust issues - because the stakes are so high. If both of you are committed and willing to be ful
hink about filing a police report and obtaining a restraining order against him. Â You could also think a
ow long you've been together andÂ what's actually working well between you two. I would also ask a l
y, I've been working. I just read your message." The girl was trying to get him to call her at a time whe
ime he actually left her place to come home or about going over early to be with them. I feel like the c
our partner comfort and reassurance that they can come to you to confide in you about anything that
at being alone will feel worse.It may, initially feel this way after a breakup.This is from change itself.Ev
one another and whether either of you would like changing or continuing to live together, in light of th
nancially support yourself.If you'd like a man in your life to offer your love and are willing to contribut
nds - until that last one that doesn't. Â And that is how it's supposed to be"
hen both of you are relaxed, with no current stressors involved, having fun, etc. Â Begin with a non-juc
nake things right.I am wishing you and your boyfriend the very best."
fault of their own, don't mesh. Often when our partner's feel attacked it's could be for one of a few re
one another. These early messages become your template for how you have learned to see yourself a
ships you have with others, regardless of how small or insignificant they may seem. I think you will qu

n to make friends. Is the issue that he hasn't introduced you? Is there another reason you don't trust th
really off. My relationship feels off and I feel insecure,"Grief has a huge impact on us and everyone's
d/shouldn't give this relationship a second chance but I will tell you to tune into your own intuition (an
give you? What's your need in relationship? What if you found someone who didn't need fixing?"
and my husband and I have been happy. A few weeks ago the wife called me and said that her now ex
I'm referring to the direction you want your life to go. If one of these guys was to support you...who w
whether or not couples counseling is included.Aside from insurance, the next place that comes to mind
but the key to notice is that it's that feeling of insecurity that is very likely triggering you.Â It could reall
avior. The first step in working through this issue would be similar, start to tune into and observe your
ut he doesn't like talking about it much. Advice on what to do? I have been in a relationship for a year

that talking or discussing arguments are more effective once you have cooled down and you are more

situation to where you two got pregnant and stayed together for the child. Itâ€™s very common to sta
€™t care, I truly love this guy, but I'm just tired of being the one who is always being judged. Please, I a
quit my job I dropped everything, said goodbye to my family in Florida and drove 15 straight hours to b
stay in this relationship, the longer it will be until you find the RIGHT person. You are doing this to bett
orientation but NOT gender identity."
is a lot more variety in people's sexual interests than what we generally learn about in society. We m

be if you branch out your interest by finding other people who enjoy crossdressing as much as you do.
culine energy), and decide for yourself if it is or it is not for sexual stimulation."

re comfortable with it or express more feelings about it, I recommend that you Â see a local mental he
their sexual interests may change. I would encourage you to speak to a therapist who specializes in w
orientations particularly if they are hetero while gay men tend to be more fluid.Â So if your distress is

ive model. From my perspective supporting a variety of kinds of couples, it doesn't mater whether you

w facet of yourself then embrace it for all it is. On the other hand, if you are struggling to accept this w
veryone is on the same page. I always recommend practicing safe sex too!"

ople often short-cut emotional intimacy for sexual intimacy. This would be something to explore with a

and explore. But also know that life is interesting as we grow and mature we find that we like things w
ow happy are you in your marriage?Sometimes people find it easier to discover a sudden change in the
elor.Â When you call to set up an appointment, ask the doctor if they require a letter.Â If they require
formed consent clinics (at least in California) do not require letters or therapy as part of the process."
medical provider. I hope this information helps!"

obably know whether counseling is required at that time or later in the process."
ell you a clear answer."
e?)It may be too early for you to identify as any one thing on that spectrum (as you say, ""but I don't re
they are attracted to, a lot of times they do not use the terms ""gay"" or ""bisexual"" for quite a while

er and that's okay.Â It's up to you to find out what is most comfortable."
term transgender to describe yourself because that may not accurately describe what you are experie
ake and keeps you from enjoying your life, consider going to a therapist to discuss your feelings and co
of why people are asking about your gender?It is not a common question, so I wonder about the conte
person accepts their sexuality, depends on dense factors such as the culture of your family, the belief
, and quite unsettling. It creates anxiety, maybe even panic, and leaves us feeling confused and uncert
say ""I'm struggling with this"". To accept that there is a question is a brave place to be. And...it doesn'
l other supports as well. Â Google is a wonderful way to find these resources. Â I wish you well. Thank

t to be gay. That this is something you didn't like others suggesting and now you are uncomfortable wi
your sexual preference or feel the need to label yourself, especially if you are confused and exploring v
about dressing up as the opposite gender, but rather feeling as though they actually are the opposite g
ender, and they are well into adulthood. One person explained thatÂ the termÂ 'transgender' didn't fe

sex and others don't. Also, once you read more on this topic, you may find that you don't connect with

ossible sexual orientations.

ɔle who love you will continue to love you as you sort through this. You can resist the temptation to pl
:lassification, explore who you are as a person and celebrate your positive qualities and those things th
selves and also find acceptance from society.I am unsure how old you are. If you are a child or teenage
ıt. Â What is right for you?

ıey are just thoughts and we can choose to follow the scary thought streams or work with cutting them

ghts from this can be just as bad or overwhelming so I also teach to couple this with the STOPP Techni
ɔre effective thing to do is the harder and less intuitive option: to have those uncomfortable thoughts c
houghts, and the help you create ways to counteract them! Â There is another technique, called Thoug
and it is nearly impossible to do anything beneficial. However, when you are, let's say, a mile away fro
nderstanding that the thoughts are not very relevant to your actual life.Also, another choice of what to

is with a mental health professional or your primary care physician so you can have some more specifi

ur choices can lead you toward your goal of being healthier."
/ friend. Is this normal? Could it develop into a separate personality with time if I continue a mentality
/ friend. Is this normal? Could it develop into a separate personality with time if I continue a mentality
/ friend. Is this normal? Could it develop into a separate personality with time if I continue a mentality
at she was saying. Bipolar disorder also includes feelings of depression. When this is coupled with inter
are you and your daughter able to talk about incidents such as the one you describe above?And do ea
y some small, insignificant matter has the chance to topple the house of cards."

which

:e in exposure therapy will actually come to you to support you through an exposure.Â Â It's very treat
hown that this kind of therapy may even be more effective for OCD than medication,Â https://ajp.psy

elated to a physical health problem.If there is, then have the possibility ruled out that your difficulty c
ɔu are sneaking out. What are you getting ""out there"" that you aren't getting at home? A good famil
ɔe.If you are sneakingÂ out to hang out with friends, find another way to connect with them - if they a

g? Are people in your home in conflict? Do you feel safer when you leave? Most importantly, reflect o

ıents, then you can come up with other ways to hear less of their arguments.If you sneak out bc your p

· doesn't work out. This said, you're coming to CounselChat and so I'm guessing this is something that i
ɔu are aware of your tendencies and how the interfere with your life, try to become aware of when yo
age of development. You are not at all alone.You've taken the first and very important step in regulatir
a doctor and a counselor to help you piece together exactly what is causing your voices. I Once you've
recall your nightmares, consider writing them down so that you can remember their content and wor
alyze the concerns and fears that they reflect and normalize them, which will also be a good time to di
culty in your life or someone's life whom you feel greatly attached."

n more here,Â https://www.ncbi.nlm.nih.gov/books/NBK441871/Â Still, the best way to now what yo

essionals/about-epilepsy-seizures/psychiatric-and-behavioral-aspects/psychiatric-2It sounds like this w

DBH, LPCC, NCC"

dressed by clarifying Â the life situation predicaments in which you may be.Aside from reminding yours
n recall any events or changes leading up to the time when this started for you as well as anything that
fective, then please don't blame or fault find yourself. Â Everyone has their own unique qualities and y

g your daily life responsibilities such as work, to take care of your daily needs and any responsibilities y
therapy to change those underlying ways of thinking. You can start with this assignment. Write down
I want to be more confident"" but that is hard to measure and prove to yourself that you accomplishe
because a therapist is someone who is professionally trained to listen in a way which helps someone
izes in dissociative disorders as dissociation does not typically resolve on its own. Â On my website, I h

urt him. What else is there?It would probably be very helpful to talk with a therapist about the specifi
ttachment issue. It could also be that she was attached to the house. It's not the same as being attache
ve some auditory or visual hallucination or disturbances or emotional unbalancing that accompany it th
pression/guide/bipolar-disorder-manic-depression?page=2After reviewing these symptoms, if you bel
o you to relax when triggered.Â Â¿CÃ³mo manejo el OCD (Desorden Obsesivo Compulsivo)?El Desorde

your past, uncover hurtful experiences, orÂ recognize something that would be extremely pain.Â How

th ""what ifs"". Â People who write horror movie scripts most likely have some terrible sounding stori
d ask yourself what same or similar emotion they evoke. If there's anger there, look underneath that. I
only what appears as the problem.Since you describe your laziness as an observable quality, I assume
such a tough time. It sounds to me like you are suffering from depression to some degree. Have you se
way. Good luck!"
.One question that I would have for you is, what would it mean for you to find out that you meet the c
o have 100% control over is what you accept in your life and the boundaries you set to protect your we
ndividual counseling, too."

"" or ""enabler"". The most common pattern is doing overt and subtle things that insulate the addict fr
ep emotional pain, clean it out and be open to loving you and to stop harming himself with excess alco

ɔstances or engage in behaviors that become compulsive and often continue despite harmful consequ
with a client.Â In fact, it is not uncommon for state regulatory boards to determine that a clinician and
es to requiring certain behaviors from their employees. For example, they may require you to tell then
forced. Most of the employees were in recovery and active in 12-step programs. It has always been m
nagine policy must be presented in writing to the prospective employee prior to signing a contract of e
actions, you will be investing time and energy into your own life.Whether by consciously considering

ment with the caller.Â In that case the social worker should call you back to let you know that he is un
e fact of his ignoring you.There are formal complaints you can make, which you can consider doing.Wh

ikely that a therapist would knowingly and willingly do something like this that is such a major ethical
be required to provide you with a referral to someone who can provide you with treatment. If you hav
tion would be to try to talk to your therapist about this Â from your description, it sounds like you have
ght be supportive. You could also try talking to a counselor or nurse at your school. They could also hel
epending on where you live, it's also often possible to call 211 for referrals to free or low cost counseli
ion, you are helpingÂ your primary care physician and your psychiatrist work together to best support
arly, it would be a violation of ethical standards (and maybe a violation of law) for a counselor to secre
cies regarding online counseling at all.2) Next, it's a good idea to review the 2014 ACA code of ethics a
s, that is a good time to end counselling sessions unless the client has new goals or simply wants to che
r clients, however, this is a difficult process in which they are losing a valuable support and are unders
case, a counselor should never cancel sessions with a client simply on the basis of the client's inability
v best to meet them, whether by adding in care with an additional mental health professional or trans
that the issue is in fact something different or that there is an additional related issue. If that issue is

elping clients to build confidence in their coping skills and decrease the feeling that they must forever

the client can stop attending sessions.Â In some cases, the client can also establish new goals and det

would offer that in words, and ideas of therapists (with names) of who I thought might be a better fit a
e client feels good about where he/she is in life, he/she might decide to suspend therapy for now. That
e counselor to determine whether referring the client to another therapist or health care provider is n

client and, if necessary, the clinician may need to refer the client to other treatment modalities. Â Anc

ir checkbook :) , by suggesting that we make appointments over longer intervals (once a week to once
gradually decrease the frequency of the sessions.Sometimes people who are in my practice start to c
e counselor ending treatment. This is a bit more difficult and can be very nerve-wracking. Â It may be
edication. This depends on agency policy, but sometimes it is a requirement. If the medication is neces

a doctorate degree. Licensed counselors generally completed 4 years of college and an additional 2 ye
nd supervise several counselors in a large clinic in Asheville. Â I also have a private practice online. I stu
opriate for counselors to accept gifts from their clients.Â There are some exceptions to this general rul
or a bottle of wine. Your counselor helped you and supported you, which is great, But a gift is inapprop
l guidelines of their own associations or colleges when it comes to receiving gifts, so this may differ a b
clients of the practice to be transferred to another therapist within that practice instead of being take

rtunity to utilize learned coping strategies and resilience."
s with particular therapists, have their own timeline standards of expecting therapists to give proper n
parent. Â Good luck. Â ~Mark (www.MarkMorrisLCSW.com and www.LivingYes.org)"

nselor who will be a better fit for you."
nage this part"". Your therapist is wise if they ask questions that determine what your needs are, but th
. If there is a specific issue that youâ €™d like to address in counseling, let you doctor know about it. A
ed, stressed, or whatever it may be.Â I'm sure your doctor will be glad to direct you from there.Â Best

eans to change long term goals into shorter ones.Also, in general the more focused you can be as to yo

ighten your emotions.Â You can take a holistic approach and focus on those 5 realms to reduce your s
erventions, of which there are many. Basic examples of interventions to address manifestations of stre
You see, the reason why vacations and massages don't work long term in reducing stress is that they a

ess because you'll be more focused and attentive to who you are. Â This will influence you overall to m
or not, and then also using it when you re feeling particular moments of stress - that way you are pract

ould never do it. And not just because of the consequences, but because they genuinely would notÂ w

theory on your question.When the find the answer which feels accurate you'll have a sense of having r

ust be sure you're not idealizing them, or anyone else.Because regardless of age, a relationship is base
a built-in desire to connect sexually with others, because it feels good, to keep procreation going, and
are. Â Â You are doing well to reflect on your actions in the truthful way you are doing.Also positive is
ons are formed when we turn to the same thing over and over again.Â Sex is a very powerful addictio
ction might help.Â Contact me or visit my profile to learn more."

posts? Â This would be one way to invite people to answer your post.When you write, Â imagine you
ng them. if they say no, then a simple request to respond to your messages. Measure the result and n
ve you tried gently talking to people about how you send a message and they didn't answer? If you ca
hey behave."
vith the circus, never travel with fools, everything in life should have some positive payout, will things
ough yourself and with your relationship, talk to your friend about your concern; let him (her) know th
could ask if she is willing to work with your suggested plan.The friendship may take a new format, dep
p lessons on how to treat people and the effect of betraying another person, which will last forever.Ma
ow this is affecting you and how you feel about yourself as well. If it was meant to be a joke and it did
h,"You may intuitively be sensing what many professionals in the social sciences and psychology have
h,"It doesn't really matter what the actual diagnosis is, and whether or not he is an actual psychopath,
timidated by someone.Bullies do not have the same dynamics as everyone else.No one can convince
self and develop ways to form authentic, lasting, satisfying relationships with others."
eeling about their opinions about the dresses.One topic you may consider bringing up is what everyon

possible for anyone who has consciousness. Â No one can really disconnect from reality every day on
the past. Maybe fear says ""stay away...hold onto resentment or you will be hurt again!"". Resentmer
ll you did and give your self a grade.Â If did well, you deserve ice cream, etc.Â If not so good, OK....te

t's get you started by having you write down those things in a list. What things will be better in your li
om your friends rather than validating yourself. Am I right? If you aren't validating yourself, no one els
strued. Be upfront with them and let them know that being accused of hypocrisy is hurtful and you fee

ass in order to go and obtain a new military ID.Â If you do not, you could always ask someone else to s
hem to tell you how to proceed. You can also contact the military personnel flight for more informatio
t for information and help; please keep doing so, and take good care of yourself."

Ã¡menes y entrevistas para identificar sÃ-ntomas y diagnosis.Â Â En el Ã¡rea de consejerÃ-a utilizamo

d building rapport. After taking time to get to know them, and learning about their view they have of t
't tell us everything about a person, they can help us understand where we are within larger groups of
designed most of his creatures with a ""simpler set"" of personality blueprints; not a complex set as th
e the person created for themselves, based on satisfying other people's standards.In broad terms, per

ething to explore in therapy if it is hindering your life. Either extreme of keeping emotions in and avoi

ıerapy."
otional pain.Sometimes your heart can experience so much joy and gratitude that crying maybe the w

motional pain, crying is a normal response to your body wanting to heal. Be gentle with yourself, you

fest places to be vulnerable and peel back the layers of the onion, so you can get to the roots of the iss

that you felt overwhelmed. Maybe you just needed to let it out because you haven't in a while. Mayb
press, which can lead to emotional outpourings. A competent therapist will be able to support you saf

therapy.If you're crying, and you aren't able to connect it to an emotional experience or feeling, that i

y negative experiences such as parent who shamed them or got mad at them for crying, or simply by
notion. It would be natural for the body to respond to these emotions through crying. As a side note: w

bout.In the beginning of working with a therapist, lot of people feel uncomfortable when they cry. Oft
l."

stir up emotions and tears.Â People don't tell you how hard of work therapy is, but it TRULY is HARD V

ır therapy. Share with your counselor what it feels like for you to cry in therapy, as you explore togeth
e that having a safe space to cry is not the end goal, but rather being able to work through the issues tl

d way to let off some built-up emotion. But you may not be dealing directly with your own hurts when

re feeling it is normal to cry."

with your counselor."

nerwise miss. Hope this helps!"

et the most out of it are the ones most willing to make changes."
l, some would tell you that counseling saved their lives. Now, not everyone would tell you that counse
therapists before beginning treatment to find out more about how they practice, in order to make sur
can effectively deal with this kind of situation. The counselor may also be aware of connections that yo

the client alleviate symptoms.Most counselors use active listening and this intervention helps clients f
effectiveness is proven.Â In brief, an article published in the journalÂ Cognitive Therapy and Research
but implies treatment (suppression);4) Truly, a proper ""therapist"" will be able to spot the problem q
sometimes counseling does not help. It is very important to find the right counselor for you. Ideally th
r values, and your goals, and it often helps relieve stress immediately.Along with these benefits, couns
's feelings, there is no one who asks reflective questions.Last, people get better in therapy because oft
with a Counselor (a stranger)?Â Confidentiality is the key word.Â A good counseling relationship shoul
way, counselors come to a session without judgement and expectation. This gives you the platform to
g the counselor to see the sides of you that likely are not as favorable. Therapy works when you and th

imagine he does not see the world outside of him, he only sees the small fishbowl, oblivious to the out
n for the future. Counseling can help you to deal with things before they get out of hand.Give counseli
encing, but that is really the end of the similarities. Some differences are:Counselors are specifically tr

away. You may also discover, rather quickly, that this therapist is not the right match for you.Regardle
insurance coverage and scheduling availability a good fit for you?Â Most importantly, see if you feel c
logy Today and Good Therapy. Â Visit these websites to learn more about therapists in your area."
mber you get to ask anything you need to, to determine if someone is a good fit. Â Don't be afraid to a
ve counselor can often feel like torture, but it doesn't have to stay that way. Counselors are well traine

pist to better understand if their theoretical approach will be helpful to you is a good starting place. Kn

rowing your search. Once you have a list of therapists, start calling their offices and/or visiting their w

u are going to be sharing a lot of yourself with, so it is important to feel comfortable with that therapi

big thing.Go with those around you FIRST that actually MIGHT GIVE A CR*P about you, FIRST, before g
y have open times that fit in your schedule.Â Once you make the appointment, in the first session you
sence of an online reputation is not necessarily a bar to consideration. However, a predominantly neg

r the phone. Scheduling is a big barrier to finding a therapist, especially in New York, when schedules s
tep is making an appointment. Â Also in the initial conversation, you can feel free to ask what their the
ving distance.Â 2) Decide if you need it to be covered by your insurance. You'll have more options if yo
s, so leave a message or send an email). Don't be affraid to ask questions. You want to make sure that
nselingorlando.com
ave a list of questions that are important to you that you can ask to determine whether a particular the
is in your network by looking for providers on your insurance's website. If your coverage isn't that gre
. Â During a consultation call, you can ask the therapist questions about their credentials and areas of
r as to why you are coming to therapy and ask questions as how they will be able to help you.

the specific struggles, frequency, history, duration, etc. This is NOT how my normal therapy sessions a

beginning of therapy, is to work on developing a working rapport with any client. Most research states
see if they feel I am understanding them and on the right track. Â We would then discuss the best plar
together, then it is likely not a good fit. And that's OK...speak up and the therapist should assist you in
tell me many details. Â Others are a bit more reserved and I have to demonstrate more curiosity. Â Ev
y want to know what the issues are that brought you to us. The better we understand what it is that b

refine your thinking and theories. Â Â The therapist will ask questions to help you prepare for any stur

in what makes them a full filled individual.Â Plus as a counselor we continue to expand our skills and
e crucial.Â Counselors need to really be authentic, which includes sharing empathetic responses with t

client to see a problematic behavior or situation in a different way (usually only works well after they fe
client is needing."

ce.Â Some don't see you as human but we are.Â We seek to do the best we can with our knowledge c
therapist to address it with the the client and encourage the client to focus on the therapeutic goals.I
to do so.Â Â Some clients are also ambivalent to change even though they show up to counseling.Â M

hich a client might be struggling, and when it takes place in the therapy space, it can be experienced ar
away from the painful areas the client talks about.What in fact is necessary to clear out their pain, is to

ay want to consider a different apparent that is more animal friendly."
.Â The Fair Housing Act (which has federal jurisdiction) allows you to own an ESA if you have met the r
any benefits to having one.Service animals who are trained to provide specific services for an individua
erapist's terms of working with you to compose such a letter.If the manager tells you ""no"", then find
y and panic. I will warn you that her blog is very blunt, but she is honest and she has gone through this
ns with her.Â These arguments are most likely not good for your depression.Â Â Here is a video regar
handle a reasonable conversation, and you would like to tell her your true reason, then schedule this

professional area and geographic location to look for work, would offer you a way to establish your ide
:h people who are ""supposed to be close,"" so I wonder what keeps them from feeling close. I have al
ior. Tough love and clear boundaries are needed in a lot of situations, but especially with addictions. F

est to help with this. You can share with her that you want her to stay and express to her how you feel.
her to give serious consideration and discussion over at least a few weeks or months, to moving away

could use all the support she can get despite her pushing you away."

ey will work out badly because you are ill.One way to be happy alone is to love and appreciate, nurture

PTSD.Â You can do that through Google searches, or you can also head over to Psychology Today and

and that these qualities require time to observe and develop, think of what you can do to keep happy

ve feel overly stressed or depressed--it's a self-preservation mechanism.Â It could be interesting to ex

gnize their feelings.Consider a therapist, any disciplined practice which encourages self-knowledge, su

ndition which requires care and attention.If you are medically clear in the reasons for losing your erect
ason for a difficulty in maintaining interaction. In cases where there is no medical reason for the loss o
embarrassment, a diminished sexual esteem or relationship problems, it is important to know you are

to lose an erection sometimes. Unfortunately, what tends to happen is that men don't know this and
nnels.Â A proper detoxification is necessary to reverse the stagnation and get things flowing again.Lo
d out.Â Â Once you have ruled out any physical issues that interfere with getting anÂ erection, it's tim
of Anxiety. There is a phenomenon called the Yerkes Dodson Law (see below; source: Wikipedia), wh

e tools.Â 2. Push yourself to interact more with your social groups and other positive activities. It's eas

rapy, and possibly medications (e.g.Â Wellbutrin XL, Aplenzin).Be sure to exercise good self-care and c

of the winter blues. Â All light boxes are designed to do the same thing, but one may work better for yo

a big difference. If you are someone who is awake during the day (not someone who works the night s

solutions such as changing negative thought patterns, light therapy, exercise, nutritional support, and

th experts are exactly sure of what specifically causes SAD, but many think lack of sunlight is a big trigg
. Â Maybe you can invent some of your own winter celebrations so you'll have a few gatherings to loo

ght and sunny outside, but is also quite cold when you open the door. If you are staying inside for the c

vs. Our brains are able to rewire themselves. This allows us to change habits we don't want as well as s

bout a negative result from opening your heart to another person.The weird feeling you have is also a
any necessary adjustments or referrals to other providers to help support correcting any hormonal im
r internal brain frequencies to help you to feel better. There are 35 Binaural programs to choose from
ou have seen your primary provider about what your body is going through.Â It's hard to give individ
l, and begin cleaning you out.Unbalance is an experience of blocked energies that should be naturally
), do you find yourself napping or ready to run a race?Â Either way, how you feel may be leading you
el not ourselves and down. The bloating and extreme cravings do not help either.Making sure your sc
is normal.Opinions vary as to taking natural, homeopathic supplements or Pharma drugs which will ir
ng time doing something that's meaningful to you - all of these can be helpful for treating anxiety and

. Therapy helps us confront the negative thoughts and replace them with something more realistic."
erapy where it gets to the deep limbic system ad it helps your brain to create new paths of respondin

ency to worry by altering the way your brain responds to stress. For example, instead of following you

ing the events that are happening to you? Try to interpret them in a less negative way. Unfortunately
on.
pist "" in your city.Â CounselChat also has a directory of amazing therapists, as does Psychology Today
to this. Â Then figure out what stops or inhibits you from doing this.Try new ways of thinking and inte
ely they take the easy way out and blame you for what they don't want to know about themselves.Sta
n and validate because they never learned.Â Bottom line is there are many reasons they might be tre
ense, whether an individual therapist or even in a group therapy setting.The things you are saying to y

your area available for a phone consultation. I wish you all the best in your search."
umber of sessions, though that is dependent on the therapist's caseload and payment policies.If you fi

get complicated if you aren't too familiar with the various theoretical approaches. It's important that y

hey recommend nearby. Finding someone can take a few calls or a bit of research so if you need some

ll rate."
xtenuating circumstances, or reduced-cost sessions based on your needs.Â Â Other options could be c

, uncertainty in direction, hurt, resulting from ending the marriage.Possibly what you consider ""pity""
the body.Â When you self-harm, it's triggers your body's endorphin production, which is a chemical th
nt called Dialectical Behavioral Therapy (DBT). Looking for a DBT professional or group therapy setting
ns a lot, especially in clinics which make money from prescription drugs and creating dependencies on
teem and self-worth, then perhaps it is worthwhile exploring what you find unhappy about your relati
n your fears to be who you are than with any family members' actions."
"", is that their life will collapse and decline, they'll need to take drugs, and feel hopeless.If you take a
hen you said that life is pointless, what makes it that way? What is keeping you going? Is there someth
ociated with this disorder as well as directly addressing the event/events that initially caused the symp
e been victim of a traumatic event that you are not prepared to share with your parents, itâ€™s impor

t they don't want to understand or know about this.How did you come to the conclusion that you have
in person."
or a very long time.Â Think about what that takes--a lot of patience, great emotional awareness, flexil
ith friends, a counselor, or a loved one who can offer you support and feedback as you navigate this pr
d physical strength.Usually upsetting incidents are necessary so we place ourselves on a new track in l
say you can't get a job, but I wonder if you could work with and local agencies to help you find a job, li
ou.Think of depression as a way to slow down and examine aspects of your life and relationships. Â If
the beginning. Stick with it and you will be able to find exercises, tools, and resources that help you li
at a time, a concrete plan, with self-compassion to build the solid ground you need to come out of this
art exploring the source of these feelings, and address them trough therapy.Â If you have difficulty ini
from bed to running a marathon.Â It's a way to get those feel-good chemicals flowing and to also fee
f-sabotage, get in your own way from achieving what you truly would like, then ask questions of yours
good will happen is sucking out energy you can use on pursuing your career dreams. Next, do you knc
ea of growth which will satisfy you.Just like you know now that you'd like more than your current situa
id off as you now have a loving family! I would encourage you to explore your passions and hence finc
ge that becoming a mother likely means giving up or sacrificing parts of yourself for motherhood.Â Th
ou can. I think it is great that you are self-aware and want to work on this.Feeling ""unhappy and trap
attributes or skills.I don't know what you gave up, but I wonder if there is some way that you could spe
ant, then I'd suggest seeing a counselor or therapist for an assessment for anxiety.Â Your other concer
n.Â It's the body's way of releasing pent up emotions.Â If that's coming out via aggression or self-har
ur prescribing doctor all the information about your symptoms so your meds can be as accurate as pos
uring the night. Â Usually paranoia comes when it wants to, and is not limited to nighttimes.Maybe it
have total control over--what are those things in this situation?Â Maybe that's how you express your
your son to take advantage of you.Being a family member of an addict makes seeing the dynamics be
ave done. Further, I do not believe in pathologizing individuals nor would I recommend anyone patho
when I was in graduate school and it turned out to be wrong!With that being said, I believe people are
a person who wants to find a better way to be who you are, and this will get you further with better re
requires other things besidesÂ matching upÂ the symptoms of a disorder. To come to a diagnoses for
and it can feel so disappointing when they don't meet our needs.Â If this is the case for you, you coulc
ason that you are thinking they may have some hesitation, but if you are comfortable saying that you
he process of learning and healing.Â I also understand that parents may become overly concerned an
asking for help, this may very well be part of why you are having problems in the first place.What reac

""always"" or ""never"" and when we use those words and it may not be totally true, we feel the nega
spond to this.Basically, see if you can substitute empathy toward yourself for the tension of your anxie
to think about this is to ask yourself what your anxiety is trying to tell you.Â Is there maybe somethir
ferent concept, but also involves different degrees.When you say you don't have emotion except anxie

lf because loving yourself will release some of the tension you feel.Since you write that you cannot fur
ıanges in your emotions seem much larger.Can you find anything in your life that is the same as it was
.Â Meditation is a great tool to clear your mind during the day as well; there are multiple apps that he
As you probably already know, lack of sleep is a giant contributor to an increase in symptoms.Â We do
come in small pieces, not all at once as a whole unit.Also, your description about panic attacks is also co
ot more that I get down about, and it can really build very quickly on itself. Same with anxiety. Obvious

e you discussed your medication with your prescribing provider?Â It seems like you have advocated fo
hat must be done, but after that, the decisions are largely up to what you and the clinician feel is helpi
This is good support for him AND you.It is important to think about means and opportunity to make a
nless they address this message from their soul, accompany a guide on a journey to discover their owr
directed, having a follow-up appointment(s) with his psychiatrist/psychologist/clinical social worker, a
f his feelings. Â Focus on validating his feelings and just sitting with him in his pain.Let him know how
today?"" is something that can be asked over and over again and your love and compassion for him w
health professional, or in the emergency room of a hospital, your husband should be evaluated for suic
is experience and you can discuss how you notice that things were going much better when he came h
other means; and/or,Talking or writing about death, dying or suicide, when these actions are out of th
able to discuss what bothers him and what bothers you.Depending on how far away you each are fro
come those feelings you may be in a better position to help your husband; who may be experiencing s
t you're feeling now is more intensity to the stress of parenting by yourself, not that this is a sudden pr
and upset better.Â Your sadness, depression and out-of-control feelings don't mean there is somethin

These two ideas are closely related to changes in your mood.From where do you have support? Friend

atural doctors cure..."

ıru a behavioral lens, a positive reward for a behavior, even though the behavior has other long term ı
self-harm. If you are interested in DBT, reach a local therapist in your area and ask if they do DBT or ca
serious problems in their life, and they may even know it, but the addiction serves them by helping th
ed this in yourself because many clients are not aware that this is a pattern for them, or are not yet wi
care of everything"" because that is what you had to do to help the family run smoothly.Â Over time,
pe life change.Â One direction is to start with only one specific part of your life you would like to chang
ıplete homework...etc. Â Then in the column next to it, write down the things that you do for yourself

ty-positive.htm . There is a list of negative ones here too. If you're going to use those, try to use three

time.Try to accept your unhappiness as motivation to learn more about who you are, what you like, w
to yours.Find your own path of supportive other people and possibly a therapist.This way youâ€™ll hav
you are sad. It may be helpful to talk with a local mental health professional in your area. They can hel
ɔ be helpful in treating clients with Â Anxiety and Depression are a combination of Cognitive Behaviora
an experienced therapist. This person will be viewing you as a human being with challenges, not as a
ordinary states of consciousness, attending to what is, and working with this in the service of moving t

addressing your own emotional needs and life structure in a caring and respectful way, may improve y
icial for him in working through these difficult feelings and relational challenges. Unfortunately, you ca

ılone."
ıemicals because some part of your brain is reacting as if you are in danger in some way.As far as findi
so we should learn to identify what causes them and how to process them so you can navigate throug

bout your feelings. The important part is to recognize that you need help addressing those feelings an

toward you.If you examine your relationships and life this way then you may start to notice areas whe
ı them. Treatment could mean medication or some kind of counseling. Some people may take medica
chomotor aggitation or retardation-Fatigue or loss in energyÂ -Feelings of worthlessness or excessive g

the sense of shame, unworthiness and pervasive guilt which often comes along with depression.Sendir
alled 'Feeling Good' by Dr. David Burns if you want some practical thoughts on tackling depression and
herapist and schedule a session.Â The great news is that with professional help you can feel better an
o a place where we are reliant and dependent on those around us to create happiness in our lives, the
hers and discover more fulfilling ways to do so."
ıt. Â That would not be good when they do. Â Get help before they do.."
ce such things as intrusive thoughts, emotional numbness, difficulty expressing themselves, and bodily
o try some mindfulness practices or meditation. Â However, being able to get at the root cause of wha
hurts with people in your life, you are feeling invalidated. It also sounds like current conflicts are conti
e to heal from that abuse. We carry our past with us everywhere we go, and it is up to us to find resolu
self support. So as to the uncomfortable but healthy part of your feelings, do the best you can to put na
f them want to talk about anything with you?Whatever your fears and questions about your own futur
ɔusly, that wasn't the right choice. I regret ever doing that, seeing as even though I'm not self-harming

ery time I see or hear him, I break down into tears. I found out that I will never be promoted now beca
t if I stopped watching movies or better, stopped enjoying watching movies that would be a clear indic

of time) that you'll say that you would like a ""timeout"" and will come back to discuss the issue in a ce
some translating for you...""You're so ungrateful"" means ""I need you to be successful and happy in c
; scale that can be as low as $5 (based on your income).Â Find a center that is non-profit, they have gr
n the same page. I would encourage you and your husband to seek professional support if you haven't
d rather leave.All the negative feelings and resentment of being with someone whom you'd rather be
n they want to remain in the relationship. It's a brief (1-5 sessions) and intentionally focused on helpin
cus of attention on him the least support you will receive. Focus on increasing self-care activities and b
ıd learn yourself. It will give you the power to recover from whatever it is that has broken you. We'd lo
of three goals in mind: strengthening the relationship, getting a divorce, or making a decision. The de
ıing worth tapping into. ""Why do I keep trying?"" is a question that might give you some insight into v
ıem for a glimpse into their worst moments in their minds. ""What are the worst thoughts that run thr
;s and trauma make you feel like you are not interested in sex, a partner may take it as aÂ personal rej
your primary care physician. Sometimes there are creams or lotions you can use to decrease stretch m
establish a pattern.Sometimes sadness and other emotions make sleeping very difficult as well. Try ke
en in the future.I wonder if you may consider who you have in your life who can support you. I don't k

military service that can in some way transfer into civilian life? I don't know what else your life involve
t you can't discuss your feelings with someone else. Who is it that you trust or could speak with about
ation you're in. Maybe your primary care physician will be able to refer you to some local agencies.If y

exercise, it might be something to talk with your doctor about first.The more you can learn about what
ɔing can make a big difference as far as feeling sad as well. If you're not sleeping well at night, that cou
ves. Sometimes even if we are spending time with friends, we're thinking about work and all of the oth
an opposite story...the very best story that someone could tell about you and your life...what would th
ɔ as employers generally like to see that a potential employee is confident and can think on his or her
enjoy (be kind to yourself, anything helps at this point), eat balanced, add whole grains and fibers to y
ıg like myself lately, and I may want to see a counselor"".Â I think you are doing the right thing by goin

ıf luck."
rapist who is competent in treating depression may be a huge benefit to you and help you to regain a
talked into taking pills because now you ""have something"". Â Pills change your mood.Only you can c

gÂ self-careÂ routine talk to your therapist about what motivates you and pushes you to do things, you
ehearsing the futureÂ while ignoring the present. ACT helps folks who have those kinds of tendencies.

age medication for patients who have mild, moderate, and sometimes severe depression. So, don't be
depression is often the result. Â In this type of case, depression is not the main or underlying issue. Th
given minimal information from two sentences."
n found it helpful to each write down ten things they would like the other person to try and then each
ell as nutrition counseling using a wholistic approach."

r question here is very brief so I'm only guessing the possible areas, based on typical ideas people ofte

v yourself I usually do a 6 session course with my client by having them answer questions such as the f
boy why he's so miserable, because he has so much. He says that he's missing the one toy that he real
, because a lot of people have this feeling sometimes.Â I can tell that you're smart, because you seem
ged to be cooperative and not upset people, and to put the needs of other people first. You instinctivel

our parents, siblings and extended family believe, it is possible that you have a broader view of yourse
eorizing as to ""why"" you feel that pushing people away is ""easier"", and easier than what?Googling
erapists are very good at spotting the signs and treating accordingly, although only a physician can pre
ship belongs to both of you.Has he told you whether he feels about himself that how he interacts with
elf-aware of a problem within yourself. And, you're responsible toward yourself and making effort to a

now...you're not together anymore, but you can't accept this, right? Good for you for identifying that t
ent that you feel the most angry? I wouldn't be surprised; anger is a normal response to someone yell
y life. I was such a happy person. I want my life back. I want to travel with my friends and family again,

e depth of your emotions.Â From what you write, the context of your growing up years had people tel
ghter is in your legal control, then you can locate a counselor nearby, discuss your situation with that
'd be living with her, she assumed you wouldn't, and the two of you didn't speak to one another about
till don't feel my sense of self has been completely regained, and I have days where I feel a zombie-lik
luate our situation and can lead to a domino effect in our thinking. Â I know you feel that you may be l
an work with you on building enjoyable activities into your daily routine, change maladaptive thought
We all have a place in this world. We all have value, we all deserve love, and there are safe, wonderful

into what may be contributing to these challenges. Additionally, a therapist may be able to support y
mpetent therapist may help you to discover the answer."

in love with you, I never stopped loving you," and I cried tears of joy. I asked multiple times if he loved
e me to take medication because I am unable to make decisions on my own. Iâ€™m not really suicidal,
s exactly what you may now need in your life in order to draw more favorable people to you."

bed most of the day, eating and sleeping poorly, not going to work or taking care of your house and h
whom you do feel help you.Follow your natural interests. Â If you like reading, look online for a local b
d unwanted. Your wife has the right to decide not to be in a marriage with you, and a therapist can hel
to tell you who you are, can interfere with your own wish to be happy.Others can slow you down bec
get you to someone who can. Â Also, the idea of not being ""good enough"" is a common psychologic
book, Living Yes, for many ideas about challenging your thinking and improving you mood. www.Livi

ns. Â In the meantime, do some ""anxiety fasting"" by taking a few minutes to do something nice for y

extremely low for a length of time may indicate a mood disorder. I think it would be best to talk with y
en helpful for depression and anxiety. This takes a therapist trained in CBT.Â There are some things in li
alk to each other. If you can't find any in your area (newspapers usually publish this information), ther
u and your children are safe? Is the boyfriend currently living in the home or is he coming and going? If

you will quickly see the freedom to establish new and happier patterns of relating.Have a good therap
t just cry in spite of your fears about it. Your therapist is used to people expressing how they feel and v

to release stuck emotions that havenâ€™t had the opportunity to come out yet. Do you ever notice th
even not worry so much about how you appear to them. Â It's normal to be anxious going into a new s
l less uncomfortable during your tears.Â I think of crying like any other natural reaction of our body su

y have held onto for a long time, cry because they feel so relieved that they finally feel heard. Â I mys

s after we die - regardless of the religious or philosophical belief systems we hold. It is the ultimate un
n build on these ideas and get to know you well.It's natural to have random thoughts that unsettle us.
in eternity. When thoughts seem to be overwhelming, it could be a sign to take a different perspective
out your future? Be present - learn and relax, knowing that you are doing everything you can right he
ousness transcends boundaries and limits we tend to impose on it. That said, if reincarnation exists or
he fear & anxiety you seem to be feeling that are deeply connected to your questions. Scary thoughts,
, talk to your mom. It can help greatly just to get the words out. Tell her how you feel about her passin
is common. Â I suggest that you consider counseling to help you with your anxiety. Â If you are so incli

rticularly nervous is perhaps you are not comfortable sharing things. As children, we might have bad e
tential evaluation of deep things about you and your heart and soul, it can cause anyone to tremble. T

ervous and shaky. Some anxiety can actually help to motivate or lead you toward change. There are al

ation will take you far. I would first start by asking if you have discussed this with your therapist, if you
how hard we try, sometimes it is just a little hard to get accustomed to. The good news is, the more yo
your work. If you still feel unsure about sharing after several sessions, it is important to take a look at
you aspire toward.Â In your question, you mentioned that you've ""gone several times and are still fee
tations for sessions.Â It could even be something you bring up to your counselor to process how that f
't it be better to go to your family and loved ones, first? :)Might try that; see if your nervousness evapo

d help you explore where these nerves are actually coming from (talking about yourself, relating to an
make the process feel less intimidating to you."

ynamics you most likely are handling.No therapist could possibly know your particular details and you

al. Â That in itself is scary and can make you anxious.Â Third, you really never know where this therap

)nce you figure out the underlying meaning of the anxiety, you can figure out a way to handle it and ac
ng on what you learn about your anxiety. In individual therapy you would have time to deal with your
addressing to help alleviate those feelings or have a better understanding of why they are showing up

time, you do not hit your head you give yourself some micro reward. Also when you do hit your head,
tion away from your emotional pain.
going into therapy. Some from how much effort they gave, and others from whether or not there was
ng alternative in one moment, time is required for you to repeat this alternative until it feels natural.A
like you have developed a sort of knee-jerk behavioral conditioning that causes you to do this behavi
ıelp. Cognitive Behavioral Therapy is a technique that has been proven helpful for depression and anxi
experiencing some significant anxiety, maybe even underlying the anger?Â Without knowing the cont
m like we are only existing for others.Â Sometimes having someone to rely on can help take off some
rgy to embrace a more social you.Â Â Â I also wanted to share this short digital book with you.Â The
e you.Â The truth is that those are just simply fears.Â You may overanalyze how people react when yo
:o please the girlfriend.The question is whether or not she is doing all she can to satisfy you, her boyfri
hen moving closer to the bridge, then maybe standing on a bridge, all the while moving closer to his fe

e taken baby steps while assessing whether or not what you feared most was as bad as you thought it
ghout the event, your brain may equate clocks with danger.Â Â The reason for this is clear in much of t
ircumstances, may help you to dissolve the current fear.Another possibility is CBT, cognitive behavior
what would you do if this fear was completely gone? What behaviors would you have if you were the i
at you know is irrational (for example, fear of being hurt by static cling from winter clothing), is there s
t. Someone who is afraid to drive over bridges may go to great lengths to avoid routes that have bridg
niques to help you manage it.Â 2. There are different websites and even some self-help books that yo
a positive way.Â Â For example â€œyou are not worth anythingâ€ you could rewrite that in a way tha
ımediate thought is you need drugs bc you are psychotic.Since this is going on for a number of years, I
y clients have reported that their triggers are being in social gathering or around strangers or for some
Many people find benefit to taking medications, such as risperdal, seroquel, and so on. These should
you were little. I have no idea how old you are now, but something that has been going on for many y
s you?Â Were you bullied by someone you love in the past and this resonates because it is familiar? A
e anxiety and stress. Much depends on how serious the stress is.So here are a few ideas:1. Practice in f
ıeak in front of an audience! I'll fail?"" Â That sounds a lot different than ""I studied my butt off and if I

ınd speak about.Remember that it's pretty normal to feel increased anxiety before and during a speec
ou are driving (if it won't distract you from the road), and practice in front of a friend. On the day of th
ınxiety you may feel about making a mistake, the audience is almost alway much more forgiving than t

what you have accomplished and looking at the facts at hand can help diminish doubt. Â Remember, r

yndrome is often connected to perfectionism, and you may be holding impossibly high standards for y
g recognized as adding value to people's lives.If you were told growing up that you're worthless, or if
t closer to it and understand its roots. If you would like to get closer to the feeling, you might consider
Â Negotiating With Inner Critic"
d said, ""it can help to zoom out and consider how where you are now compares to where you were la
te school, you're really at the beginning of that journey so of course you aren't expected to know ever
ve. Here are a few of the common beliefs that typically underlie Imposter Syndrome:I must know eve

ined goal that they need to meet: cross the finish line, say, faster than anyone else. That success is rem

xperienced direct judgment or bullying in your past, or if a significant parent or caregiver in your life m
e's life;"

coping with the distress of feeling this way, with the help of a good therapist. There is no pill or techni
specializes in working with individuals with challenges surrounding drinking. This would need to be as
e is happy being with you, would you consider continuing the conversation with her about your unders
o signs of PTSD. Or something else.Â Â Studies have shown especially with those who have sensitive e
u feel toward this. Â Are you feeling alarmed or freed, by throwing away things? Â I'm only suggesting
: therapist for you right away.Â It can be difficult to find someone who fits with you, who helps you fe
p you achieve the absolute best outcome and success.Â You should never be or feel judged, and you s
; on a parking lot, and focus on pleasurable thoughts, or the activity that you need to complete on the
pay closer attention in the moments you feel the physical symptoms of anxiety and see if you can des

tastrophic thinking is common amongst people who struggle with anxiety. Those thoughts might soun
certain and come up with ways to explore options for those uncertainties.Â Doing this can separate w
isp today..."""); after 3-5 days of contemplation, see what you notice..."
ı very insecure foundation on which to trust your yourself and other people.Examine the basics of you

up CBT (cognitive behavioral therapy) tips, worksheets, booklets etc. on line, or contact a local CBT the

ide, that may be a very different clinical picture.Â Did you used to enjoy getting outside but now feel l

ı anxiety and more specifically, agoraphobia."
r others are having great and fun times together.One way to encourage yourself to go back outdoors i

nany medications available for anxiety or insomnia or even depression that there may be others with l
y tough.Â Â You are processing through circumstances that you probably can't talk to him, your best f
k about how you will respond or what's cool to say, but people like it best (usually) when you are genu
for truth and challenged! Â Often times, practice helps! Â You could start by having a conversation wit
o wrong you are hurting your confidence to do what you want. Â Give yourself some credit for being a
; more water, eating healthier foods, or taking a hot bath can be helpful to relieve stress."
ı boundary on how many people I see in a week and when I discuss work-related issues--this helps me
really matter once we get into doing too much.)If either of those rings true for your experience, try as
ow the difference between your usual sense of yourself and that you've been away from this feeling.G
Although not a bad idea to have a game plan or rehearse how you are going to respond to conflict, en
down (common with drinking) can feel too vulnerable for people with a history of trauma because the
the same message, as anxiety typically throws us into the ""what ifs"" of the future.Â If you search go
:o get to school or other places you need to go.Â Maybe you are also scared to be in a vehicle?Â My fi
rried, and may have some trauma after the accidents.Â If you have been experiencing anxiety since th
e your life figured out and compare to where others are in their lives.Â That same scenario can show

ıer things that people may think of you?Â Maybe you are very kind and easy to talk to.Â Maybe you t
ı and, according to some available research, physical health.Â Â No matter how mentally healthy or sc
ength to provide you the enjoyment you seek. Don't discount it and rely only on the voices of others."
ch a door handle, you think about the germs you came into contact with and washing your hands multi
ıow up no matter how hard we try to bury it.Â Â Sometimes that shows up as crying or irritation, othe
: in telling your father that you'd like doing as he wishes, only are not able to do so because you are em
ion will bring you relief and also time to find something you really will enjoy."
to believe what you are going through to get better.Â It could for sure make it harder, but if you can g
rds that don't go against your values to use as a default when you are upset.Â Â You could also work d
t's what would feel helpful).You could also seek help and talk to someone about what's happening to
to that. Of course, I'm not saying you are going deaf or anything, just giving an example. Counseling c
ıore insight into what is happening, get clarity about your social interactions, and develop some ways
ing some of the anxiety from the day.Â Also take note of the things you can tackle that day vs what ca
ou are afraid of and theorize how you would handle these situations as a grown person.Also, sometim
ons outside of us in the form of dark figures--maybe just as a reflection of what is existing on the inside
ccurate assessment of what actually takes place in your room at night.Addressing anxiety is best done

eeper work, you can actually be in the midst of chaos and still feel that calm and peace within yourself
: would be focused there.Â Â One thing to think about is that most people tend to run from things that
lping us. Â Â On the other hand, are the things getting tough because you need to learn a new skill?Â
vith this change? (Happy, sad, scared, anxious/nervous, confused, motivated, etc.)How is the job that

us brain as a dream (or nightmare).Â Another theory is more of Gestalt nature, where all your dream
stress or maybe memories. It can help to draw the dream out in the morning or even to look for metap
elings and their source.This type of deep work is easier with emotional support from someone. Â A the
re carrying him/her, or if you carry him/her mostly in response to the baby crying.Â I'm not sure if you

afe by keeping you in a state where you could react quickly (run, fight, etc.).Â This can happen even if
crease. Â This is because you will have adjusted and found new ways of handling otherwise frightening
esponses and react to people awkwardly, which robs us from our spontaneous responses and canÂ m
cal servicesI know that anxiety can come with a stigma, and that may have stopped you from seeking t
you feel anxiety imagining you'll fall short of expectations, is social anxiety."

s of the people you trust now can help to disentangle what means safety and what means danger. We
ort to increase you comfort around other people, eventually you will succeed."
notional needs for you?Â Maybe they would benefit from knowing that you have a hard time expressi
y wish to excuse yourself from speaking about yourself.There's no good reason to be heartfelt with pe
ent by avoiding or isolating may cause some relief at first, but then many times the avoidance will ever
ss in our behavior!Â Â Even though we feel as though we are in the spotlight, the truth is that most pe
e and aren't successful, then likely you simply aren't naturally someone who cares for large group setti
you are the best person to speak out for yourself to the people that can help you.Â I have extensive tra
ıg helpful in solving life's problems. Â Once the effect wears off, the stressful situation is once again w
ant to have a varietyÂ of tools you use to manage your responses to stress.Â If you are not already se
anax is not working well for you, I wonder if something else may work better. What is your reasoning

make recommendations about how much or what typeÂ of medicationÂ a person should be taking. Th
attention to what you are thinking about before bed, that could tell you a lot about what you worry ab
ll tempt you to enjoy relaxing enough to go to sleep!"
you apply to those thoughts.Â Â If you've been through something traumatic such as rape, domestic vi
self fact based questions as to how you would handle the worse case scenario of your fears.Feeling pr
d you deal with those fears?Â I wonder if your fiance can be of any help to you.Â It's scary to admit fe
cal intimacy."
rget them at the source.Something to know is that the presence of anxiety does not mean you are in a
ws more time to know and understand your own inner feelings and reactions.To know more about you
ur body is preparing you to react to something that isn't actually a threat, so it's almost as if you're fig
gerous to you and nothing bad happens.Â The more you practice doing this, the less scary it will becom
ve success in overcoming your fear!"
around children shows that you aren't a bad person--it actually speaks to that you care.Â Panic attack
nted thoughts of doing harm to children - physically or sexually. As you said, these are intrusive and ur
Â This, together with the fact of searching for self-understanding, sound more like someone who is un
wander.Â Unless you are acting on these thoughts, they are not dangerous.Â It's important to note th
scovery on your feelings, including the ones which are uneasy, such as killing, to consider."
s these thoughts. It is usually a safe environment where you can get advice with little judgement. Now
e to help to do this online if you are interested. In addition, finding ways you usually cope with anxiety
e for you? Or support you in the ways you need?Try to remember that although it may feel like this is
lost the battle"" if you go live with your mom. He might also feel he's lost you. If your dad is unrelentin
r rights in the state you live in but as far as I know you as a 17 year old you have the right to stay where
together and depending on the outcome, with you and each parent."
positives, though.Â One, you say you have a therapist. That's great! I hope you're able to talk to them a

n you for some time before and after sexual interactions.Another idea to consider is spending time wit
monstrating the willingness to take right action, are all examples of making things right.Since the actua
nger at the accident scene ""...several hundred dollars"". Why? Because it could go badly against you (i
the grocery store anxiety by telling yourself you're anxious and that you'll be ok, its only a grocery sto
ur anxiety and see how anxious you are (on a scale of 1 to 10) in different situations. Also, if you know
e conversations, just add a phrase or two. Have an exit strategy if you get too uncomfortable. Keep not
lp to lessen that.Thanks for being brave to post here."
ews or of being who you are, than others, then the thought of actually placing yourself in this situatior
whether you feel truly interested in this person as much as you would like to feel toward someone."
bout _____ (listing what you are most worried about)."" Then he can discuss his reaction and you can
ou learn tools to help you navigate these emotions.I am wishing you the best!"
ysical symptoms happen, what's going on for you when they tend to happen, and how frequently/inte
ots your life and concentration. Â Worry that keeps from being present in your life. Â Anxiety when it b
icks the hypothalamus into action flooding our body with chemicals, like adrenaline or cortisol. Â So, c
eriencing some symptoms of anxiety."
you handle your symptoms.Â¿Tengo algÃºnÂ tipoÂ deÂ ansiedad?A veces estoy bien, puedo salir a re

ple develop anxiety from missing enough love. Â They feel lacking in ability to take care of themselves,
would be helpful to look at the differences between the days when you are more comfortable on the da

d relationship requirements are satisfied with a long distance relationship.Anyway, cheating has nothi
rself and that you have anxiety. Â If you're able to accept that some situations create great discomfort
not very familiar, probably your fear will decrease.The other general direction to understand is if in you
nown to reduce the risk of rape by more than 50%. (http://www.blueprintsprograms.com/factsheet/ea
services in your area that offer free therapy if you are eligible for grant."
st of luck."
skills for coping with anxiety and reconnecting with yourself, and alleviate these symptoms over time.'
parts are can feel like they are at odds with each other or are locked in conflict. Â Sometimes dissociati
ual physical illness causing these symptoms, you may want to visit your primary care provider. They ma
th assistance.In the meantime, try searching for a phone helpline in the county where you live. They m
u talk with that person about your difficult getting your mom to retain helping services for you?Keep lo
n, are either of you open to other forms of engaging in sexual intimacy (without penetration, but with

me to absorb this new understanding.Talk w your partner about your psychological difficulty bc their p

ss, or toastmaster group, they will give you practice in a safe environment where the cool kids or cutes

anxiety can change. Â You may naturally prefer smaller groups than an audience.And, it is possible to
edication, talk to your provider about the nightmares, this may be the cause. 2. Stress can certainly in

ning to guided meditation; engaging in deep breathing exercises; yoga practice; or other positive calm
erything out for you to see so that it becomes possible to alter one of the links leading up to the unwa
n, validate it like you do a child and see what happens."
ing from these feelings, remain present and fully experience the symptoms of anxiety. Instead of avoi
daries in families and other personal relationships.Â Triangulation isÂ two individuals relaying inform
ive bubble around your family unit that keeps other people's issues away. I tell myself ""Not my pig, n

d relationships and if we pay attention to them we can learn important things about ourselves. One thi

f-esteem thoughts and thinking. Â What is contributing to these negative thoughts? Â His actions or yo
p in order to give and receive mutual support to one another."

traits. We all have faults and if that's what we focus on, that's all we will see. My hunch is that your mo

es. Â Instead, you appear to be upset by your own guess at what others may be thinking. That's a trap t
your own uniqueness.This way you will become more tolerant of what very well be your natural tende
are wondering what is happening to you. Many people who come to therapy experience intrusive and
aking unnecessary risks with your health. You can say ""thanks very much"" to fear for trying to protect
what is it that gets in the way of actually asking the questions and getting to know him? Fear of rejectio
ngs and what either of you expect from the relationship. Â Given that the two of you recently moved in
n the door and it's pushing you around, wanting some power over you. Fear and anxiety try to convinc
at it's her job to learn what the rules are, and where her power is. Don't be so surprised when she war
remain calm, explain to him/her the appropriate way to act, and model it for him/her. Remember to gi

ing good wishes in your work!"

s by learning how to assert ourselves. Â Despite what most people think of when they hear the word a
sors for people. They can often make it difficult for us to sleep at night due to the constant racing thou

with it the rest of your life. Many times, it can be a single episode and if treatment is received, you can
ategies for coping with and eventually alleviating anxiety, irritability, and inconsistent sleep."
one else and then thinking I will never meet someone I like. We have gone through this cycle already
one else and then thinking I will never meet someone I like. We have gone through this cycle already
about your behavioral health coverage. If you have medicaid/apple care, there are some private practi
reactions out effectively. I hope you reach out to someone soon."
ard back, feel right and accurate to our lives.I hope the feeling of a hole in your stomach would decrea
er to protect you from anything terrible happening to you again. However, as it sounds like you know,

e secure idea of what topics the group likes talking about and whether you like talking about these top
dication to help you relax), there are many social service agencies who provide free counseling or take

rse in undergraduate college now. Everyone manages their time differently and it is up to you to decid
urn on location services anymore on my phone because of a past incident. He makes me feel guilty abo
ce another panic attack when an additional stressful event arises.Â Therefore, it is essential that you a
d, shelter. water, safety) as much as when they were toddlers, but rather, their needs shift to wanting
of being a high achiever. I provided the following suggestion to another parent with a similar concern:
king, leading them to see one poor test performance, one off day, one not-great assignment as the ma
e for your child to communicate their thoughts and feelings, seeking clarity and understanding can go
ry re-stating and imagining how she may feel so she knows you care."

apist can help her with skills to manage her stress levels."
y would anyone want to accept this as normal? It's hard to see someone you care about suffering - and
er about your worries. Make sure to speak with her calmly and have an open discussion with her abou

ng? Developing coping tools to process emotions instead of dismissing them until they ""bubble up"" a
or lifestyle changes or traumatic events that can also be overwhelming and confusing for the developi

y competitive and it is impacting our youth! You are right to be concerned that allÂ the stress is not h

""safe"" and ""nurturing"" environment in which your child can share the deep concerns fueling her e

e is stressing too much it is important to understanding from her perspective what it means to her to
gether, even under stress and pressureItâ€™s tough to be a teen! Many of them also donâ€™t feel they

y feel are what their parents expect, regardless of that being accurate."
es from might bring insight into why she stresses. A counselor could certainly help her learn ways of de
re so very new at and the act of managing all of it can be overwhelming at times. They are still growin
e even some anxiety and apprehension.Â All of these reactions are normal! I would first check in with
ly, is sensitive to smells, sights or fabrics, etc, she may be a highly sensitive child (check out Elaine Aro
pist that she can trust to discuss her thoughts and feelings, learn coping skills, and learn how to better
Please let me know if you have any further questions that I may be able to help in this area.
ol, children tend to react in ways that are different than adults. I donâ€™t know how old your child is, b

lent living out of home?Â Â Just with the information given, it's possible she has some perfectionistic t
stakes.Â Perfectionists tend to sabotage their own success and succeed despite their perfectionism.Â
ol and that most importantly you are there for her. I would also make an appointment to see a mental
g her examples of different kinds of mistakes and listening to her responses will give you an idea of hc
ool.Â Â It sounds like your daughter would benefit from some social and emotional education and lea

uld be of great use."

tions. Grades are a pretty good indicator of how a student is doing, overall. If your daughter has a 4.0
ressure to strive for perfection. You may be able to offer her support by listening to and validating her
to be a hot pop word, it simply doesn't work.Â We aren't wired to do our best at multiple things at on
though it may seem as though this is ""not normal"", unfortunately it is. From standardized testing, to
a very effective communication skill. Ask your daughter how she feels about speaking to a therapist or
s to give herself permission to be a perfectly flawed human.Â It may be a good idea to see a therapist
neone that can help her find ways to cope with her strong desire to doing well in school. Getting ahead
dolescent clients who do very well academically, but keep it well hidden from their peers so that they
ur concern. People of all ages have meltdowns when they become overwhelmed with stress, and the r
rded with questions about their future and expected to select professions before they have even gone
you create physical stress responses in the body. Seeing a counselor can also help you as the mom or d

this helps."
ou were a junior? Much of what happens to us is insignificant and we worry over things which really , i
of balance in her life so that schoolwork feels less stressful.I wouldn't take her to a doctor because ba
wer to help.Â Find how to incorporate visitation so this child see you and also maybe seek some legal
with his/her child, but only insofar as that doesn't cause your child unnecessary stress. That requires t
kely to abuse drugs and alcohol, 2x more likely to suffer obesity, 2x more likely to drop out of school, n
uture. Â Your child will forever be your child and deserves and active loving and caring father. Â Staying
r them. They start to think, ""why does dad keep leaving? What am I doing to keep making him go awa
only responsible for your own actions to repair the damage done to you.From what you write, you alre
ng that may be happening in your relationship.Â You can move on from the relationship with your ex
parents will serve the best interest of the child, which I assume is what both parents are truly concern
eep both their parents. In other words, the damaging part is losing half of themselves and losing the va
not appreciating, may remind you of your wishes during the many years you raised your kids.If it helps
OUGH - Guided Meditation"
vited to criticize you.Are there other people who live in the household w you and dad?If yes, then are t
as a choice you make, you will be empowered to take control over your emotions and learn to feel bet
e and custody agreements. The fact that she's afraid to say anything to him about his inappropriate bel
a situation.There is no blanket rule and certainly no law which prohibits what he's doing. Â The situat
non-payment;I wonder how that might work out... act as man :)"
there or they wouldn't have split, but your fiance and her ex do need to stay aligned for the kids and th

of play, unsure of how to join the group.Â Therespectfully is a difference between kids who are shy but

d, it is also important to develop social skills early on and become confident in our skills as we grow.Â
er. I would request reports from all teachers and caregivers concerning socialization and make a choic
understood and handled."
ngs that she can do when she is angry, like say that she is mad because she cannot have the toy that sh

ns as to the reasons why your toddler would wish her father's death.She may be pointing out that the f
eone who is being yelled at and demeaned is also frequently having his/her emotions preyed upon as
l, you might want to try talking to another adult you trust (like a family member or teacher). They may

one can help. Perhaps there is a counselor at school, or another trustworthy person you could confide
ase try to find a therapist who could give you tips for creating healthy boundaries with your dad regar
tionship at all, he will not feel pressured by the surprise of suddenly being expected to talk about a top
before addressing any of the family dynamics, emotions, and psychology of the people involved, is a m
es will not be available for use for him the next day(or your designated realistic time frame).Â Â This w

ıe echo the sentiments already offered - vacations are lovely, but not a survival need.Â Your girl is in h
ı."
ɔn Incase you notice any other changes. If you become more concerned, even Â suspicions of child abu
f you knowing more.Sometimes indirect questions, like asking how the kids behave around him, how
s and pediatrician as well. Please closelyÂ monitor the situation, and express to your children that the
gs.Â Observe her behavior and or her emotions and see if they change as well.Â Discuss these with yo

ɔ do is to have educational testing done.Â You can request testing by going through your school syster

r environments?Also, who is telling you she has these problems? Â Are you the one who notices what

ıve not spoken to the school that can be a good starting point."
assist your daughter in learning age appropriate social interactions."
d that ""under stress people regress."" Â In other words , many people , children and adults alike , ofte
e with younger kids.Has she ben ostracized or bullied by her peers and may be retreating to avoid furt
ɔth sides to get along harmoniously.In order to achieve this, the campers would need specialized train
work with your suggestions then before you make critical comments be sure to validate his strong poi
ation or ideas that you are giving to him.One thing you might try is to ask questions in a way that enab
close so I can see why it would feel so awful to have her distrust you.Â Since you are a fundamentally

ing so brave! Be Wise!"
ɔre he thought it through (after all a debit spend is pretty easy to track).Â Â 2. Once he lied he stuck wi
ld's job to figure out the rules and find where their power is in the world. In order to accomplish that,
might that be?Have you discussed these recent changes with her? (Without being too serious or accus
alking on high heels or some other image then knowing this rules out that she has some unbearable pa
rmal [common, the rule] Â to look forward to a one year olds nap time when you have a three year old
ırents will not have the time or energy to attach well to the child.Â Sometimes the energy of the child

gives you the feeling of not liking this child as much as the others, or does the reason have more to do
ıghter.Is your daughter financially ready to live on her own and support herself and her child?You certa

are wonderful and can help parents navigate tantrums. https://www.amazon.com/Explosive-Child-Ur
nes too, a partner who is unwilling to pay for their kids' wellbeing may be pressured by child welfare to
e to explore your purpose in life. It may be helpful to seek out additional support to work on your intra

The only general certainty is that the adult whom this child becomes will have had a profound encount
ne will learn to respect and trust her.Â His actions would improve.Â She may need to attend a parenti
could this possibility be teaching him? Absolutely nothing.Â Meanwhile, she is most likely damaging h
.Your decision is not surprising since most people wouldn't want to live with a parent who shows little
way from your mom unless there is some legal complications that prevent it.Is your father abusive and
omething other than our self. Â We choose how we internalize and react to situations. Â I would find a

er, turn off the phone and give her your undivided attention. Â The goal would be just for you to enjoy
language skills, then you can also take some pressure off yourself and them by explaining your inner st
e ground (authoritative) is better than very strict (authoritarian), according to most research.You could

eir step-father has a child pornography addiction?,If the daughters are old & mature enough to unders
eir step-father has a child pornography addiction?,"The information from the other therapists here is s
eir step-father has a child pornography addiction?,"Lorain, you're correct that your husband's ex-wife i
ng on suggests that she might be in need of a safe place to process what she's going through, and the p
"
obably help a lot.One major point to be aware, is that the mother/daughter relationship dynamic, beca
erience? Do you have any contact with the parent? You may want to speak with the parent first to dete
r ex-partner unfortunately has the power to say things to your children that poison their relationship w
cause he has done no wrong in their eyes. Im guessing they lived with you? Growing up I was the same
her dad over you, perhaps I can help by saying her intense emotional reactions towards you actually ac
oint in her life she will be ready to know the truth, I trust your instinct that now is not the time. Your ab
to still have that contact. In my book, the more people loving a child, the better.Â But, ultimately, she
all the details needed in order to respond to your question. It seems very clear to me that ""no"" wou
where she is, why she isn't present, then I don't see any reason for you to offer more effort by your da
onoured.Â Unfortunately, the laws don't always uphold a parent's right to do what is best for their chil
come live with him and his wife. I would really love to go. I do not want my son to be in this environm

not. If you do, your position is perhaps more difficult, because his daughter's behaviours affect you; you
nd your ex had the right to tell them if he felt it was best. So it's time to explain to them what a loving
ersations should be centred on getting a better understanding of why they are angry with each other an
old he is, so I'm not sure whether the problem is deeper, but right his fears may reflect that right now h

od. I drank and cussed out a maintenance worker for not doing his job 4 months running. Now I'm not

ist to support your process."
oncerns with the child's other parent? There could be contributing factors in his life that could be causi
vhelmed with feelings of guilt and unworthiness. How can my boyfriend forgive me when I can't forgiv
vhelmed with feelings of guilt and unworthiness. How can my boyfriend forgive me when I can't forgiv

ly good at x, y, and z.""Â Â 2.)Â Write down a new positive self statement each day and focus on each
and emotionally begin?Â Here is a helpful videoÂ Â Where Does Self-Esteem Come From"

of humanity. You can then say encouraging words to yourself either silently or out loud such as ""May I

y. Meeting with a counselor can give you a partner in that process. Your counselor can also help you to

criticize you or put you down often? Were you bulled in school? Has a romantic partner emotionally ab
inner critic has developed a lot of strength throughout our life because of how we've depended on it
onfidence and self esteem, but there are other situations that might surprise you to hear they can be c
hate yourself?This answer may help you address within yourself , a new type self talk which has more
eing able to fully understand where you're question is coming from, I think there are a couple of differ
gh to meet their standards. In the healing process, you'll need to work on discovering the root source
nough then it's reasonable to expect that you would end up feeling burnt out.Â It's like there's no mo
ike that is affecting your inner voice, which allows you to accept yourself for who you are.My suggesti
sense of worth. Nor will it satisfy those that are critical and judgmental. I am so sorry to hear that this i
e not even talking anymore. We follow each other on Instagram and that's it. I feel like I still need his
you, even though you perceive these attitudes within them. Additionally, working with a competent t
nay lead us to assume that we could never meet others' expectations or that other people couldn't po

diminish. I never believed in the whole "If you love them, let them go," but I do now. I really want her
diminish. I never believed in the whole "If you love them, let them go," but I do now. I really want her
diminish. I never believed in the whole "If you love them, let them go," but I do now. I really want her
your mind is constantly fighting this grief? Death can be a ""traumatic"" experience for some people a
tart moving forward again. I wonder what you can do right now to improve your situation? I also won
's difficult sometimes to see the light at the end of the tunnel. Â Maybe you could allow yourself the g

ou to a potential girlfriend."
ior toward you.Gradually you will trust more and more that your new living relationship life is your rea
ince we are essentially socially beings and in fact, need each other for our survival, we really know wh
e relationship with this wonderful woman you met.Â Second, I would like to invite you to treat yourse
nd seeing if your partner is willing to listen. Then you could ask questions about how she would react i
self), and to get support! Â And it sounds like you want to make some changes in your life! Â Take a wa
ld be the first step towards getting the tools to reach physical and emotional health. Â Remember that

em, and emotions respond in the same way. Â They feel as if what we experienced when we were littl
change this. Very good! I commend your strength. Your feelings are not uncommon and the feelings o
xtremely Â exhausting. You are already starting the healing process by becoming self aware and seeki

ies may be a little too lighthearted and distracting from the more major task of grounding yourself in f

to come up with a list of dislikes than likes, especially when it comes to ourselves or our circumstance
make me homeless, which she was successful at. I need guidance in my life. I don't want to lose my w
te. Â You didn't deserve his rudeness."
ty"".Â Common Humanity is one of the three elements of self-compassion.Â Common humanity esse
the swim top, find an inexpensive swim top to replace the one you have, or wear what you have as lo
earn to notice the appearance of your swimwear.Put in context that feeling foolish for doing somethir
d I do that?"", ""I looked so stupid!"" ""Now people saw things I did not want them to see!"" If we tune
r the idea that we all make mistakes and it certainly sounds like it wasn't intentional. I think we have a
ad to see that there may be a desire in you to accept your body the way it is. You seem to want to stop
e talking about your insecurities with your friends.Â Another way is to start, slowly, to dress more and
about your boobs when you wear the bigger bra around your friends when they visit you at home.Alsc

help you with this part.Once you've addressed any past barriers to feeling confident, you can focus on a

too much time worrying about how you come across. As you age you understand this more, and it's tru

s. It does sound like your roommate may be having a hard time. You can suggest that she enter couns

le think of you.Â Â Got it?Â This part can be tricky at times, because, what others think about us does

year to make it to next year. Break that down into months... check in with friends/families/co workers
se they feel guilty about something they did, but usually they will go back to their old behaviors if they
ow to walk again."""
ne..... and then acknowledge that you did something wrong, acknowledge it, and say to self,Â ""I forgi

in ""I'm bad"", orÂ ""I'm worthless""? Is there a younger version of you who is still feeling shame over
g up certain points to the other person.Or, you may also decide that the relationships in which you feel

Â Â Â Â Â Â Â Â Â CriticismÂ Â Â Â Â Â Â Â Â Â

like if we are clear on what this is."
t be like for you if you took on an experiment of trying to really see the people around you and make li

you are your authentic self."
fantastic life. Â Everyone on FB is happy, even when they're miserable they're happy telling everyone a

in you than you've realized until now.As you address all the emotional pain you've lived through, the f
uld be with him. Â Just talk. Â The communication is likely to shine light on deepening connection for E
ur therapist, I'd have many questions for you and I would need to understand a lot of things about you
struggle secretly with this problem and not many people know or even notice. So you are definitely n
healthier sexual relationship with your wife. These are issues that I cannot address more fully here oth
with a therapist so that the therapist can help educate Â your wife in regards to effects of trauma. Â Thi
n you develop from talking with one another in this deeper way.It will certainly distinguish your love b
. It's been tearing me apart. I don't feel pretty anymore though. I don't feel good enough for anyone o
ssible"" you reference is on facing and coming to terms with statements and behaviors from your wife
cing out, eating healthy, etc. I'm doing everything the books say I should do, but I don't feel any differe
cing out, eating healthy, etc. I'm doing everything the books say I should do, but I don't feel any differe

or unhealthy thoughts. Then, I would like you to think of a more positive thought to replace it with su
ourage to share your feelings with someone! Â And it sounds like you have been lucky to meet someor
by, supported and loved by each other, there is no way you could truly feel and experience a mutually

use I am afraid of being alone or feeling judged by my partner or others?Sometimes it is enough to tak
nâ€™s needs are being met. Over time, some friends orÂ couplesÂ realize their needs are too differer

g yourself if you this is the person you want to work on things with.Â All relationships are hard and re
to fight your urge to self-medicate the sadness away through unhealthy foods or alcohol. Here are son

ork on to make the relationship better?"

ought about. Talking to a therapist is also a good option as a therapist can hello you figure out what yo
rtner to work through problems and overcome challenges. My guess is that you would not be questior
eight lift off your shoulders?Â Is it easier to breathe?Â Don't rush into any decision about leaving the
tional, psychological)? - if the answer to this question is yes - please seek immediate help. In addition t

of your circumstances and that no one but yourself can tie you to the past; youÂ canÂ decide whether
rve.Â Â I wanted to share this video in an effort to help.Â Evicting someone living in your head rent fr

ife that aren't entwined with this relationship and those things will begin to crowd out those things ass
e second most important thing is to forgive yourself; this is also an important part of taking care of you
Â If you feel like you're not feeling better and you don't know what to do, you can see a therapist to h
: the situation accurately and look for the good things that still exist in your life --- Â what is still good?
ealthily, get regular sleep, & vigorous or gentle exercise (depending on your mood). The last thing that
pting what's already taken place and want things to be different. Â The key to moving forward is to be

feelings of self-worth, and self-love outside of them and your former relationship.Â Evicting someone
iously want to get over that person, so figure out why you want to get over them. Why did it not work
the relationship ended.It is possible that even if you had an adequate exposure to certain qualities in s
™s willing to try to work on the marriage and then see a marriage counselor. Just be sure youâ€™re op
ou will continue seeing each other, is a clear and straightforward choice.If you decide your best intere
daily.In our society, incest is considered a taboo, and this might clearly have been the reason he could
nsive about the need to restore your trust, then ask him to think his decision through and tell him the s
nd tells you what you wrote, then there is greater chance he's had time to think through to split and wi

or discovering for the first time, what you really want out of life. Taking some time to grieve the loss o
change the focus.Â If you do get back together, will you still trust him to not leave you? What if he do
l such sadness and loss."
of this person who you love so much. Most people think of grief related to the loss of someone who ha
tionships which truly are intimate. Â Someone who lies is not trustworthy and without trust there is al
ually procrastinating just makes it worse.Another thing to consider. Would you want her to tell you if s
ly involved in her son's life.First figure out how you will handle your current girlfriend's request to end
more confident in the breakup.I suggest you identify what topics re the relationship you'd like to clear
ully love you as much as you'd like and are already sensing."
together, consider having some conversations about what your concerns are and taking about five mir
ou're affected by speaking out of two sides of his mouth.Keep yourself protected emotionally from hir
here the jealousy comes from) and sometimes he doesn't. Talking about this would likely be a delicate
ice, I find that helping to organize a time apart, which I call a ""Therapeutic Separation"" can do wonde
p the two of you find a way either back to each other or gracefully out of the marriage.Â Time away w

ıtisfied and happy in the relationship. Â Your actions sound as though you are not either of these.Whet
particular incident is only one in many which the two of you will have with each other.The disappointn
nily (or other people) as they do at home behind closed doors, so there are times when divorce is a rea
vel.If you get more answers from her which aren't agreeable with you, then it is time to put the hope
red with yes or no, but are what are called open-ended questions, which ask her to provide more infor
of her feelings or not being fully truthful with you about her feeling badly treated.Since she's putting up
with the way his cheating effected you.It is very likely his tiredness is also tiredness you feel, of having

nfortable. It's also helpful to have people who you can talk to about your feelings and people who may
ner and ask her your question.A better road may be to accept your sad feelings that she is with someon
is getting a lot of pressure from his family and his longtime friends to "do the right thing" and stay with

ent things that are most important to you. Hearing the other person's point of view does not mean tha
from the relationship and theÂ positive growth you experienced. Be thankful that you were released
o"" is not really a thing. In other words, it's not really something you can reach out and grab. It's more
question to figuring out your satisfactions and dissatisfaction with the man.Â Also important is to tell t
n we are hurt in relationships, we may have trouble trusting and allowing ourselves to be vulnerable
do love my son and hold him as a priority even if you don't do it for yourself...I would ask...Are your a

Â Did you allow him to make you doubt yourself?Â Â In others words, if you do decide to give him an
a game... to see how much power they have over you or it's their need to control you. If you don't wa
he moment, you can assume he is not sure of what he wants.Once you feel a little more clear on your

onal investment in your husband and that you expect sexual exclusivity from him as part of the founda
elf.A therapy relationship, since it is safe and supportive, will be a good balance to having been abused
ustaining your marriage isn't about always getting it right, it's about knowing/learning how to repair w
I cope and rebuild my life after ending an 11 year abusive marriage?,"I am very sorry to hear of your st
st time. It can be even more challenging if you are having a difficult time building relationships that ar
rk situation.Expect to be treated fairly and reasonably.If this is not the way you feel most of the time,
p in the long-term. Based on what you are reporting and without knowing your wife's side of the story,
mixup. You both have very valid feelings and those won't magically go away until you address the root
our wife. I am so sorry you are going through this but Iâ€™m really glad you are trying to seek assistanc

you can accept the other person even though you each have very different terms for defining ""cheatin

ɔuld have pointed out any mistakes."

ɛmpowering thought might be ""I want something different to happen with him and I want to take a di
our Property;I wonder what might happen after that... learn to act as man :)... and watch the magic ha
her, not the way the child's father wants to handle his relationships with other people.Also, pushing to

ɔle is in protecting your child. This situation is one about beliefs and values and could well be an examp
ıe workplace. Â Sometimes the element of power and unavailability can heighten our sexual interest b
and their direct employees being in a romantic relationship. Perhaps you should check your employee
me saying I need to get two or three jobs. My sexual partner wants me to reimburse him on a hotel ro
ıeld responsible if they do not take action.Couple of things you can do...Ask a coworker in which you t
ɛractions are affecting others? Maybe thisÂ â€ œforced counselingâ€ can be an opportunity for some i

ɔice.Â Suggestion : Order a life path report.Â It helps you learn more about You. Educate and seek spir
ɛmember that there is a difference between religion and spirituality.Â You do not have to be religious
with people who you trust and who you feel are willing to listen to your questions and beliefs and perh
's behavior or opinion? Â Our beliefs about ourselves and the people and our world Â and how we inte
ope to understand an infinite mind of which a god would be. God has been developed over time as a s

ʒoes on in life.This is as definite as what we can know about ""god"".""God"" is not a lie because it is n
h. Estoy teniendo dificultad con la idea de: Â ¿Dios es real o no?Tal vez es una pregunta estÃºpida, per
ps you from obeying Godâ€™s call to move on.Â As you will see in the two verses I will list below, Jesu
ʒ towards it."
ıg point for digging into the wounds from past choices/decisions. You cannot undo what has been don
quences that come with what have happened. I know that may be hard to understand, but desired a vi
ɔigger than you not being a virgin.Â Since this is the man, you are willing to spend the rest of your life
ners cheat on him in the past.Â He may have fears that you may go off the ""straight and narrow"" on
Â When I work with people who struggle with their partner's past experiences, I always frame it like th
to form a guilt complex or perhaps even insecurities, we are humans and humans make mistakes. you

's that this is a priority for you, tell him about your own discomfort .Even if knowing how you feel does
in the here and now we reap the best benefits of that relationship. We notice the good things that are
an certainly assist him, but you can't independently make it happen.I wonder if both of you would be w
n be tremendous sources of support. These include the following:GLBT National Youth Talkline - 1-800-
s might be having an impact on you. Working with a therapist might give you some insights into how y

ey to self-acceptance. I cannot and neither can anyone guarantee that your family will change and acc

eople onto our individual spiritual beliefs! There are many ways in which to tackle this effort!"

end calling Trans Lifeline US: 877-565-8860 Canada: 877-330-6366 https://www.translifeline.org/. You
rn how they relate to theÂ experiences you have. This may help youÂ to know more about what you v
y, analytically, and critically, by engaging with life we get a sense that we are like the Earth itself, inside
.therapistaid.com/therapy-worksheet/values-clarification"

recognize the people and activities that consistently brought out the worst in me--the ones that made
oving beings. Since this experience it has been my desire for everyone to become conscious within wh

g these groups online as a way to offset the social distancing requirements.I know nothing about what
x with your boyfriend is and was a mistake. Mistakes can be forgiven and you can make amends.But it
super religious person... But I can't imagine that if you love him that much and you want him that muc

mon for views to change as one ages or faces different life experiences. So don't get too discouraged
ommunication skills, and loving kindness. Â This is a great problem to work through! Â It is indeed a ve

ts.

oping skills, and help you enhance your personal safety."

ithdraw when situations feel dangerous. Â Your sense of danger is most likely on higher alert than ha

ans. This can quicken the recovery time from these distressing life events.
stion acknowledges the process of adjusting to life without the chance to see or hear from this person
ptoms of anxiety, frustration, and sadness. Rather than coping (avoiding) your feelings, give yourself t
is if you were to feel your emotions related to your rape, you would have a sense of being overwhelm
ear you saying that you'd like to get some feeling back now.So here are some ideas for how you can ch
will be able to feel emotions again. However, the first feelings to come back may be related to trauma,
py every day if you would like/have the means. This can quicken the recovery time from these distress
researched and proven effective for the treatment of trauma. As an EMDR therapist can attest to the r
f anxiety, guilt, anger, fear, and sometimes shame. And, if you think about it, that's entirely understan
our emotions don't exist--you brain is just trying to protect you from feeling them.Â Because our brai
is does not mean that you are sociopath or that your feelings will never come back.Â The amazing thi
eriencing, yoga therapy, etc to get your emotions and fullness of life back!"
experiencing. This is a kind of natural coping mechanism, and it can occur just prior to, during, and aft
nal well-being. Â This is especially important if you have had more than one negative thing happen. Â
aren't feeling there may be a reason you aren't feeling. For severe trauma I always recommend workin
ess.Yes, it is possible to become numb emotionally. Â The good purpose is to protect you from additi
n when that happens.This is a horrible thing that happened to you, but you are not a horrible person.
unselor who feels safe for you to talk with. This is not the kind of situation to try and handle totally on

here you live, there may be some free or low-cost options available or support groups.Â Your life may
on to feel worse when you're addressing the tough stuff, but there's really no shortcut to healing.Â Ev
s with a counselor that has specific training in trauma-informed interventions. To process emotions, y
he courage that it takes to reach out. Â With trauma therapy, I would expect you will begin feeling bet
the top area of your attention then you may have an easier time to accept a lesser degree of involvem
. It is important to address the problem both at theÂ physiological and psychological level, this can m
ourself withÂ compassionÂ and kindness that you would extend aÂ friendÂ who is hurting.Â The seco
t relationship. Â The fact that you were able to end the relationship and know that you made the right
former relationship, then the nightmares and flashbacks will disappear gradually usually, maybe all at
our current relationship.Â The best way to do all of this in a supportive fashion is to work with an expe

y be helpful. Try to use all your senses. For example, you could focus on hearing your husband's voice,

rts of your past relationship you blame yourself for. This can be a difficult task to undertake on your o

timately attached to you, and withdraws.She may be actually withdrawing and expresses herself thro
r her, so whatever response she has next is her brain's way of trying to protect her. Particularly with se
mptom of PTSD.If you are seeking to better understand what is going on for her, I would highly recom

nsions emerge from our relationships within families. Â You and your boyfriend are in a position to set
ger in such intensity.You could also perhaps join an outpatient mental health group, because they help
e can be treated independently if you have the motivation to manage your way through. Panic attacks

s, is a very good step towards giving yourself some better support at this time. Â Marijuana and drinkir
gh the situation. Your friend has a legacy, remember it, and honor that legacy everyday in some small
d a competent therapist can help you work through this process. It also may be useful for you to add ot
. that one mayÂ express each stage with different levels of intensity. Also, the five stages do not neces
your area. You can find more information on www.afsp.org."
t blaming yourself, forgiving your friend, and finding meaning in their life and yours. You won't find th

enters:http://www.va.gov/directory/guide/vetcenter.aspYour service and sacrifice is greatly appreciat
can be helpful to think of PTSD symptoms like a wave, or a series of waves. Sometimes the waves are l

dge when you're driving.3.Being more watchful. You're more likely to scan your environment for poter
it it no longer needs to respond in this way because the event is now over, and then receives a trigger
side you to be a combined response.Â Having already been diagnosed with PTSD, this might be a good

anyone, unethical or immoral, and you'd like her to live with you, then someone both sides need to be
ost likely you are in a relational pattern similar to the negative ones in your family of origin.This realiz
ou (and this is also common), you are wise to seek professional help. Without knowing more, it's impo
ragies to be used during recall of these experiences and help you to adopt healthy thought patterns. I
ut your experiences. Â By talking about your past and present struggles with a trusted confidante or h

pport of a therapist who sees that in you.

to or rub against your hand or fingers. Think of a time when you felt safe, comfortable, happy â€“ basic

hing, lastly you may look into getting state insurance which would enable someone to take you on.Hop

you may want to consider coming up with a Safe Word to let your partner know that you are being trig
ory, help to make sense of what has happened, and allow you to begin the healing process. Â Check ir
f who you are today.The more intently and with loving interest you are able to notice yourself, you wi
er people in your life who treat you differently. It's your right to spend your time with the people who
which may help you to change your relationship to the thoughts and to the distress that they cause. I
you cope with them as they arise.Â I wish you the best of luck and I hope you receive the treatment th
is maybe a lot of information to take in so if you feel overwhelmed I would encourage you to talk to a

o open your heart to her since you can't tell in advance if you'll be treated with kindness or bashing.Th
k to it.Discuss what it is that you find acceptable for you to do during an argumentDiscuss what it is tha
Â are seeking help and that you are supporting your friend. Iâ€™m sure this is all overwhelming and fı
:o have counseling. How can I help my boyfriend's anger issues?,"Iâ€™m glad that you are reaching ou

gh can be overwhelming and your are taking the right steps toward healing
or not tolerating your husband's behavior is acceptable to live with on an everyday basis."
something you are going through I would encourage you to seek out a domestic violence non profit in
ety, contact Family Protective Services in your state, they will investigate and refer your father to class
went through as well as encouragement for the strength it took you to get out of that relationship. Yc
ıld be ""over"" something like this. I am not sure if you received counseling after what happened to yo
u believe your counselor has violated your confidentiality, you can always contact your states' counseli
hurtful/abusive/controlling with you, and then you ask ""Should we call it quits?"". We? I wonder if m
quit my job and dropped out of school because it was hard to do anything without a stable home. The
,I'm glad you're reaching out. The first step here is that you are taking some responsibility for your beh
r recognizing that a change has to be made quickly. Regardless of whether or not your girlfriend leave
he abuse cycle is unlikely to stop. I do not recommend that you try to leave on your own due that bein
ny thing to her. What do I do? I don't want to leave. I have a son with my girlfriend, but she is emotion
, and he didnâ€™t seem to care. I was extremely hurt by this. I still decided to move back as I had origi
ıult and that you deserve to live a happy life free of the past. Having anger and trust issues after somet
, you may find out exactly what the answer is to your question as to why he did this in the first place!"
g, but I am certainly glad that he does not do that on a regular basis. When you are both feeling calm,

ıght off guard with anger, you might start to feel defensive or emotional and not immediately know w
wn before responding.Â When you are able to calm your body, think of ways to bring the issue to her
your decision is which of these two choices is better for you.Since you already know you don't like to
elf to be able to interpret events in a rational way.Anger is not the problem, it is what we do when we
n your self-esteem. Is it that you are frightened when you donâ€™t know where something is and that
sparks it off.Â The next time you feel angry from a ""small thing"", stop and ask yourself, why am I an

ct anger at much bigger matters that are uncomfortable and not easy to understand.Knowing more ab
d therapy designed to assist with this type of issue is EMDR. Try to find a therapist who is trained in EM
he less likely you will be to bring past stressors into current relationships."
s at least some type of human interaction and interest in who you are"
atterns and see if you can stop and look at what else is going on as you start to get angry. Anger is a re
is person."
: https://www.therapybyshannon.com/blog-2/2019/4/26/meditate-to-manage-anger"
express it out loud.Â A therapist can help you to learn assertive communication skill using examples
:o stuff their emotion until the right trigger causes them them to explode, and then there are those wh
Â your best interest, andÂ that of your family, to bring that temperature down.Â That may mean mor

Whether or not he considers himself to have a problem and wants to change himself, is very good for y

ke care of yourself. With his background, it is not likely that he will be able to help you or take care of
ɔu at worse possible moments.If you can get ahead of the pattern of old topics coming up without your

ɔu could respond or react.Â You could use I-statements as a way to communicate your true feelings to
\ He is seeking and needing help.Â Get it immediately.Â Best to be safe than sorry."
ngs do occur. My first observation is to say that it is a tremendous advantage that your son is communi
: support, feeling of being cherished, and Â sensuous affection, I am wondering if you are lacking in se
nses and powerless to stop it. You can start by accepting that this is who he is and you won't change hi

, if either of your parents drank too much and raged when they were drunk, you may be repeating thei
d deciding to change a feature about how you understand and relate to others.There is extraordinary s
first step. I wonder where the anger is coming from. Learning what is at

. Relationships don't tend to last when we treat people poorly. It is very possible for you to learn differ
ell be able to release the situation in which you learned to suppress your feelings.Also, spend some tim
hether they are empathetic to how distressed you are from their sounds, or not, willing to change, or r

someone important in your life, the relationship didn't allow for honest expression of all your emotio
s obstacles, including anger management. There are several strategies that you can try toÂ help contr
n of a problem.The real question is knowing what feels like its being hurt inside of you.I agree with yo
gnise the deep emotions that lie underneath the anger. It's likely to be either powerlessness or worthl

and thinkingÂ only about your breathing. After doing so, think of the various ways you can respond to t
sponsibility for it.Â Are you respecting yourself here by drawing appropriate boundaries? You can let l
etty things. Why do I get random spurts of anger over petty things?,"Hi. I'm glad you wrote. In general,
ever feel your safety is at risk. There is only so much I can explain via writing so let me know if you nee
ngs of frustration and being misunderstood.Many people for many different reasons are not in touch v
s one of the methods that is used with the cognitive approach is imagery rehearsal therapy. The basic p
d, we might change the events of the story so that you call the police, get to a place of safety, or even
y attention to the story of your nightmare because it reflects how you feel in waking life.If you feel help
ning of that nature. As far as the out of body experience, there are different stages of sleep, so if this is

,"Youâ€™re noticing that as you lie down to go to sleep, there

,"First of all, exercise is always beneficial for your physical and emotional health. That's great that you

ıeanings of these communications from you to you, and possibly chart your best path forward toward

can help you uncover what is right for you."
aviors youâ €™ve noticed that indicate untrustworthiness? It may be worth exploring sources of mistr
:'s okay for me to cheat...but not you...now you're a cheating dirty slut...just like that prostituteÂ Men
l to seek therapy together with someone who specializes in couples work.Â The longer you wait to do
'D screening will certainly be helpful in terms of your health since it appears that he may have been in
our relationship and are worried about infidelity or STDs that is very serious and it sounds like you bot
:uation. Hope that helps!"

ples counseling is not only for couples on the brink of separation.Â Yes, it can help avoid separation, bu
sex with a prostitute?Â I want you to think about what this information would do for you, how you wo
not.Â As for options, you can talk to him and provide a safe space for him to tell you what happened. T
ate this issue and start doing damage control.Â It sounds as if you are committed to this marriage and
deally he will produce enough evidence of the truth so you will have facts and can make sense of them
attached to your husband.
fulfillment with another woman while in the presence of your husband but not with him 'on her' as m
id, it also lowers our ability to make well thought-out decisions. This combined with the brain rewardi
d/or other-type relationships, will tell you that difficult feelings, such as jealousy and anger, do show u
ing something like this may only make your relationship worse.Â Open relationships and threesomes r

uck."

he elements of attraction and intimacy.Â There may be a lot of confusion during this time due to the e

ould not survive because we would not marry or have children.Â You are not a pedophile!"

nt them to do it). Only you can make the choice that is right for you. Just be responsible in the choices
s, my questions would be: What are you thinking about right before and during sex?"" ""Do you feel ar
you some additional stress? Additionally, focusing on your erection may also be increasing the level of
ic (http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-

have found acupuncture to be helpful or even the Emotional Freedom Technique (EFT)."
erformance.Men often mistake their own fears of performance failure with the assumption that their

one before you. First of all, you need to know that although there may be reasons for his behaviour (e.
ship.Â Is there cracks that can be healed? How do you feel about betrayal?Â Honest communication i
on, one that only you can make.When an affair is disclosed or found out, it can have a traumatic impac

over, and you can work on rebuilding the trust that has been broken. It will be difficult for the both of y
o find out about his cheating?Before you have this question answered, based on what you write there
ften that we may know. The current rate of infidelity is high, while it's not important to go into many r
nly recommend working with a mental health professional who has experience working around the iss
It depends on many factors.I would recommend that you see a therapist who specializes in working w
e deal breakerâ €"for others, the context of the cheating allows them to see it as a mistake that they c
you answer that question honestly then you can move in one of two directions. Â First, if you truly lov

r alternate methods for birth control, such as condoms.However, there are some other things to ask yo

r relationship. There are many ways to show affection that aren't physical (words of affirmation, giving
d intimacy, and what does that truly means for you and this relationship overall."
is possible the birth control pills triggered a change in your attitude toward him.And, maybe independ
l partner then bring up your crossdressing. Â Based on their handling of this intimate part of your life,

meet. In other words, one part of your decision-making could be whether it is something that you alw

losing out on getting to know your authentic self.Â Stay true to your authentic self and balance that o
as you want to be. But I also don't know that you need to be announcing it as part of your online dati
The people who will accept you for who you are are out there.Â You may not be looking in all of the
acing your feelings of frustration about your husband not wanting to have sex with you, on your own, t
thermore, like other male clients of mine, I'd challenge your husband to secure an updated full medica
s, it usually helpful to not overuse (and perhaps try to avoid using) the word ""why."" That word tends

d immediately goes to a question for you: What happens when you are feeling alone and uncared for?
start to struggle around the 7-10 year mark and in fact, that's often when first time divorces happen.
who shows no interest in doing this.If your husband wants to start talking with you, then there is a char
n hearing him. It's the first step towards getting your needs met too, and ending any emotional stand
ed within relationships, this can be isolating and lonely. The emotional distance often makes us wonde
d suggest looking into couples therapy with a trained couples therapist. They are trained in helping cou
ortant for both of you to invest in each other on a regular basis. I regularly recommend that both of yo
is3.) What would you like to see different?4.) What would he like to see different?Â 5.) Be honest ab
t a lot of money, but could make each of you feel special)?Something else you could try is to consider t
e a baby on the way. My wife doesn't want to have sex,That sounds really challenging for both of you.
e a baby on the way. My wife doesn't want to have sex,"Congrats on your upcoming baby!Its possible

e a baby on the way. My wife doesn't want to have sex,"I suggest seeking the support of an AASECT ce
e a baby on the way. My wife doesn't want to have sex,"Have you guys ruled out medical disorders. Th
e a baby on the way. My wife doesn't want to have sex,"Hi Seattle,While it's normal in many relationsl
exual history? has this had an affect on your current issue?4.Has there been problems in your past wit
nean one of you is being satisfied sexually outside the marriage or that one of you prefers sex with a sa
you.Most likely to connect better with him physically you'll need to become better connected with you
nsider having some time where you sit together and touch each other in nonsexual ways and communi
sexual experiences between you and your husband? Did you grow up in a Christian home?Â When yo
ell :)"
xually, and to play and have fun.Once you've engaged in a process of self exploration, I would check in
en about what you desire from sexual intimacy and how much intimacy each one of you wants. For ex
satisfying to you and your husband, there is nothing wrong with it. If you or your husband would like t
ifferent areas. Basically, if you want to feel differently (more trusting, in your case), you look at your th
n, then the two of you are free to talk about why he stops himself from having sex with you."

20s. The best way to find out why he won't have sex is simply to ask. Guessing will likely not bring you t
yone who has themselves had their trust severely violated will feel uneasy to naively trust what is on t

curity in relating to him. Â Maybe he can tell you sooner about particular times he feels frustrated.The
n your marriage with some help. You can stop having affairs if you get help. I would encourage you to s

unication with your husband, so you could analyze the situation together?I suggest attending coupleâ
ee that that is okay, it may work for you and your husband. If it is something that you are both open to

ions and learning how to respond to them in ways that are constructive!"
CAN grow and thrive no matter the willingness or emotional availability of another.Â Â I recommend y
e reached the end of the road of intimacy returning.Whether or not you'd want to live this way becom
ion toward him.Ask him to explain what bothers him so much about your manner of expression.Then a
relationship you'd like to have. Â Your discomfort and distress are valid and there's no good reason to
he therapist observed your husband's tendency to see black and white in life, and because counseling
seems that he wants toÂ be there for you, but he clearly has barriers to engaging fully around this issu

o concentrate.The task of self-reminding is the same, whether for long or short time periods.Also, befo
on by listening to how seriously they consider your question, what their body language is like, whether

uld I do about my husband's emotional affair with his ex-wife?,"I agree with you that professional cou
uld I do about my husband's emotional affair with his ex-wife?,"My answer is going to be super simplis
simply, are the Â two of you able to resolve the ""little fights""?Differences of opinion are normal bet
ncern and the other partner asking questions that are open-ended (cannot be answered with just yes o
cepting your gesture as kindness shows your ex bf is not seeing the situation clearly.I believe your ex b
ke to talk about things that are important to you.I see why you would want them to reach out. I also w

your spouse or suffering from some form of erectile dysfunction.Â Â Â While the fetishes may not be c
a TV show)Maybe your boyfriend will be willing to listen to you for about five minutes asking question
irectly telling him your discomfort with how close the two are, may make him pause before engaging

proves to be a difficult discussion, consider seeing a therapist who specializes in couples. Even if only
kind of characterÂ do I want to have when in public and in my private world when nobody is watchin
t anxiety surrounding the upcoming nuptials. In the immediate I encourage you to also take the initiati
it to your fiancÃ© as you imagined yourself to be, or there are other relationship problems not being a

ssing around"" was related specifically to being romantically or sexually involved with the people who
which you know about, may come around to harm her.There is only a small chance she will be open t

g himself from potential unexpected additional loss.I am not familiar with how old this post is, but oft
ybe you are slowing yourself down instinctively here, and that's okay. We are naturally people of attac
s it is or reach out for the support that you need to leave the abusive relationship. I wish you well, alwa
t and setting a timeframe for something like ""I cannot talk about this now, but we can talk about it in
w to deal with it. So many do, and that's why it gets done so often, because it can. For example, if you
earing the air between the two of you.Good for you to recognize a problem and be willing to address i
ur view of your self and others. Â Once you've considered that and come to your own conclusion, you
choice is quite significant now that you have a child together. Â Give yourself plenty of time to think ov
.Depending on your decision you will know whether to drop this relationship or continue the same as
t woman who wants to leave an abusive partner. Â Having guidance particular to you and your situatic
eeds to your boyfriend may be helpful in times of negotiation. Often couples focus on recounting all th
ship that is in tune to you and that can provide the reflection and supportive challenges to help deterr
onship.The key to being happy is to know which ones you can accept and which ones are beyond your
ear your doubts then he will be willing to invest in answering your extra questions or wanting to look t

en after a few months of this, both of you should feel more secure in the relationship."
gs.Keep in mind that your good intentions may not be received in the way you intend them. Â Some p
this type of relationship or not.One point to keep in mind is this.Just because he's not telling you his
ell your friend that you miss your friendship with her and would like her attention, then do so.After ex

bout him being on the dating site and whether he can work to learn more about what you are experier

eft him scared to try again (we call this operant conditioning). Â It could also be that he puts you in a d

m is itself creating negativity in you toward him.If something still bothers him about the problems you
oncerns or fears to your wife, it's extremely difficult to build a secure functioning relationship.Â From
self, you could at least discuss your marriage and your own thoughts and feelings about it. If you go to
from each other.Does your wife want a boyfriend in addition to the marriage to you?Is she willing to d

on our ability to communicate and understand what we value and have in common.Â If you are focus
undation of lies and broken promises. I believe that as adults, we are always treated as well as we insi
insecure, confused that is likely reasonable if the relationship has undergone some breaks in trust foll

the patterns of lying in the past as well as whether you have a way to discuss this with your husband i
l think the real issue here is TRUST. Â I am not saying that he doesn't have a lying problem. Â Instead o
are the only partner who is trying to make the marriage work, then your job is much harder than if yo

k about love languages, but it may be helpful."
se.What you describe holds the seeds of classic abusive behavior, which is blaming the partner for wh
there was also a difference in expectations here. You were just Â paying the bill with the money he w
who understands trauma as result of the partner's/spouse's problematic sexual behaviors. Your need
eing a therapist who can help you sort out where to go from here."
are deep questions, but the answers to those questions will give you a direction to travel in."
, since traditional medical treatment is not something he wants.You may also consider using some op
oughts that I am having, and perhaps others will add things, too:1. By the sound of your main question,
aving a discussion about this in a way that you summarize what each other is saying so you are sure th
t if you are concerned about this turning into an argument, you may consider asking him to just listen
aying what they say, or even believe that they are ""helping"" in some way by telling you how to impr
ou. After one of you is talking, perhaps you could restate what you have heard the person say. This car

d zone and not having intimacy with this person, you may be developing a special bond, sharing intere
way, moms design a perfect routine and they feel like they will disturb it.Â Make alone time and fami
g complete trust in your boyfriend. Â This is not stupid, this is your mind telling you that there is some
you are, maybe he can walk the other way."

f you expect more than that from a marriage. Maybe the question has shifted from whether he is happ
Â If there is evidence there, then you owe it to the marriage to rein in your fearful thoughts.Talking to
once agreed to tryâ€ things; did you ever asked if she enjoyed those things or would want to repeat th

you feel safe with is so important. When you're really confident someone cares deeply for you, this ca
our partner may be much more accepting of your body and your level of sexual experience, than you

? If not, this may be why you don't feel guilty.Â Do you want to be able to sleep with your friend? It's

prioritizing the partner once in a while."
our parents unhealthy behavior."
al.Â There is no one answer here. Only you can decide what is right for you. But let me ask some ques
the love and attachment and we don't need to ""fill the gas tank"" as much. So, just because it feels d
, lonely, and isolating.And, these features are eating away at your self-confidence.Start by believing in
boyfriend's behaviours are about him; not you. At the start of a relationship it's easy to be loving and

, gifts and touch. I recommend couples grab this book, sit down and figure out what their love languag
trating, and lonely. Have you tried talking to him about your concerns? I would suggest to start there.
r future husband is interested and addresses the way you are feeling.Until the two of you open up wh
the trust and love needed as a foundation and we don't have to smother each other with attention a
o do to rebuild this trust. It is definitely possible to rebuild it, because anything is possible if both peop

ou will find out for yourself, however, it definitely doesn't mean that you are a lesbian just because you

, and I'm sure you've found this...the more he judges you, the more difficult it is for you to be the confi
ıke a moment and write down what the evidence is that cheating is going on. What is the specific thing
a relationship and not having sex with his partner to whom he is committed.What are your own views
fair will bring anything but heartbreak for everyone involved. There is obviously something that you ar
/ can I get over the past in my relationship?,"New York, New York...it's not your boyfriend's lying that c
u have a list too? There are elements of control here: humiliating you in front of coworkers, saying you
lem sounds like lack of trust and that there may be a difference in what each of you wants and expects
t to do, anything which shows he understands he has as vital a part in the marriage as you, is ok.Becau
g one is essential to his life and he never told you so?Please don't be mean to the cat. Â Its not the cat'
world is turned upside down, for your wife to declare her confusion, followed closely by resignation, fo
ıship!"
ı aren't happy with being the one who texts others, then some alone time may encourage new though
encourage you to then think very deeply about what your reservations, if any, Â about being sexually a

ıssible reasons why you may be feeling insecure but without knowing them, the issue is not likely to ge
l your wife have a tough time opening up to each other, consider scheduling time with a couples thera
, but why do I still make the wrong choice? How can I stop myself from making poor choices and hurti
cupy her. Sex may be uncomfortable for her. She needs understanding. You need understanding too, ri

rust in the relationship.Trust is the first stage in a relationship. Moving forward before they develop tr
easing your emotional intimacy and learning different love making suggestions, is to read about these
gger part of the family and feel connected to him. I absolutely understand that, and I support you aski
f you feel too much tension in the relationship to bring up any of the topics you write about here, then

ake daily? These are just a few common things to look at. You would be surprised of how much pressu
on't know how to broach this subject and have an honest conversation. I think she will continue to lie t

ople growing process; you mature into one another and to achieve fulfillment your continued developr
ther people have the same interest as you.Â Find a therapist that you can trust and tell them.Â Donâ€
with someone, and it is fair to share that information with each other. Partners usually want to know l

ine in grief. Â Let yourself take as much time as you feel is best for you."
perienced uniquely for each person.Â This thought also helps, see the graphic I am adding, please.Â T

vill try to help you as much as they can. Hopefully this helps!"

ever, you can also find support in attending online grief support groups. Compassionate FriendsÂ is ar
s.Â Â If it turns out that you are unable to find what you need, there are still many online support grou
e loss of a loved one isnâ€™t an intense and at times desolate experience. While painful experiences a

Rather than expression vibrations of fatigue, sadness, and anger, send him the finest recollections and
you can get the support that you need."

ists offer sliding scale, or reduced fee so it doesn't hurt to call some local therapists to see if they offer
ıling your heart.
ospice centers will offer them for free or low cost.Â You can also do an internet search for non-profit

; you have, is a time for reflection and re-evaluation of overall life happiness and direction.Let yourself
or blogging as ways to express themselves. Â I'm glad you have reached out for help. Â I'm wishing yo
ng and it certainly takes time. It's different for everyone and the timetable is different for everyone.He
quiet time and respect their need to do so."

ıg process and educate individuals that you have to let yourself feel your way through your grief. It ca
you can also call a local mental health professional. The link above is meant to link you to some places
.Â I often find that when someone is stuck in the place you are, it is a result of unfinished business anc
within your mind. Â This may lessen your feeling of loss.When you're done crying about missing them
e may be projecting her pain on to you. Â It is important to remember that your sister is also grieving
so you can have your time (as long as you need) to heal from losing your mom and then later figure ou

ieve things are your fault when they're not. You did the opposite of what you fear you did. You didn't c

ere are many possible areas to examine in your relationship as partners and as parents.If what you wr
ly how you feel. If you find you are still struggling, a good grief counselor will also help."
erse yourself with positivity (i.e. Good friends, hobbies, exercise) and try to schedule a time with a cou
ave gotten you some help. For one thing, bills have to be paid.There are typically five stages of grief ar

There were studies on this and many times if you notice those intoxicated get loud respond to loudne
you have a problem or not. I imagine you would like to stop feeling guilty and would like to avoid che

·much/ Â There you will find information on how many drinks is too much, and the general answer for
of knowing this behavior does not resonate with your core being."
een unfaithful in your relationship while under the influence of alcohol.Â In assessing whether or not s
ooked down upon, seen as egregious and something to be put away;If I may say to you, it is necessary

be due to a life event or the crowd you are running with. Â Either way a therapist will be able to help
onship to your boyfriend, not having enough discussion between the two of you, not feeling cared abou
our findings."

hol, using alcohol, and recovering from the effects of alcohol.You find yourself having strong cravings, c

person. What you can do is change how you react to him and the things that you and other family men

the same types of individuals. Â Being more aware of your relationship will help you in the future whe
the medications rather than playing bad cop in this situation. Â Encourage her to get help and let her
e way she is using pills.This is not a guarantee that she'll stop.It isa way of you showing that you care al
prescription medication, and especially these types of medications. Our laws have become much mor
s an addict. He has does nothing but ruin my family. I don't know how to cope with it anymore,I think
pport and you will need to learn other ways of getting comfort when you are in pain or struggling with
t recovery takes time, willingness, and effort. Don't give up and remember that you are not hopeless.
en addicts are sensitive people who have been emotionally overburdened by the grownups in their fa

ay not appear to be as big as a problem as alcohol is, it will cause you to have an increase in alcohol cra

nditions of his child, he may also be interested in being part of this conversation.Also, during your disc
lf and gt some help!"
o you cope with the changes.Â Take a deep breath every time you feel frustrated and think of the goo
r mom is experiencing cognitive degeneration, which impacts how a person perceives the world arour
is we can work thru anger and frustration. Self-Forgiveness is also important, her condition impacts y
ence during that time bounces off of you and doesn't get placed into your subcortical brain or deep lim
ortant for you to seek support with medical providers for guidance. They may be able to offer you con
an be hard to show love and patience. It is normal to feel anger, frustration, and guilt when you are fa
fed properly:Â A once, beautifully blossom flower APPEARS to be wilting, but it's life-force, spirit, and

editation to stay focus and calm your brain."

ef process as you see you mother slipping away mentally. In the moment that you feel the anger step
use it is also an emotional roller coaster for you. Even though it is normal it is still good to try to respor
wounds and anger.Â I have walked alongside many families as they care for a loved one with Alzheim
re correct that this is not her fault, but often for family members this does not make it any easier for y
nd wishing to follow each action they ask or demand, was for the benefit of our own survival.One way

de by them.Â Do not bend. What does your boyfriend say about his fatherâ€™s intrusiveness? This vid
our boyfriend is the person in position to speak directly with his dad about the expectations you and h
s that they get along with really well, other don't. We all have different personalities and we are not g
reasons for why you're not close.Usually this has something to do with how the parents positioned th
non feeling people have about siblings; that they're very different and they wouldn't choose them as fr
Â Owning who you are regardless of what others say sometimes helps.Â This may not be a part of you
ing so.To know the truth about your surroundings is much better than to not know, and also much bet
ays with different people.Maybe you could talk about your concerns with your significant other and di
flection of them verses about us.Â When she says something that hurts you, rewrite it in your mind, a
e best way for you is to find supportive and loving other people who will to some degree make up for
ave. The reason I'm suggesting that it may be easier to have the conversations there is because somet
to adapt to this new relationship, living situation, and the feeling of being ""abandoned.""Â Not knowi

g stressed because of things that you cannot directly change. This is the presumptive based on the am
ood luck."
er true help,not just listen to complaints? When you have some idea of what you want, tell her.Â You
bout my sister). Maybe asking your mom how can you be supportive of her during this time other thar
ld be required reading!"
n, not so much your mother.Â Once we review the issue and decide what we need (create the bounda

of bounds."" Second, the other person must be told about the boundary. It's not fair for me to enforce

t sounds like you are not emotionally available to hold that anymore. Find someone to dump what you
t her feelings and points of view. However, would prefer not to be in the middle of whatâ€™s sounds
to a level of acceptance or even making the conversation mutual, such as her being there for you. This

t she find a therapist to speak to about how she is feeling and what she is going through.Â I suggest w

ou are. That won't take the place of your family's acceptance, and I won't even pretend that it would,
your life, and understanding we cannot force people to embrace what they do not want to embrace.Â

ggest that you create a support structure of the family that does understand, friends that are understa

ormal and learn the negative effects of non-affirming people in the life of LGBTQ+ individuals."
help you stay strong during difficult times. I hope these resources can do some of that for you.Online b

hat often have events related to offering support:Â https://www.pflag.org/needsupport. I have not sp

rate your family's lack of acceptance, and perhaps chalk it up to a severe lack of open-mindedness.But
e more clear whether the differences can be aligned somehow."

ut.Â You could also sit down and try to hash things out with her, if you feel like that could be beneficia
e. If you can see her responses as habits, rather than a reflection of how she feels about you, then you
he long answer would be that you're not yet through with this process.I commend you on being truthf
st it because I want her in my life, because fear and resentment interfere with my relationship with he

at could be performed to solve peoples issues and help them sort out their emotions and troubles, hov
ng more open lately to seeing how she's doing in her life? I guess if you were open to having your siste

t sure how often you are triggered by her but it seems there is something there you need to process. T
made by them on your behalf?"

ences.I was trying to include some links for you, but that particular button isn't functioning window. If
l him the truth about your own difficulty to speak about the topic. Â People usually soften if they feel
news lately, transgender rights is something that is being talked about a lot. Has he had an opinion? T
r their love to you, then invest your goodwill into others who will enjoy and appreciate you."
sional emails with the person, may feel supportive for you.Once you have some idea of your preferen
both of you have never had an open conversation about your sense of feeling hurt by her attitudes anc
ike pictures and notes can also be helpful for those who suffer from disorders like Alzheimer's and Der
g done, does not have their own ability to think for themselves.Separating your own wishes and way o
ck in with your mother. Â A professional can also assist you in finding some assertiveness techniques,
, so I understand how this change is even more upsetting to you.Â And...your father and your friend ha
will necessarily follow through with what you want.Based on what you describe about your relationshi
nder if you have let your dad know what's going through your mind with this and how it is affecting yc
s, then this doesn't give away your right to have these views.Since she makes herself clear as to her ur
ce he will not seriously consider your advice.For your own peace of mind, say whatever you feel must
tions. For example:Telling him that he has the right to do what he wants with who he chooses to dateT
at themselves.Possibly too, the family people may have a twisted logic to their words, as though ignor
maybe there could be a conversation where you are able to ask them what they are expecting from y

, gives a break to breathe and reduce our anxiety.Â Â It also helps up to recognize that we CAN create

ea of school in the summer. Â Only this is different than being putdown the way your mother does to
ou by withdrawing himself from your relationship, is almost guaranteed to harm the good feelings be
l happen?What is he getting out of trying to choose for you?What is he so afraid of?If you decide to ta
er in a relationship, respect for the other's values and how best to live life, matters.He may be as unha
up on expecting loving support for yourself!If your family members are unwilling to give you this, the
u appreciate about her, let her know the great things she have done that could not be replaced or forg

very important so you really know what his intentions are. That way, it removes the guesswork and yo
oned. It can be difficult to trust someone deeply when you don't know when the next big fight or argur
eeing.Maybe knowing that by pulling yourself away from mediating family arguments, you will in the l
e resources to other ways that you could have help. If you are both open to the possibility of someone
help you work on letting go of that anger and stress, which may affect you negatively.Â Find forgivene
or yourself, devote more energy and time to living your own life fully, despite the emotions you feel re

es are attached. Especially with our mothers, who often provide advice and feel responsible for us, it m

to manage her ""stuff"".Unfortunately, you can't help your mom a whole lot or even help her recogniz
r one on one? Tell herÂ you are feeling sad and hurt that she gets upset at you girls. Ask her if there is

ıts being disappointed and so on). How are you prepared to deal with the outcome?Â YouÂ may also s
hat is the best way. Some people decide not to come out, and some wait for a very long time. Both ofÂ
rsity. Most colleges have counseling centers for students that usually allow for 5-6 free counseling ses
..your parents may be in the same house but if your mother is cheating, they have already gone their
avoiding him is understandable, I wonder what effect it has on your dad. It's possible that he's feeling

, how marvelous would that be for them as a family?New York, I will be honest with you; I hope that's
ıd grow in your ability to be respectful to people you care about. I recommend you consider sitting do
act of expressing that we don't understand the other person's point of view can open the doors to bet

suggest that you communicate with him how you feel. Perhaps, ask him if he would be able to set up t
sleep. I don't eat; I've lost my appetite. This has been going on for a couple weeks now. My husband d
nyone else before. I have been thinking a lot about her comments and whether I truly am an inconside
nyone else before. I have been thinking a lot about her comments and whether I truly am an inconside
ith communicating, and compromising. It is understandable that you do not to feel comfortable havin
say how old you are, so part of my answer is going to be a bit vague. There's a big difference between
y basketball for a team I hate,"The situation in your family seems to place unnecessary pressure on yo
and necessary step in resolving this by bringing up the issue to him. Is it possible that the delivery of y

you know how much your mom loves and values you. Â This sounds like an important conversation to

Method or Emotionally Focused Therapy. Your relationship is repairable, but you may need some qua
. From what you shared, it sounds like your boyfriend took steps to correct the situation and has show
her. However, all together, you can have a positive, healthy family dynamic."

ıis.I would recommend that you focus on developing healthy coping skills. We cannot change what oth

hem? (for you and for your wife and mom).- Once you have considered these, think of what you would
hear themselves talk and if you even try to talk they tell you to "" shut up"" which is abusive and that
r need to vent to someone about something important.Â Focus the discussion on how both of you cou

eeling unheard when you tell him things. See what he says after you let him know this. Couples therap
ue, than listening to their partner. Â This can be frustrating for the partner who wants to just be ""hea
go off track. This can sometimes start off with something like: ""why don't you..."" ""you aren't..."" ""y
ne into being more openminded.What is possible is to tell him your wishes, your willingness to be pati
hen I get home and tell you about my day and you don't look away from the tv. Be objective as possib
u're going to talk about something important or you really want him to listen, first ask whether this is a
von't let me talk about it then it's only going to get worse. Â Then explain you don't feel listened to, yo
who recommended you try and ask him more questions with an open and curious attitude and see if he
utes or more that are related to you learning more about his experience. This can be difficult to do at t
those loving behaviours because we don't have to work hard to earn their love anymore. That sparkly
he sexual arrangement,By anticipating any jealousy or feeling helpless or out of control, or in control, s
urance and more concrete evidence that you are trustworthy, gestures of transparency (e.g. - giving hi
d.The person who feels betrayed must willingly be open minded to accepting the efforts of the one wh
w he feels, but you can help him to regain the trust by asking him what he needs and responding to his
n for his pain about that, c) do everything you can to demonstrate trust and show that he is your priori
swers or elements for different people as far as the details, but here are some general ideas:Try to hav

ing that ""what YOU want"" question, you might actually stumble upon what would make for a health
athize with your perspective and will beÂ more openÂ to finding solutions to your problems together.

r the question in the same way, and have thought and talked about before.Â Another sign of a good, la

age.Â In all, there is not a magic recipe for a successful marriage, but with time, work and purpose one

own, Â have you ever told him that this upsets you? Â Is it possible he simply is not aware that you feel
on eggshells or that you can't speak your mind and say how you feel, then that sounds like a problem.
own, or turned away from is very hurtful, particularly when it is a loved one who is doing the turning av
lls and ways to improve your ability to express self without anger can help."
nsider if ending the relationship is a better option than to stay in it."
information she needs has to be (if she wants the marriage) more important than protecting herself. I
ak to cool off and come back to each after your nervous system has had a chance to calm down (about
esolve it.Â Learn to close arguments with resolutions, and reminding that you care about each other,
n more about your spouse's feelings and perspective."
was aÂ mistake.Â Secondly, was he forthcoming with this information? How about with answering you
lo to help yourself.Â The first this is identifying what you feel is best for yourself and your children. Tha
g all the issues that Danielle raised, especially whether he has expressed genuine remorse and is being
tman Method for couples therapy, especially following infedienity. You can read about this approach in
n yourself is to change the way you see yourself, the way you treat yourself and what you accept. Your

on. Obviously something has shifted which you do not understand. Therefore, Â perhaps you should c
ır thoughts and feelings by writing, talking to a trusted friend or family member and perhaps seeing a t
esture of love for you to do it too and it will help you both move forward.Â t will be interesting to see i
m not familiar with the resources available in Jackson but I'm sure there are some good local couple th
ıswers. He also has an unhealthy dependency on alcohol and does not believe in mental health disord
is was not something that could arise again in the future. And if it can, there needs to be an action plar
ɔut I cant help but get jealous and envious every time I see someone get a proposal or wedding that I h

ɔout your own treatment."
ıvermhc.com"

' complicationsThis Questionnaire Could Help:Do you feel guilt and remorse when you eat?Are you ter
:e gradually, from these sort of self-doubts.The other approach would be to find an unperson or an on
ɔ to the gym, etc.) and then ultimately end up bingeing again.Â There are many coping mechanisms fo
: found over the years that behavioral analysis is highly effective in helping you begin to isolate, under
:an help you deal with stress.Â It appears that you are already going to the gym which is awesome; yo
self of enjoying food.Also, if you consider the binging as a mistake of some kind, reflect on why doing s
ble that even with the most natural food choices, if there is a psychological reason for eating, such as s
l at every gathering and every celebration. What's more people have come to almost EXPECT food to b

: you an idea whether he helps you to feel more emotionally secure and builds trust or if you feel that
:ting what you want and at the very least stating your expectations to your boyfriend, will clarify for hi
ı're an adult, after two and a half years, I don't think it's unreasonable to have an open and honest talk
nd appreciate your honesty. This also might be a good time to seek couples counseling to work on rela

nore likely, though, that he's very in love with you but has an emotional barrier to moving forward.For
a relationship.Â Another common reason for people to avoid talking about permanency is because th
s possible, it is also possible you will be greatly surprised in a very happy way. Â What if he was being

n for someone else. Quite honestly, the brain can't help it. It sees something good looking and it pays a
heart grow fonder"" simply isn't true. It requires a lot of work to keep the fire burning. Are you, guys, t
nal connection that happens along with physical contact. It is also hard to have shared experiences wh
ı can ask your girlfriend questions about this crush and actually listen to her answers? If you can listen

sh."" Â Sure we sometimes have passing fantasies about someone, probably human nature, long distar
; remind you of? What is your deep limbic system letting you know? Notice whatever it is! Look for a th
)U feel about hearing this news, then we can know how you should deal with this.You have every right
ensure you two are on the same page. Â Explore with her how this crush came about and what her fe
ther.Tell your girlfriend whatever is on your mind regarding her crush. Â As your trusted partner, theor
: has this crush, but still chooses you and wishes to stay with you. Keeping the value of her choice in mi

:ached to him - you have been in a relationship with him for 4 years, so that makes sense.Â However, |

ially any fears on being alone, suggesting you may be staying w this guy simply to avoid such fears, the
t what he is feeling.Â If you end up talking over one another, try letting one person be the one who is t
eeking them out and finding them. Also in the meantime, fill your own cup, with the love, acceptance,
:om"
t of not completing the second half of the equation; meaning that although people ""listen"" it wont n
u mentioned that ""they listen but don't understand."" Do you communication clearly about what you
rd, find online forums and groups of likeminded people.If you google a topic which you wish your frier

trust him that makes afraid that he will find someone else. Has he cheated on you in the past and has s

some things that you have tried?"
lve the relationship.Sometimes all anyone is able to do, is try."
e, you could type something in the top of the message about not reading any further if the person wh

out.Â It's been my clinical experience though that most women value transparency and security in thei

n't believe you or is this your interpretation?Find out the answer and then ask your girlfriend to tell yo
ndle this female friend. Ask for your girlfriend for help in getting the female friend to understand that
ourself being satisfied living with and without certain qualities of your partner.There is a hard wired d
you make a connection through social media or email first? Maybe a dating website? I'm just wonderir
are supposed to feel in terms of attraction in a relationship? Do you want to be sexually intimate? Do
is a change? How do you feel when you are visiting one another? Are you distracted by your lack of fee

arried life is a time full of discovering one another's quirks!"

t. Some people look at it as a difference between levels of passion and compassion, but there are mar
are with you and whether they would like a long term relationship or playfulness and fun.Best relatior
looking for and din't find in the ended relationship.Dating other people before you have time to unde
and desire while also considering the same for him? Can he do that for you?"
ordinary abilities of average everyday people, even those who are involved relationship wise with som
How can we mend our relationship?,"I'm sorry for the stress and unhappiness stemming the problem
How can we mend our relationship?,"What Makes Love Last? how to build trust and avoid betrayal by
How can we mend our relationship?,"Hello, I know this is a tough situation your going through and it h
How can we mend our relationship?,"My first question for you would be to see if you've talked with h
old, and finances, then he is the right one for you!The problem is you may not be happy longterm with

ppiness in his life."
n those from the family in which we grew up.Your dilemma of wanting to be with this boy shows there
u to solve the problem for his sake than for your sake.As long as he considers you an obstacle to his ha

(caregivers)? Â How was your childhood etc.?Â Many people describe having a hole or void they try a
n when you are in a relationship with a romantic partner, having friends is still an important element.I
ow you still have a lot to learn about how to have a good relationship and you realize you're not yet ur
hat your partner is telling you and then responding in a way that is helpful. I want to tell you that you a
listener:1. Concentrate on what you are hearing, not on what you will say next.2. Ask questions if you
pathizing. Tell her how you think she must feel about what she's telling you. Your job is to try and feel
p Approach to Making Your Marriage Loving Againâ€ by Michele Weiner-Davis, M.S.W.â€œThe Five Lo
, what, where, when. Questions starting with the word why can sometimes make people very uncomf

se between the two of you.See if you can figure out what you wanted and what you partner wanted in

your boyfriend is interested in attending couples therapy with you, it will assist in identifying the prol

mind."
hold for a potential partner. Â That you liked the friendliness you shared is good for you to recognize. Â
s like ""you are so distant""Â or ""you don't even care"".Start out sharing your feelings by saying ""I fe
equires profound effort and reflection. Â If it is successful then the result will show very different quali

from your own introspection, keep trusting your own self work as to what develops and at what pace y

ecides to stop talking, this person is the only one who's in charge to start talking.Maybe since you've h
vith your friend about the fact you're attracted to the brother.Find out the reason your friend becomes

:he same understanding you're allowing us to have here on this site.Keep in mind that the best, the am
of yourself.If you're expecting other people to listen to your upset feelings, this is reasonable.If you're
ne time in your relationship. Â If most of the time you trust the sense you are loved and you love him,

your particular reason is for not talking, then maybe you and your partner can talk about what makes
but they are motivated by very basic early wounds that were created due to deficits in what was able
thy communication is already broken.Â Seek help to improve communication. Â Â Couples' counselin
also like to know what he hopes will happen from dwelling on a matter.And, why are you swallowing
amily together is getting you to apologize when you've done nothing wrong and ignore things you've f
behind. When you find yourself in a situation where a previous partner is coming back into your life a
foundation of the relationship."

ou to this level. Â Partners need each others' trust and support, no matter who is right or wrong."

vhat you are feeling and experiencing so that you can look at what may work for both of you. For exam

ver time. That may be a discussion to have with them as well.Hopefully your partner will be a good sou
erapist, though (even if you end up going without your boyfriend to sessions), so that you can talk abou

ust haven't found a man who is worthy of you!Â To be worthy of you, he must see your worth. Often th
sort through your insecurities, either as a couple or individually."
ng self-love, consciously treating yourself with consideration and thoughtfulness, may help you feel les
his. Is it OK? Are you OK with her sleeping with others? Have you thought through what this may look l
omorrow, so good communication is essential.Â The truth is, even in polyamorous relationships where

ough to make and see a change in behavior.Â It takes times and it takes both working toward the sam
violence. I was a little confused about whether you're are still broken up with this person or if you are
p isn't working for you, but for some reason you're stopping yourself from being honest with yourself
work on self, it would be taken better."

omething that been going on for a while.Â If you do like him...showing him by being patient and suppo
a concern for you, consider bringing up this topic when the two of you do talk."
together without expecting anything down the road? Â Are there wonderful lessons for you to take fr
ssible age and maturity level.Â Having a baby is a lifetime responsibility and there are very few who h
vould suggest that first you get a full physical evaluation to make sure that you are ok physically.Â The

mad at our partner and we complain about them to mom, it's hard to know how to repair mom's relat
think that he is trying to find a way to come back. Please help me. Whatâ€™s going on? I am a good, lo
on. I believe that our ability to protect our relationships from the risks involved here has not developed
rt a change like this. You're only starting to get to know each other. I wish you well and hope you talk t

se a relationship absorbs and offers much of a person's energy.Â Stay focused on what you know abou
onfirmation that getting out was the right decision.Your partner feels powerless to change the current
neal, perhaps with the help of a therapist."
ith her just so they won't have to deal with it when she leaves. He seems really torn up about it, and I
ut himself on a dating website because he thought I wasn't interested,"It sounds like there is a bit of co
men want, or should I just move on already? I am in my 30s and she is in her 40s. Should I just move o
nat relationship and listen to what he says he wants, which is space.Â Do you think he's going to be any

to turn them off, you would flip it.There is no magic technique or pill that can guarantee these thought
t the dog fault though; I understand that. The dog is only a year old, and he isn't a bad dog. He's just to
ding others' perspectives.Â Try having a discussion with him about what is bothering you during a tim
you like you're important and he dismisses your emotions. This is happening because this is the level
ce alone if the communications are about the kids. Has he earned your trust? If so, then it's not fair to
u have?Maybe a good starting place for the two of you to talk about is defining what problem the two

and family. While no one is going to be able to make it better, we don't have to be alone with our pai
my humble opinion, much heartache and many poorÂ relationships come from attaching too soon. It t
ne relationship. Â Often, when we feel we are required to prove ourselves, feelings of resentment can
lly honest with each other, trust can be repaired and become stronger than ever. I would encourage yo
about contacting a local counselor. While you can't force him to get help with moving on from the relat
lot of questions about the details of your description. What tells you he's 'sneaky'? Does he lie? How d
n he was at home with me. He texted her back with "Don't text me anymore." I don't feel like I am wa
other woman. She has tried to mess with holiday plans by restricting when he can see the child. He onl
may be bothering them.
ventually, stability and peace of mind return, and being alone with oneself is preferred to being taken
ne change in emotional connection.The first step of having a dialogue about a relationship is being clea
e the work of relating intimately, then you've found the best reason for wanting a man in your life.This

dgmental reflective comment about a recent bothersome event, as if it were just then crossing your m

easons. 1) you are being mean 2) you triggered an old wound. Most of the time it's #2. As Dr. Gottman
and what you expect from others.Â In his bookÂ Wired for Love,Â Stan Tatkin, PsyD writesÂ â €œWe l
ickly realize there are people out there that care a great deal about you.I also think it would help for y

neir friendship?"
reaction is different. The one common reaction however is to shut down and distance ourselves. Her r
nd follow your own fears in doing so, they often are incredibly informative when we don't push them a

told her more stuff we did. I decided to just tell my husband everything. We are trying to work things
would help you reach your dreams? And who would you enjoy spending time with? It's complicated an
is a religious affiliation. Do you belong to a church or other religious organization? Many of the pastor
ly help to explore this with therapist, perhaps even someone with a trauma specialty -- that's not to sa
girlfriend more often... Observation is a skill when it comes to relationship building. The skills you hav
and 7 months these few weeks have been bad,"I'm willing to bet that this isn't what you are hoping to

e likely to hear/understand what your partner is trying to convey."

ay with your partner when a child is involved regardless, if love is involved or not because â€œitâ€™s
am in need of a Christian counselor to help us because I really need to speak to someone. Dealing with
be with her. Once I got there everything was fine again. Â She apologized for everything and said she d
ter yourself and your future. Look at it this way, being in a destructive relationship is comparable to an

ostly talk about lesbian, straight, gay,Â bisexual, orÂ queer folks, but there are actually many other int

With any interest or activity, social interaction supports it."

ealth professional, not because there is anything wrong with what you are doing, but so you can learn
orking with LGBTQ+ individuals. They will have the experience necessary to help you navigate these is
over your new interests I would tell you, you are not alone and not abnormal.Â Since you have starte

had other inclinations that have been suppressed or if you are discovering something new about you

ithin yourself it may benefit you to find a counselor who specializes in sexuality. I wish you the best on

a counselor."

e never liked before, things we said we would never do now seem appealing.Â What is the story you a
eir sexuality than to face painful emotions in an existing marriage.These are only two theoretical possi
e a letter, you will need to see a counselor."

eally know""), or maybe as you move through life you just won't identify as any one thing, and that's to
.It's okay not to know.Think about what sorts of expectations you have for your ideal relationship. Sor

ncing, but I'm just trying to point you to some more resources.As for what to say to someone who ask
ncerns.Â Â¿QuÃ© significaÂ que yo me sienta como diferentes gÃ©neros?NacÃ- comoÂ niÃ±a.Â Me
xt in which this happens.The whole field of gender identity is extremely popular now.Popular usually
s about gay people with which you were brought up, and your own tolerance for being a unique indivi
ain about our own sense of identity. It becomes important to first ask yourself how you feel when you
t necessarily mean you're gay.Unfortunately, we live in a culture that wants to put people in slots...ma
s for writing!

th the idea that it may be true. ThisÂ would certainly beÂ understandable. Your sexuality is YOURS an
what your sexual preference is."
gender and are basically in the wrong body compared to how they feel on the inside.Find more inform
el right for them in terms of how they felt, and believed that perhaps they are genderfluid. This mean

asexuality either, and that is okay. Our society usually thinks of sexual orientationsÂ asÂ only being s

ease others by giving yourself a label. We are attracted to, and fall in love with, people...and we can't a
hat make you uniquely you! Â There are many options for you to find a therapist and e-therapy is also a
er, this is a normal time to have identity questions and to be in a phase where you are trying to figure o

n off or ignoring them. I also realize that might seem really hard to do, but here's a good way to think a

que.Â The STOPP technique is:StopÂ what youâ €™re doingÂ TakeÂ a step back to calm and gather yo
on purpose.Â This may mean writing out in detail what the worst case fear you are thinking of is, and t
ght Stopping. Thought Stopping can be as simple as saying ""Stop!"" loudly (if you are alone) or in your
m a tornado, it is still scary but you have the option to do something that is important to you such as g
o do with the upsetting thoughts, is to redirect them. Â When a stressful or frightening thought shows

ic ideas."

that she is her own person? Is it weird or dangerous to give myself advice through an imaginary frienc
that she is her own person? Is it weird or dangerous to give myself advice through an imaginary frienc
that she is her own person? Is it weird or dangerous to give myself advice through an imaginary frienc
nse anger and acting or speaking without thinking, these can be part of bipolar disorder, but that woul
ch of you practice new ways to get along as a result of these conversations?If someone makes good us

table so just take it a step at a time and hang in there!"
chiatryonline.org/doi/full/10.1176/appi.ajp.162.1.151"

oncentrating comes from the mental ability to concentrate, and not some medical reason preventing t
y counselor can help sort through those issues. Good luck!"
are truly friends they will want to support you in your resolution to stay put at night.Â Maybe you can

n what may be behind the reason for your wanting to leave the house and feeling not in control of you

parents restrict your friends or time to socialize with your friends, and your friends are doing legal and

is pretty intense for you and something that you are concerned about. If this is getting in the way of yo
u do these habits.This way you can interrupt your own patterns a little bit at a time."
ng your moods by just identifying that you are having these intense changes instead of being complete
e got that down, you'll know what to work on. In the meantime, here are some strategies to cope with
k with a mental health professional to look for patterns.One thing that may help you while you are aw
scuss their source, if any traumatic event has occurred in your life.Â Also, I recommend to journal you

ur doctor meant would be to ask them! :)"

vould be a symptom in addition to an already existing seizure disorder, not a seizure disorder in additio

self to stop the tic once you notice it, a tic which is not a medical problem will go away when the unde
makes it better or worse.I don't know whether you are saying that it ties to anxiety or whether it is ju
ours may or may not naturally resonate with what I just wrote.Then you will feel ready to see if a diffe

you have for other people, then eventually it will lose its power on you."
all the things you think about yourself, positive and not-so-positive. Then rewrite those not-so-positive
d it. Saying you are going to accept a date or go on a job interview is something you can actually do, ar
know more about who they are.Be patient with yourself too. Â Change sometimes feels much scarier
have some information specific to dissociation that you may find helpful. Â Best of luck to you."

cs of this so that you can see what else is happening for you. It could be that you feel safe with your ca
ed to a person, but possessions and safe places certainly mean a lot."
han that is definitely something to look at, but for the most part nothing to worry about. Hope this hel
ieve you may have bipolar disorder, then you may want to see your primary care provider orÂ a couns
n Obsesivo Compulsivo puede ser similar a otros desordenes de ansiedad.Â Asumiendo que ya has si

vever, if you don't find professional help to carefully guide you through whatever you mayÂ confront,Â

es and suppositions.If you trust yourself to actually not follow through with an idea that may kill you,
s it powerlessness, worthlessness, hurt, shame...? Â Then ask yourself when in your life you've experie
e you've not always felt or handled yourself this way.Quite possibly and more likely, the particular con
en a therapist or talked to anyone about your problems? If not, I would advise that you do so sooner t

riteria for such a diagnosis? It sounds like whether or not you do, you are suffering and working with a
ell being.Â Spend some time focusing on what you want in your life?Â What are some changes you ca

om the consequences of their behaviors. From calling out sick for the person when they're hung-over
hol.Keep in mind that his problem of great emotional pain, can only be solved by him. Â Try not to get

ences."" Notice that nothing in the definition speaks about willpower or motivation. That's because ad
client being in the same 12 step group is professional misconduct.Â You might want to consider atten
n if you get into some kind of legal trouble. But this situation seems completely different. For one thin
y personal practice that if I am present at a meeting and encounter a current client, I will leave. No que
employment.If you were not Â given in writing the organization's policy of employees not being permit
your own interests, or doing housecleaning or chores, by devoting yourself to areas which you decide t

able to schedule an appointment with you.In addition, mental health providers have an obligation to f
hat matters most is receiving social work service.Stick with looking for another social worker who is wil

violation. Not only are they losing their license to practice by doing this, they are going to face crimina
ven't already done so, I'd recommend that you explicitly ask for a referral."
e a legitimate explanation for missing your scheduled session.Â Maybe if you could explain that to her
lp you find some confidential options. I hope this helps."
ng services in your area.I'd encourage you not to give up. You are on the right track."
your health."
tly record a session without the client's consent."
nd the 2015 AMHCA code of ethics. Both have extensive new sections addressing the ethics of online c
eck-in periodically to make sure that they are still on track (sometimes referred to as relapse preventic
tandably anxious about what life will be like without the frequent meetings. Ultimately, termination is
to pay. That is traditionally seen as an unethical practice. Other arrangements can be made to provide
ferring care entirely to a new mental health provider."
outside the competence of the counselor, the counselor should look for alternatives, the most commo

continue therapy in order to be well. Most clients experience some difficulties and slip ups during this

termine if I am a good fit for their therapy needs or if they need a new provider, in which case I provide

and why. It still is up to the client whether to continue, however should they want to keep seeing me, a
t being said, the therapist should make it very clear that if the client ever decided to return for ""maint
eeded.And, has the therapeutic relationship reached treatment goal(s)?Â While this question is specifi

other reason to terminate working with a client is if the client needs a higher level of care. Â If the clier

a month, for example). Â I rarely have had to terminate a working relationship--that's why I don't cha
ome each three weeks, then monthly, then every three months.This gives a sense of security, friendlin
beneficial to take this with you to supervision, as well. Â It's important to understand why you feel the
sary and cannot be prescribed by a primary care physician, frequency of sessions is usually decreased

ears of graduate school.Â If you are thinking about a career in psychology, the local APA chapter would
udied Sociology and Interpersonal Communication as an undergraduate, and then I received a counseli
le - including a recognition that there may be a valid cultural aspect to this type of gift giving.It might b
priate. I can understand that you want to show your gratitude. There are many other ways to do that. Y
oit from therapist to therapist. It's important to me that I be sensitive to cultural norms, and to my clie
n to a new practice.

otice in advance of leaving a practice."

ney can't read your mind.Â Not every therapist will be a good fit for you. I know I'm not a good fit for e
and donâ€™t hesitate to directly ask for a referral.I know this may all feel a little overwhelming. It migh
of luck you you! I hope that you will be feeling better soon!"

our particular wishes, motivations, interests, and people about whom you care, the greater will be you

stress.Â Â As examples, exercise as approved by your MD to reduce muscle tension and lift mood, jour
ess include: cognitive reframing techniques for manifestations of cognitive stress; assertiveness comm
allow you to escape from what is causing the stress without truly fixing it so you just return to what alr

make good decisions for yourself and these will naturally be ones which decrease stress as much as pos
icing the skill when you feel calm(wish) and it'll be ready and able to help you when stress hits hard."

want to hurt someone in real life. It is also true that some people fantasizeÂ aboutÂ things as a way to

reached your answer."

ed on who the two people really are, not how we'd like imagining them."
mostly to ""connect"" with other people, because connecting with others makes us feel fulfilled and v
that you have perspective, that at your age and social maturity, you were innocently doing something
n for some people.Â It makes us feel good.Â We get pleasure from it.Â I had a client that turned to ea

rself as the reader of the post.If you think about the wording of a question which would motivate you
otice if there are even small differences.Â Also understand, why this is so important to you. Ask yourse
n phrase it in such a way that they recognize that you are asking for information and not blaming then

at times be negative, of course they will, but in order to keep something or someone in your life there
at you would like to spend more time together.Â Plan an activity that you both enjoy or try to discove
ending on your friend's response.Its possible to be in contact more spontaneously, when either of you
aybe this was meant to be the outcome."
not work, that is not entirely your fault.I wonder how you could forgive yourself for what happened?A
already understood.Just Google ""psychopaths and leadership"" and many articles come up about boa
he has manipulated and lied to you, and that is enough reason for you to stay far away from him. Men
or persuade or talk a bully out of their behavior.The best protection for yourself, assuming you are not

e expects to get out of the party. Â Are they coming because they like one another and wearing a dres

which they wake up.Instead of trying to do the impossible which is promoted online and in media, all
ıt, or simply focusing on the past is certainly a barrier to improving any relationship. Learning to forgiv
ll yourself next week ""got to focus one day at a time"".Â You can do it....it takes practice but will get

fe if you have more understanding? Get really grounded in why you're doing this.Â Then let's look at tl
e will be able to either. Â Try finding a small nugget of truth in the feedback your friends give you, this
el it is unfounded. If after speaking with them you feel that they have valid reasons for the way they ar

ponsor you on (a friend, coworker, etc.) that have military access. Depending on the threat level, they
n The best thing is to get a new id as soon as you can. There should be no problems because it was stol

ɔs un proceso de entrevista que considera la salud fÃ-sica y mental de una persona, Â su ambiente soc

themselves and others, it is important to pick-up on more specific personality traits, which comprehen
different personality styles.Some counselors will also use a diagnostic tool (like the DSM or ICD) to he
ıeorized by man;Also realize that this level of reality is dualistic in nature; that means there is two of e
sonality disorders have stock characteristics which change very minimally over time instead of Â uniqu

ding or feeling like your emotions run your life/struggle to regulate your emotions is something to exp

ay you express it.So if you find yourself crying in therapy, do not shame yourself. You are not being we

deserve care and nurturing. Allow the tears as much as you need."

ues that have been weighing on you. Let it out and let go so you can move forward and feel the weigh

e in your therapy session you just experience that 'aha moment' that represents a cry of joy. Crying is a
fely through this process so that you can move forward with your healing. We therapists are trained to

s something to discuss with your therapist. It can sometimes be difficult to name our feelings, and the

cultural or societal messages.The truth is, whether you're male, female, black, white, asian, etc.- we're
ve keep kleenex in every room of our office, lobby, and common areas.Â http://www.liferebirthed.com

en they will apologize for their tears, question why they are crying now or try to dehumanize their feel

VORK if you are doing it right.Â Let the tears flow, they are cleansing and can help you heal."

er you will learn more about the connection between thoughts and feelings."
hat are causing the distress. Please do not feel that your counselor will not understand why you are cr

that happens. Remember itâ€™s okay to cry for yourself.Â Let yourself cry over spilt milk. You donâ€™

ling helped. But when you think about it, there are many medical treatments for a variety of healthcar
re their style aligns with your goals.Â On a more specific note, there is myriad research out in the worl
ou would not otherwise see. A good counselor will also recognize if and when you need other help or s

feel heard which in itself can be healing."
ıÂ says:â €œThe evidence-base of Cognitive Behavioral Therapy is very strong.â€ (1) â€œCBT is as effe
quickly, recommended proper protocols quickly, and coach to completion.5) Even if we PRESUME gene
is should be someone you feel a level of trust and connection with who is also using a style that you fe
seling will also involve discussing the unpleasant parts of your life, and you may experience uncomfort
ten therapy is the first time the person has a chance to trust someone with their confidential informati
d provide a space where people are able to share their deepest thoughts and feelings, allowing thems
truly explore your thoughts and feelings. A counselor can also help you understand your motivation a
e counselor engage openly, honestly, and with mutual trust that both of you will work for common go

tside world, when one comes into the counseling room, one is trying to gain insight that was not previ
ing a try.
ained to phrase questions or statements in ways that help you to gain more awareness of one could b

ss of how you go about it, I like to remind all people who call, email, text or walk-in, therapists are a bi
omfortable when you speak to them on the phone!Â If this person is a good match in these areas, sch

sk anything! Â :) Â Best of luck!"
ed to acknowledge the inherent goodness of all clients, and should be able to see and hear the sense c

owing and trusting yourself that if it is not a good fit that it is okay to seek therapy from another provi

ebsites. Many of us offer brief consultation calls at no cost. This is a great way to share the issues you

st, even if sharing and reflecting is uncomfortable.Â There are several places where a therapist may be

going to a total stranger you've never met before, that is just as damaged, stupid, and imperfect as we
u have with the therapist, the therapist will ask a lot of questions about what brought you into therapy
gative review may warrant further research.Â 4.) Finally call the Counselor and ask a few questions. Le

seem pretty busy all around.I've heard a lot of statistics about how prospective clients in therapy will o
erapeutic modality is or give a brief scenario and ask how the therapist might respond to that situatior
ou're willing to pay out of pocket and get reimbursed by your insurance, but more and more people are
this professional is a good ""match"" for you and will work with you at working toward your therapeu

erapist is a good fit. Many therapists offer a free phone consultation to allow you both to determine w
at and you know you're going to be paying for it all anyway (because you're an all-star and verified you
expertise. Â If you feel like you connect, you can schedule a first session where you will tell them more

re and I try to explain that to my clients so they understand that while my first initial sessions is a lot o

that the quality of the relationship, rather than modality of therapy, indicates success rates. One of th
n to address the client's concerns . Â Usually I will suggest strategies that I think may be helpful and as
ı finding someone you can readily work with."
ven people who have been very apprehensive are usually feeling very relaxed by the time the session
others you, what you would like to get out of the counseling, and all the various things that tend to aff

nbling blocks along your way of creating your own new answers to the problem you brought to counse

we also have our own masters so that we can be better for our practice.
the client.Â I have met a few clients that worry that those skills are feigned because it's our job, but th

eel heard and understood)"

cause it is a calling and I am sure others will say on here that we have to have our go to place of healin
n my experience, I have observed that people have many reasons why they begin to show resistance.
Most of my client load is comprised of teens that are mandated to be in therapy or day treatment and

ıd then worked through.It's hard to necessarily say what some difficulties are that a counselor might e
ɔ step further into so as to realize their emotional pain isn't greater than who they are."

ight criteria, and it sounds like you do.Â Perhaps your apartment manager needs a letter from a thera
l with limitations that make them fall under what the ADA defines as ""disabled"" are protected unde
out who is above this person or entity and find out how to formally introduce your request to the boa
process:Â https://thedogintheroom.wordpress.com/2016/06/20/what-makes-a-service-dog/#more-5
ding boundaries.Â Â Boundaries"
or bring up the topic at a neutral time, not in the middle of an argument.Having an unsupportive mom

ntity?My suggestion is to pay more attention to your own likes, dislikes, and interests. Â To know the
so wondering if you have been emotionally hurt in the past, and if so, you may have some protective c
amily and friends are often the biggest contributing factor to someone choosing to use/drink, continui

. Ultimately, you will have to respect her boundaries and the decision she chooses to make. She may w
from you. Â This is a fair request since you are in a relationship.If she's changed so much by giving up c

and be kind to yourself.This frame of mind may generate new answers to find ways of being among c

Therapy Den.Â Both sites are therapist directories where you can narrow down the type of therapist

while these paths unfold.In addition to being open to meeting new friends, involve yourself in projects

plore what used to give you a feeling of ""fullness"" and/or let you feel a range of emotions.Â That co

ch as some yoga practices, and a creative discipline like photography or music.Â As long as you concen

tion, then reflect on what may be creating a loss in confidence in either who you are and what you're c
f erection, I find that many men have a similar situation in experiencing negative intrusive thinking du
e not alone. I am going to move forward assuming that you have already checked with a medical profe

become extremely upset and fearful after losing an erection because they don't know that it is norma
wer circulation and pituitary might also be indicated.Medical will likely not recommend anything usef
e to look for more subtle causes.Â Unfortunately, you may have gotten yourself into a mind set of ""I
ich basically states that if we feel either too much or too little stress, pressure, or nervousness about a

y to go out and spend the day outside in the summer months, when the temperature is warm and the

checkout the Mayo Clinic's website for SAD here: http://www.mayoclinic.org/diseases-conditions/seas

ou than another. For some, the use of light box therapy may be more effective when combined with o

shift :))---one simple change you can make is keeping your curtains in your bedroom light enough as to

possibly medication."

ger. This lack of light could mess up your circadian rhythms or cause problems with serotonin which is t
k forward to hosting."

day, consider allowing yourself to enjoy the sunlight without specifically considering that it is also cold.

statements we say to ourselves that are no longer serving us. The next step is to select an ally. Someor

n area to self-reflect and theorize about. Â From what you write, you have a solid awareness of your f
nbalances (possibly an endocrinologist); consult with a registered dietician to see if there's any dietary
(iPhone app). The other thing is to create a new routine, incorporating meditation.Â A good program
ualized recommendations without knowing more about your symptoms, but reaching out to your doct
flowing (call them what thou mayest); when blockages are removed, what is naturally there flows, an
to behaviors that contribute to your changes in energy and optimism.Â Let's say that the few days bef
hedule is light and you have things to assist you can be so helpful. Different essential oils like lavender
nfluence your cycle and make your mood more even.There are side effects to at least the Pharma drug
depression!"

g. LENS is all about the brain and brainwaves and how your body responds to various frequencies. Trac

r negative thought down the rabbit hole, you learn to view your thoughts differently and recognize it f

we cannot stop our thoughts as our brain is always working. If you can't see your issues in a different v

yMedication - Depending on what other symptoms you may be struggling with depends on what medi
racting with other people. Â The changed impression you make on others will influence your own view
ay aware that the family's decision to target you doesn't mean that you are doing something wrong. Â
ating you this way that have nothing to do with you or your worth.Â It's your parents' responsibility to
ourself is negative self-talk and it is being fueled by the things others are saying to you.Â It can be rea

nd a counselor and don't feel like it's a good fit, you can always switch to someone else that is availabl

ou find someone that you feel understands your situation. That might mean that they identify an issue

immediate support, or find yourself having thoughts of hurting yourself, you can also call the great fo

connecting with organizations in your area that support mental health needs.Â They may have resourc

' is a combination of these feelings.Be kind and caring toward who you are since you just put yourself t
hat makes us feel good.Â I'm not saying you should do it, but I understand why you would choose that
may be particularly helpful, but aÂ skilled professional can help you to figure out how to identify othe
these prescription drugs.Yes, follow your intuition and ask for help. Â Just try to find a place which ma
onship with your family. Is it that you do not feel heard, supported or loved? Is it that you feel disresp

different approach and work with your depression as a signal to change some major area or one or tw
ing you can do each day that you can find meaning in?You mentioned that you are not sure if you nee
ptoms.Â There are various treatment methods available to helping professionals that are successful ir
tant that you seek help with a counselor, therapist or psychologist. Â Trauma Focused Cognitive Behav

e PTSD?If you are working with a therapist, and a minor, then Â the laws of your State dictate what info

bility to adjust to needs and change plans, etc.Â What that also means is that you probably had to focu
rocess of learning what works for you. When all else fails; make sure you are in a safe place, pause for
life. Â They are not meant to harm you, so much as to nudge you to invest your life with different activ
ike Career Link. You say you have no friends currently. Are there any previous friends that you can get
you continue at the same pace of living and didn't stop and examine your life, then you may not notic
ve well."
s.Â http://www.empoweryou2.com"
tiatingÂ self-careÂ routine talk to your therapist about what motivates you and pushes you to do thing
l like you are doing something, whether or not there's any motivation there.Â Other people go with ta
elf around whether you feel undeserving of success."
ow what you need to do to become an electrician or heavy machinery operator? If not, find out. Then,
tion, trust yourself to know you will also know when you've arrived at another road you'd like to take
d your identity apart from mothering.The reality is that parenting involves years of work as it takes 18
ere are parts of becoming a mother that can be wonderful and magical, and parts of it that can be just
ped"" may also mean that you are Â believing these negative thoughts are absolutely true. We have lo
end an hour or so a week working on things that you like and/or spending some time with what you di
ns, though, seem pretty ""normal"" for someone who is in a relationship with a partner who has childr
rm, it may be time well spent to create a coping plan for those tough times in order to feel like you hav
ssible for what you're dealing with.If you have access, counseling could be beneficial as well.Â There a
is only fear and anxiety, not paranoia you have."
r love for your son.Â Or maybe it's how you choose to support him (even if it feels like it's a betrayal to
etween you and him, difficult.If some type of group meeting where you can learn from other people wh
logize themselves."
e the experts on their lives and know best what is happening for them.Â What is telling you that you h
sults than to read a list of descriptions which all are very indicting and negative sounding."
any of the things you mentioned, a counselorÂ would consult theÂ DSM, but theyÂ may alsoÂ use som
d still reach out to them if you feel safe to.Â That might mean being very candid about what you need
would really like to talk to someone because you are feeling sad or anxious (or whichever of your conc
d overprotective when hearing about your symptoms, and thatâ €™s why is important to discuss them
ction did your parents have when you were diagnosed with the other conditions?I'd separate their will

tive emotion based on an inaccuracy which is not fair to you. Â Ask yourself some of these questions:
ety!"
ng that you aren't addressing in your life that is bugging you?Â Or do you feel you are addressing too
ety, I wonder if you are saying that you have anxiety all the time and it may be covering up other emot

nction and you wrote a question on an online website, maybe you're not giving yourself enough credit
before the breakup? This may be a starting point for you. I wonder if you could think of and moment c
elp. If the problem persists a therapist could assist you in learning to focus and process those thoughts
on't know too much about sleep in the research, but we do know it's necessary to function and functio
ompletely normal. Â They often arise unrelated to particular conditions at a given moment. Â They ar
sly, this is a very simplified example and it can be very difficult to see how the pattern is maintained, b

or yourself in the past and have put some effort into trying new things.Â That's actually really tough to
ng. If something is or is not working, communicate this with your therapist. This is a big deal. Most the
nother attempt. Means really do matter.Â So, if you have a firearm in the home, it is really important
missing information, that is to recognize how their own uncomforted emotionalÂ pain has resulted i
nd participating in some form of small group support.Â If your husband's struggling as you describe, a
you feel...that you love him, that you care, that you are concerned, that this is scary for you too, that y
ill come through. If he has a hard time talking, you can share your observations. ""I notice you're more
cidal thoughts, intent and plan, and if he is a danger to himself he should probably be hospitalized agai
ome from the hospital, and now things are not as good. Perhaps he can tell you about what is differen
e ordinary.Â Some other signs are:IncreasedÂ substanceÂ (alcohol or drug)Â useNo reason for living;
m such a position, you may benefit from speaking with a licensed professional therapist who can guide
some negative feelings as well.First, it is important to have a safety plan in place, which includes remo
roblem?This is relevant because you may be more familiar and more capable than you're giving yourse
g wrong with you - they just mean that your circumstances are too big for your current resources to h

ds or family?Can you take 5 or 10 minutes per day to do something that you enjoy?If you think back to

negative consequences. Â Consider working with someone who can both have you work on and addre
n recommend you to a DBT program. This can help immensely. Self-harm recovery is totally possible, b
em to avoid painful feelings that they anticipate having if they quit using. Now I am not saying that wh
lling to face that depression has become a pattern they cling to.Â Depression, if dealt with for extende
a person who grows up in this type of environment learns that you put the needs of others before you
ge. Â By examining one area in detail you will gain self-trust and confidence in handling your life. Â An
to recharge yourself and to enjoy your time.Â Is your list of responsibilities way longer than your list o

positive ones for each of the negative ones. You could also try asking yourself what you love about you

hom you like.Study yourself bc this way you increase the chance to find a road which feels right and h
ve understanding and validation which your mom and sister donâ€™t want to give you right now."
lp you to figure out what you could do differently to have the role in your family that you would like w
al Therapy with Mindfulness, and Solution Focused Brief Therapy. Receiving meditation for your sympt
diagnostic category. He or she will be willing to work with you over an extended period of time and ha
towards optimal human development.depression is generally experienced as the system shutting dow

our mood so that you'll feel less depressed."
an't make your friend get help. He will ultimately need to make that decision for himself, however, you

ng yourself, you may consider looking at what parts of each day you can control as a way to stay cente
h life experiences with more ease. I am a Licensed Professional Counselor in Texas, currently providing

d reaching out, which you are doing already.Â Having small conversations with your family is helpful,

ere you have some control or at least a say in how your life is going.If you are socializing among people
tion for the rest of their lives. Some people may go to counseling at times when the depression and ar
guilt-Diminished ability to concentrate or indecisiveness-Thoughts of suicide or planÂ The great news i

ng you good luck!"
on 'Radical Acceptance' by Tara Brach if you prefer something a little more spiritual."
d you will learn how deal with and manage the depression. There are many ways to help with depressi
n we lose the opportunities for us to do it ourselves. We are entirely capable of finding ways to be hap

y tension (caged animal?). In working with a competent therapist, you may be able to get more insight
at you are feeling may be what you need to help you release this feeling for the long term. Â I recomm
nuing to leave you feeling hurt and devalued. In working with a therapist, you may be able to get som
utions to past hurts. This is often easier said than done, but it is possible. From the perspective of those
ames to it and share with a trusted other person. You will find comfort.Â The part of your situation tha
e, these are all real. Â It is necessary for you to know about your basic future.If you are living on your
anymore, I always look back at that time whenever I feel very stressed. I have a big problem with han

ıuse of my depression. I feel like my existence is meaningless,"It sounds like you have been struggling
:ation for me that I am delressed. It would be a sign that I have lost pleasure or interest in the activity

ertain amount of time (usually about an hour) and then try to resume the discussion. The reason this ca
order for me to feel I'm a good parent"".""You're too young to be depressed"" means ""I don't want to
eat counselors as well.Â It sounds like you know what you are experiencing and know that you need so
already. While depression can put real strains on a relationship, relationship problems can lead to or
without, would not leave very much energy to satisfy your partner.I'm glad you realize that you feel d
ıg partners talk through (primarily individually) their reasons for and against staying in the relationship
building a support system around you.Â A therapist can help you to work with depression symptoms, b
ove to talk with you. Please contact us sometime."
cision could be whether or not stay together or it could be any number of other things, such as what st
what it is in you that keeps you going.Â A lot of therapists/counselors are now offering video therapy. A
rough your head?"". Often they struggle, perhaps out of shame; maybe they don't want me to know th
ection rather thanÂ response to stress, trauma or grief. If your husband will agree to it, couple's couns
ıarks and they should be able to guide you in the right direction.You mentioned mostly physical things
eping track of your moods to see what is leading up to the changes.If you're still struggling, consider ta
now whether you have a spouse or parents or siblings who could help out with some different things.

s, whether you have close friends or a romantic partner, a career, activities that you like to do, and ma
this? A therapist could be one person, but perhaps there is someone else in your life as well.One thing
you are in school, you may be able to talk with a guidance counselor or someone at the school. This wo

t makes you want to cut, the easier it will be to find out what you could do to change that. Try talking t
ıld be a big part of feeling sad a lot.Perhaps you could try to find a person or two who makes you feel t
ıer things we need to do.I wonder if it feels awkward when you're with friends that you trust in an env
ıat be? Who would be telling it? Someone who loves you? Someone who was around you when you w
feet. With a competent therapist, you may be able to get more understanding of the roots of these fee
your diet, make a point to rest at night and avoid naps, practice a hobby that you love, or look for a nev
ıg on this website and asking for help. Just a helpful tip: positive self-talk can be beneficial before havi

sense of meaning, motivation, and connection. Additionally, anything you can do to give yourself a litt
hange your life.The diagnosis matters so the therapist gets paid from insurance.It is a good sign that y

u might find the key during the process. Â You could also contact your physician or a psychiatrist to dis
Be well..Robin J. Landwehr, DBH, LPC, NCC"

surprised if your primary care doctor offers to put you on an anti-depressant if they diagnose you wit
e anxiety is the underlying issue. Â Having ""a lot on my mind"" sounds like anxiety. Unresolved anxie

person can pick three things from the other person's list to add into their life together when they chos

:n have about themselves and weight.Basically, if you view weight loss as a method of self-care, go slo

following in the first session: Â What do I love? (other than your children) Â What are my own needs a
ly wants. Then the brother is asked why he's so happy in a room full of manure, and he says ""With all
to sense that the two things you wrote about are connected...you ""not being yourself"", and then ho
ly want people to like you, and people can be very coercive sexually. You said it yourself; you ""gave in

elf and haven't yet uncovered a way of defining your own philosophy of living.Give yourself the time t
the keywords of how you feel, may open a starting point for ideas on knowing yourself and what you
escribe medication.The great news is that depression is treatable. Some people experiencing depressic
n you, is contributing to problems in the couple?Is he willing to understand what you're asking of him,
ddress this problem.Crazy people usually don't do responsible behaviors."

this situation is damaging your life. You've been grieving for longer than you were together. Oh, but re
ling at you.Â Something about anger...it's often there to cover up our more vulnerable emotions. Und
, but I don't know how. I've almost given up hope on getting better and just accepting the fact that I'll

lling you to not feel. Â Little kids and babies don't remember whether or not they had emotions since
person, and depending on the outcome, you'd be within your parenting right to take your daughter to
t any of this.Depending on the answers, there may be clues as to handling future expectations of other
e haze of having no interests or the ability to fully concentrate on anything. Is it better to continue lett
losing your friendships, but what are the facts that have led to this belief? Really ask yourself, ""are th
patterns that contribute to your sadness, and help with exploring what has gotten you to where you a
people out there waiting to meet you and care for you.Â Can you take a moment right now to becom

ou in getting back on your feet in regards to work, a place to live, and showing up with your partner in

l me and asked to make sure he wasn't just saying that because of me being so depressed. He promise
but I am not really taking care of myself either. Someone also told me they still use electroshock ther

ousehold, because your sad feelings are flooding your life, then consider a professional, credentialed a
book club. Â If you like watching birds, look up a bird watching group.Social isolation increases the int
lp you accept and move through this change that has broken your heart and left you lost. You don't inc
ause of the self-doubt and hurt feelings. Â No one can take happiness from you, only they can make it
al event. Â In CBT it's called a ""core belief,"" but I call it a ""core lie"" in my book, Living Yes, a Handbo
ngYes.org.Â I hope you feel better soon. Â ~Mark Â (www.MarkMorrisLCSW.com and www.LivingYes.c

yourself right now. Â I hope you feel better soon. Â ~Mark (www.MarkMorrisLCSW.com and www.Livi

our doctor or a therapist to help pinpoint the issue causing them.It's possible that it could just be certa
ife that you cannot change and must learn to accept. A lot of people spend time trying to change thing
e areÂ online support groups as well."
f he is coming and going or currently living in the home, my suggestion for you to is to pack a bag for y

oy!"
vill keep strict confidentiality, so even though it's embarrassing, finally experiencing someone truly list

nat after you cry you feel a sense of relief? Like a giant weight was lifted off your shoulders? Thatâ€™s
situation especially when you might not feel in control of uncomfortable emotions. Â Don't give up, go
ch as sneezing, laughing, coughing. You can't help but do those things and most people won't really ju

elf have sometimes cried with clients because some things they talk about are so profoundly moving.

nknown and some philosophers and psychologists believe that at the root of our day-to-day anxieties is
. Our brains are complex, wonderful things. Fearful and anxious thoughts are a part of this picture; the
e, or use reframing which can help alleviate your anxiety."
re, right now. There is a book by Eckhart Tolle - The Power of Now - that you might be interested in. Er
if there is a heaven or hell your consciousness of it will most likely be free of discomfort or pain as you
, negative thoughts, obsessive thoughts sometimes feel like they're out of control and there is nothing
ng, but then also about everything else. Talk to her about your day. Tell her about happy things. I don't
ined, there are also medications which may bring relief. Â Obviously, I can't diagnose you from one pa

xperiences opening up to others. Someone might bully or ridicule us, and that experience can stay wit
he soul can be anticipating some things could be shaken up here, and it can feel scary to look at these

so level of anxiety that can be counterproductive, so it's a good thing to discuss. Personally, I can tell y

u feel comfortable enough telling your therapist what is going on, maybe inform the therapist that Â th
ou keep at it, the more ""normal"" it will become."
that and try to understand where that may be coming from. For example, are you and the therapist no
eling nervous and shaky."" If you feel comfortable with your therapist and it's a good fit for you, I woul
feels to you and maybe some reasons why that may be happening.Â Â There's nothing wrong with feel
orates..."

other, something else?) I encourage all of my clients to bring up whatever emotions are coming up for

r particular areas of upset or in what ways you feel unsure of yourself.Once you start to trust both you

y thing will go. Yes, there are goals. But sometimes side roads need to be taken and sometimes that is

:tion steps to take to diminish it."
own stressors. As you address your issues, then you will have tools and skills that will be useful in add
ɔ when it is time for therapy."

you could find an activity that would deter you.Â Â Working with a therapist or counselor who has knc

a good personality fit between patient and therapist.For therapy to be successful, you MUST be realist
.nxiety usually means someone did not feel well understood growing up and was rushed to comply wit
ɔr during specific (or perhaps even non-specific) circumstances. Do you think it is a self-soothing behav
ety. This takes a therapist trained in CBT.Â You will learn to recognize when and why you perform the b
:ext, it's hard to say what would help on an individual level but working through those triggers and wh
of the edge--the pressure--of all that is overwhelming.Despite that, it may be that the situation contin
Anxiety Antidote"
ɔu put yourself out there, but we aren't that great at reading what people are actually thinking based c
end, to make you happy.Try explaining that you have needs too and ask her to consider your wish to b
ear while relaxing, until you come to most fearful proposition which is crossing that bridge, or you can

would be. If it wasn't, that will help boost your confidence and help move you to the next step. This is
he neuroscience research we have available.Â In our brains we have amygdalae, which are basically ju
therapy which teaches people short term mantras to do something which is safe, say being a passenge
ideal you? What skills, knowledge, or personal qualities would you develop? What kind of relationship
ome part of that that you are not afraid of?I really encourage you to consider whether your fear has a
es. People who are afraid of elevators may always use the stairs instead, which may not always be fea
u can use to try to overcome your fears. When it comes to overcoming certain fears or phobias, expos
at shows all the ways you are worthy.Â Write all your accomplishments, and things you have overcome
wonder if the problem is something different."
e even the TV. Trying to identify your triggers is helpful for some people. Clients have also reported tha
be prescribed by a nurse practitioner or psychiatrist -- I do not recommend a primary care doctor vent
ears does lead me to think it could be a type of schizophrenia. A psychiatrist could diagnose that after
.lso please journal if you wish around the graphic enclosed."
ront of a mirror.Sounds strange but the practice helps.2. Ask some friends to listen to your presentatic
practice speaking out loud, I can ace this presentation!"" Â Although this is a short answer, I do believ

h.Â It's something that matters to you, so your body is trying to prepare you to fight through it.Â It ca
ıe presentation, eat a balanced meal, get a pep talk from a supportive friend, use deep breathing to ke
the person who feels anxious.Anxiety heightens fear, so whatever concerns you have, check if they are

many successful people battled imposter syndrome on the way to the top (and still manage it). Â It mig

ourself. Do you believe you need to know everything, excel at everything, or be liked by everyone in o
your chosen career goes against family advice and expectations, or if you simply are a shy person, ther
asking yourself questions such: ""What is the trigger for this feeling? How does it feel in the body? W

ıst year or five years ago.""Â Vanderland recommended a simple exercise of exploring how you might
ything or to feel like you have mastered what you've learned.Do you have a professor you are comfor
rything there is to know about this and have no gaps in my knowledgeI must be perfect at every task t

narked upon, and - until someone does the event better than they did - they are 'the best.' Grad schoo

ıade you feel shame.When I have a client that often fears others are judging them, I have them list ou

que that can guarantee that this experience will go away, though it might, however, there are things t
sessed first since if it has been ongoing, it may be making the situation worse and given the time it has
standing of her answer to you?Your observation that she says one thing and behaves in a different way
energies might feel things in an empathic way.Â Or experiencing triggers relating to an underlining iss
these, not telling you that they apply necessarily.Anxiety comes up when people feel helpless to mana
el comfortable and speaks to you completely unbiased and without judgement.Â That being said, thos
hould feel comfortable and feel as though your therapy process is moving along with YOUR GOALS IN
time being.Â·Â Â Â Â Â Â Â Â Plan, organize, delegate:Â Create a schedule to manage demands, orga
scribe - without judging - the sensations to yourself. Try to be very specific, such as ""my palms are feel

ds something like, ""This is the worst day ever."" Now, perhaps it was the worst day ever, but more th
hat that extra worry looks like and when to target those thoughts, as well as help you to feel like you h

r growing up years and what may explain why you feel insecure.To improve, be patient with yourself a

erapist. Another helpful piece of info on anxiety, is that it is prone to something called ""symptom stres

ike it is no longer enjoyable?Â Have you lost interest in other things that you used to find joy in?Â Wh

s to connect w a friend or search for an interest within you to develop.This way with either of these, yo

esser side effects.But beyond that, have you tried any other treatments such as deep breathing or me
riend, about.Â Do you have anyone else you can talk through it with?Â Maybe another good friend o
ine and yourself.Â If you focus on what you are paying attention to (them), then you will naturally hav
th someone you already feel comfortable with, but talk about a topic you've never discussed before. Â
wesome and tell yourself you can build new friendships...it may be the motivation you need to move p

take care of myself in ways that make me a better counselor and lets other people know exactly what
much as possible to sit with the experience and get a better sense of where the burn out is coming fro
Give yourself a little credit for understanding yourself. Â Giving credit adds confidence and confidence
dlessly revisiting those things tend to take away from why we want to be prepared in the first place--to
e body feels open to attack without those extra layers of vigilance.Â Â So that's one possibility.The sec
ogle or pinterest, there are tons of methods you can use for this---some people prefer to focus on colo
irst thought after reading this is that I wouldn't be thrilled about getting into a car if mine was totaled i
ne car accident, talk to your doctor or therapist about it.Â Second, a lot of people fail classes, tasks, de
up in mid-life as well for different reasons depending on the person.Â Â Aside from age, certain circum

hink differently than other people and some people enjoy hearing your perspectives.Â It's even a pos
ocially confident you are, if you care about connection, you're going to care about what people think o

iple times.Â Sometimes it's more about the same thoughts repeating about bad things that may happ
r times that shows up as physical symptoms.Â Â For you, it could be both.Â Based on the symptoms s
notionally and physically distraught on the days you have track.After finishing the season for this year

get through severe anxiety, you can totally get through the healing process."
irectly with calming your anxiety, maybe in ways that make you feel in control.Â Breathing exercises a
get a better assessment of your situation and more personalized techniques.Â There's many counselo
an help you work through this anxiety. It may also be helpful to reach out to a counselor to rule out if t
to deal with the anxiety."
n wait until later.Â This gives your brain a chance to sort through some of the ""planning"" type of an
nes anxiety comes from feeling lonely. Â This loneliness is reminiscent of the loneliness that the grown
of the brain or even to give some emotional relief.Â When we have kids that have experienced those
indirectly, not directly.Concentrate on knowing more of your reasons to question yourself so deeply in

f. If you look for support in this journey from a counselor or therapist, I'd recommend looking for some
they believe they can't handle or get through.Â Could this be happening in your situation?Â If it is, th
If so, how can you learn them and is there someone who can help you overcome this challenge?Â I he
you are looking to transfer to going to be better or different? Are the concerns that you have now goin

figures represent a part of you--for example, the part of you being attacked would be the side of you t
ohor. In the long run, seeking counseling can help you sort all that outIn the meantime, self-soothing st
erapist can give you this plus is knowledgeable about dynamics of someone having been emotionally h
u are mom or dad here, but women especially have a very physical response to babies crying.Â You ca

there aren't any real threats and you logically know you are safe.Â Even if you aren't having panic atta
and overwhelming interactions and involvements with others."
ake people feel uncomfortable around us.Â That doesn't always mean people are judging you, but it c
he care you need in the past. Reach out to a counselor today."

can never truly know how someone will behave, but if we always choose to never trust, then we miss

ng yourself when you are upset and can help to come up with ways to help you through that.Â Â Perh
ople whom you don't feel are willing to accept or understand who you are."
tuallyÂ lead to loneliness, isolation, and even despair. By avoiding, we can also miss out on things tha
ople are not focused on us.Â There's hundreds of thousands of stimuli the brain processes (especially
ings.Not everything a person doesn't like is a symptom of something is wrong w the person!"
ining in substance abuse and medications used in therapy, and I work with many people that take Xan
aiting for you to address it.Think over your reason for not directly asking your psychologist about uppi
eing a therapist, consider finding one who can help you learn some effective strategies, like replacing s
there? Also, sometimes there are medications that you can take in addition to Xanax.In addition to tall

is is because prescribing and advising on medication is out of our scope of practice. The only exceptior
out in your life.Not everyone is into meditation or mindfulness, but these methods can help send the

olence, or any situation like that, it could provoke paranoia bigtime.Â Your brain feels as if it has to be
epared, whether or not the circumstance is highly unlikely to happen, may increase your peace of min
ars to people close to us but they can also offer some of the best support if that's been something you

any danger, no matter how much your body is elevated.Â Anxiety is just our body's way of letting us k
urself may help build your confidence and security in your ability to know and live what goes on in you
ht or flight response is overactive. Here is an image that may be helpful:Â http://psychology.tools/figh
ne.Â If you avoid it, it will teach your brain that it's a situation to fear.Â It's not always possible to stic

s are really scary and not easy to deal with.Â I wonder what you mean by paranoia--does this mean y
nwanted thoughts - not genuine desires to harm them. This is a form of OCD we often call Harm or Ped
sure and puzzled, not someone who is ""bad"".What was your own childhood like?The sensations you
hat having a thought doesn't mean you are that thought.Â It's pretty easy to assume that our thoughts

, If you begin to start thinking about killing someone specific and making a plan to do it in reality- you
and what's worked before can help and if it isn't, exploring new way to calm you down can be benefi
your life forever, you only have less than a year until you can make those kinds of decisions for yoursel
g and the situation unbearable, you can ask a judge to modify the custody agreement."
e you want.Â So your'e going through an anxiety episode and your therapist is not available. Â If I'm th

bout this soon. Still, they can't give you legal advice, and a lot of this situation may be dictated by the l

h your partner and using nonsexual touch for each other (perhaps first you to him and then him to you
l driver is unavailable to consult as to their wishes on what they expect and feel would correct the ma
i.e. extortion, robbed, or would this be considered a bribe).Â Â To the point, I'm reminded of Steps Eig
re.The longer term way to dissolve anxiety is through self-acceptance, self-love, self-belief, basically a
what leads up to your anxiety, it would be good to know this as well so you can look for patterns.As fo
es of what worked and what didnâ€™t work so youâ€™ll be prepared for your next opportunity. Carpe

, would feel intolerable.One way to move out from this position of feeling less than others, is to recog

have a dialogue about it."

nsely you find yourself worrying in general.Â Anxiety itself is a really natural thing - it's just when it sta
begins to spiral out of control either with disruptive mental or physical symptoms, needs to be address
one way to work with anxiety is to find out what the triggers are that lead to anxiety, such as fear, stres

unirme con personas, pero otros dÃ-as, mi corazÃ³n se acelera y las palabras no salen de mi boca.Â Â

similar to the lack of being sufficiently taken care of when younger.Try understanding if you felt negle
ays that you are not. If you notice your anxiety is keeping you from doing things that you need or want

ng to do with distance since married people cheat while living together for years under the same roof!
: for you, maybe you'll tolerate these difficult situation.Embrace your anxiety as part of you, basically, r
ur family history, people have been violated severely, either emotionally, mentally, or physically.In fan
aaa-enhanced-assess-acknowledge-act-sexual-assault-resistance-education) You may want to see if a p

"

ion happens after someone experiences a trauma. Â Therapy can help you to understand what is going
ay tell you that they don't see anything physically wrong with you, and at that point you may want to v
nay be able to help you figure out where you can get help.Another idea is that if you are in school, you
ooking for local resources which will support you either directly or indirectly by advocating for your rig
use of vibrators, toys designed for sexual interactions, etc.)?"

patience will help you."

t boy aren't ready to laugh at you.Â What topics are you interested in and what groups can you do a li

decrease anxiety in what may always be somewhat uncomfortable for you."
crease our difficulty with sleep and can also begin to affect our dream states. The dreams may not mal

ing activities.2. Understand your negative and positive thoughts. Many times we tend to focus on the
nted behavior (panic attack), allows you to come up with strategies for similar situations (prompting e

ding distressing thoughts, open up to them in an effort to realize and acknowledge that they are not lit
ation to a third party what cannot be said directly to each other.Â Â From someone who has dealt wit
ot my farm, not my problem."" When you stop trying to take care of other people's problems, they are

ing you might try, to see if you can get more insight into the dream and possibly begin remembering th

our past experiences with unhealthy relationships would be my question.."

ost annoying trait might be your negative self-talk. How ironic is that?There's another irony here...your

that stresses a lot of folks out. Â Consider this: Â Many happy people don't mind what others think of t
ncies.If you are someone who needs a lot of time in quiet, then not liking loud noises doesn't make yo
distressing thoughts of various kinds, which often influence their behavior in ways that they may not l
t you, and then you can take steps to reduce it. Right now, fear is working overtime and stealing your c
on? Fear of something else? If you have fear that keeps you from having fulfilling friendships, I recomn
n together, it is natural for new dynamics, feelings and expectations to arise. Â It just adds to the reaso
e us that we need protection and that it's best to either pull away or fight. But letting anxiety control h
nts it her way. If we go through our days being ready and prepared for these beautiful creatures to hav
ive your toddler praise when he/she does something good or acceptable. Be consistent and follow thr

assertive, assertive communication is one of the best ways to manage interpersonal conflict as well as
ghts and wonders of how you will deal with it all.Â Secondly, do you have a history of depression or do

help prevent any recurrent episodes.However, you may want to first talk with your primary physician

4-5 times and I feel it is unhealthy to stay in it, but my aversion to the anxiety and depression I experie
4-5 times and I feel it is unhealthy to stay in it, but my aversion to the anxiety and depression I experie
ce therapists who accept this form of insurance, as well as community clinics which do. If you are not i

se by enjoying your Self. Â Â I am guessing that hurting yourself makes the stomach hole feel less bad
anxiety feels awful and there are certainly ways of learning to reduce anxiety. In order to get the tools

ics as well.Maybe you simply are in groups or situations in which you don't care for the people or focu
e medicaid. Â A good CBT therapist will help you look at your thinking so that you may see how you are

de how you would like to do this. Personally, for myself I like to keep a calendar with a to-do list. I alwa
out it. I feel rather worthless more often than not, unfortunately. What do I do? What can I do if my pa
ddress the reason for why you are experiencing panic attacks in the first place followed by practicing c
more support, encouragement, advice, and room to make mistakes. This is where the ability to comm
First identify the three most stressful aspects of the day. Do this by creating a circle on a regular size p
ke-or-break task on the path to successful adulthood.Â If that's the case with your daughter, she neec
miles in your daughter feeling heard and understood. Seeking professional help is also a good option.

d it's really natural for you to worry and question her behaviors. And just like it is natural for you to car
t what you are noticing and ask her how she is feeling and if she feels stressed to the point of visiting v

again."
ng teens. As parents, it is important to show your emotional support for their struggles. Having open c

ealthy for her and you don't want her to burn out.Â Try to get her to talk to you or another trusted ad

emotions.Â Namaste"

work hard in school.Â As a teenager the source of stress could function from school demands, frustrati
have anyone they can go to about their problems. Their friends are dealing with the same issues, so c

ealing with stress as well as underlying issues that drive her towards perfection.Good luck!
g emotionally and learning emotions management on top of all of this. It is so important for teens to f
her and then begin to explore your options together.Â There are many online resources that can help
n's website HSPersons.com) there is a great quiz on there and high sensitive and being bright have a c
manage these overwhelming emotions."

out depending on her ability to process what has taken place at school, will typically determine how sh

endencies.Â What this can mean is that there is a very clear intolerance for anything she sees as a fail
Perfectionism makes them stressed and anxious and they have to deal with those feelings every day c
health therapist they can have more ideas on ways to de-stress."
ow extreme her thoughts are. Â Taking this opportunity to share with her your own struggles with perf
rning to understand how her feelings are impacting her thoughts and behaviors.Â Â I'd like to also ass

and there's no pattern of ""crying and freaking out"" I'd offer gentle support and encourage her to find
concerns, reviewing all that she has accomplished and praising her for doing her best and not push th
ice.Â We are not machines but rather humans who are going to quickly expire if we don't get a handle
awards, to scholarships, the pressure is on to perform at high levels for kids today. Secondly, I would
her doctor. Someone that she knows and feels comfortable talking to about her feelings and learning
to help her learn how to reframe some of her negative beliefs so she can form healthier thinking habit
of it now before she gets worst is the best thing you could do for her.Â Best of luck to you and your c
can fit in. She is still learning about herself, her abilities and how to like herself none of which are easy
negative consequences of those meltdowns can definitely have a ripple-effect into other areas of our li
to college!!Â Â I highly encourage the teens I work with to strive for balance in their lives- and we car
lad have available tools to provide Continued support. It sounds like you are a great support for them

n the long term don't matter much to us. But ask yourself this question, Is your daughters reaction to
sed on what you write, the problem is psychological and emotionally based. Â While the stress may ha
advice on this matter."
the two adults to act like adults with each other for the sake of their child.What's confusing for children
more likely to commit crime and more likely to go to prison. Listen to your heart and ask yourself, what
away sends a different message to your child and leaves room for resentment. Â Find a way to create
ay?""I believe a child needs both parents in their life. Whether she used you for a child or not, that chil
eady have a plan in progress to do this by separating yourself as much as possible from contact with th
while still maintaining a relationship with your child. It is possible and it takes both parents to agree to
ed with. Â The visits don't have to be every day, once a week, even once a month, is better than hit an
alue of being connected to everyone who loves them, especially the other parent, in addition to the ex
you and is possible, then maybe you could spend more of your own time tougher with your grandkids

they similarly called names or are you singled out by him?Â What do the other family members do wh
tter about yourself because your self-worth will no longer be defined by what someone else says abou
havior, and that she hasn't been able to give you any reason for her fear, suggests possible factors of p
tion is entirely in the hands of the people involved."

hat can't happen if she feels fearful or resentful.Â If she doesn't have a problem with his barging in, cle

t happy and kids who feel isolated because they do not know how to make friends. Itis not necessarily

Children go through stages of exploration until they develop a sense of â€ œsocial confidenceâ€. Dep
e on whether or not to evaluate further.Hope this helps,C"

ıe is asking for.I'm curious as to how long it is that she stays mad like this and whether she talks to her

father behaves in frightening or harmful ways towards her."
well.Â Healthy PlaceÂ offers us some great examples of emotional abuse which certainly fit the criteri
be able to help you figure out some ways to communicate with your dad.I think you might feel better

in to help you understand how this situation is impacting you? Counseling is a good option.Â There is
ding how he treats you."
ıic he may prefer to prepare himself.My second point to you is to keep steady in your own views of wh
ıedical rule out as to why your son pees at times he plays video games.If he has medical clearance that
ıay if an accident occurs, no heated words have to be exchanged because you have already laid the gr

ıer 20s and it's her turn to provide for herself.Â You did your parenting - now go enjoy your vacation v

ıse are reportable to Â Family protective services. If they feel it is necessary they can do an Â investiga
does he generally handle this, are better than â€ œdo you hit them?â€"
y can always come to you with any information, and they will never be in trouble for confiding in you.'
ıur daughterâ€™s counselor as well.Â ¿Tiene mi hija un desorden mental?Mi hija estÃ¡ en la escuela el

m and asking for an IEP (Individualized Educational Plan) meeting.Â Your school is required to honor y

you describe here or is your daughter or is her teacher telling you these facts?Depending on your ansv

n regress and behave differently - as if they were younger than their actual age - when under stress . Â
ther emotional hurt?Is she keeping up with her school work?Sometimes kids who feel overwhelmed b
ing to know how to respond to distress in the camper who has autism.This would obviously stretch an
nts and to recognize his natural talents.People are much more likely to take advice if the person feels t
les you to learn more about what he is experiencing. For example, if he is willing to talk to you about v
honest person, the way back to being trusted is going to be simple, but may take a little time.Â The ""

th the lie.Â Â Somewhere along the line, even though he knew that you knew he wasn't telling the tr
many of them test limits. ""What can I get away with?"" is a question they have to find the answer to.
atory)There is so much changing for her (and you) now-communication and connection are crucial.Â I
ain in her arch which may require more practical answers such as new shoes or even indicate a medica
d a nine year old, the dis- turbance or stirring up in you,Â is important and requires your attention, you
and the parent are mismatched as well.Â But whatever is at the core this is something that can be ad

› with younger children requiring more care?Also, do you generally prefer older kids to younger ones?
ainly have the right to define the terms of what goes on under your roof.It is only fair to everyone that

nderstanding-Frustrated-Chronically/dp/0062270451Â Another tool that can redirect a child that's losi
o make regular contributions to you and your kids.I''m glad you are thinking of your needs and those o
personal relationship.

:er with the biggest types of human losses a child can go through.Some people become great teachers,
ing class for blended families."
er relationship with him and causing great distress in his school day and peer interactions.Â She shoul
interest to respect their kids' decisions.In terms of how to tell him your choice, do this in simple and n
d should you seek protection?Many details need to be filled in.You can seek counseling without your p
a good therapist who understands family dynamics and addiction to help you cope with your current e

each other and connect."
tate of mind in general terms.People, including kids, always do better with more information than not
also consider coming up with some affirming phrases for yourself, such as ""it's okay for this to happe

stand substance abuse. Â They should be told for their own empowerment. KNOWLEDGE is their powe
sound and prudent. There are what sounds to be real legal (is this man a RSO [registered sex offender]
is (seriously) minimizing this problem. I have a very strong opinion here. In my book, the safety of chil
potential issue with control or meeting emotional needs with food is also concerning. I would recomm

ause it is strong, may slow the new dynamic of relating as two adults.Watch for your own tendency to
ermine whether they are in a stable enough place to allow this to happen. Â I would start by asking the
with you. It's a form of woman abuse and child abuse. He's likely doing this to hurt you and have powe
way.. I favoured my dad, thinking he has done no wrong. He also abused my mother multiple times, a
cknowledge how much safer and connected she feels towards you. We tend to have big emotions arou
ility to have clear boundaries about what is adult conversation and what is suitable for a child to know
has the right to make these decisions. To oppose her won't likely do any good. You can focus on griev
ld be the appropriate response. I like your healthy boundaries, and I'll help you explore possible ways
aughter, than the father is willing to make for seeing her.If your daughter is willing to talk with a therap
d. I recommend you see a lawyer, who will advise you about how to proceed without putting yourself
ent with constant arguing and negativity any longer. There is nowhere else for me to stay while remai

u live in the home.Â A bottom line for me is you don't tell someone else how to parent. That's for your
and magical thing it is that parents do, and Christmas can still be magical in so many ways. Really, wh
nd really understanding them. It is important that they each know that you are committed to understa
ne is simply be not ready to take that step. Pushing him at this point could worsen the problem, so I su

only feeling guilty for that but afraid of being evicted now. Help. I am bipolar and have been absolutel

ng these issues (exposure to violence, sexual/physical abuse, drug use, stressful events in his life, etc.)
e myself?,"Hi Cerritos,This is an interesting twist because it's more common for the person in your pos
e myself?,"So wonderful to have a boyfriend who is able to understand and forgive you. What do you

one on your list for 2-3 minutes (more if you can- the more the better).Â Meditate on the truth of eac

be led every day to recognize my strengths and to love myself"" or ""May I find peace within myself a

recognize pieces that may be more difficult to see from your eyes as they have an outside view. And

used you? Usually, there are factors such as these which insidiously lead to low self esteem and self lo
for certain things. Sounds crazy, but in actuality, some of the most ""successful"" people, in work main
damaging to a person.You may have never been physically or sexually abused, but what about emotior
positives in it than what you've been accustomed to telling yourself."
ent ways to look at this question.First, I think it's important for us to consider the message being sent
of where these thoughts and feelings come from and then learn to accept yourself just as you are unc
re fuel to keep your fire going!Â Â I would encourage you to approach this with curiosity.Â In what are
on is to explore that relationshipÂ and decide if that personâ €™s opinion should determine how you f
is what you've heard all your life! You are a human BEING not a human DOING.If you can get yourself i
validation. This is haunting me day and night. I want to focus on my new relationship and goals, but I k
therapist may be a great way to get an answer to your question as well as developing ways to move fo
ssibly have positive thoughts about or feelings towards us.Â Assumptions like these may unnecessaril

to be happy. Should I end it with her? She has no place to go so I feel like I canâ€™t break up with her.
to be happy. Should I end it with her? She has no place to go so I feel like I canâ€™t break up with her.
to be happy. Should I end it with her? She has no place to go so I feel like I canâ€™t break up with her.
and is considered a great loss, thus the grief process may continue to be a part of your world for a time
der if you may be willing to seek counseling to help you work through some of this, to help with your p
rief that you are feeling, be in the tunnel, and trust that you will come through the tunnel to the other

ality.
o we are through our many interactions with others and with our environment. In other words, you ca
elf with compassion as you are entering this unknown territory for yourself. Doing something new and
f you were doing something she did not like. This allows you to react to information she is actually givi
alk over to the counseling office at school, the school nurse or consider reaching out to your Pediatricia
: the weight is only a number on the scale, but your health is determined by multiple factors.Â It soun

le is happening now and they go into full force to manage and protect us. Â Sometimes the ways that h
f abandonment, or second guessing or loss of happiness are also not uncommon. Â It's also not uncom
ng help.Â Best wishesKatrina Whitehead MA LPCC"

eeling secure and settled, especially after such arduous effort academically and socially.Let your natur

es) Maybe you have really great toes. Maybe you have an infectious grin. Maybe you're really fantastic
ife but we need to have a space because we usually hit each other and it's not healthy. I'm dying to ma

ntially recognizes that suffering and personal inadequacy is part of the shared human experience.Â W
ng as the instructor doesn't say anything, and if you get unwanted attention say in as confident, slightl
ng embarrassing means that overall, you generally do most activity in your life, in non-foolish ways.The
e in more, we might notice we are thinking that this is terrible, horrible, and that we cannot deal with i
ll had a swimsuit shift in unwanted direction.Trying to make sure that the same thing doesn't happen
o disguising it. Bodies come in all shapes and sizes and every woman knows how it feels to struggle wit
d more like yourself and your true body shape. Some of your ""friends"" may make fun of you, true, bu
o, its possible your friends already have questioned why you wore a bigger bra than your boobs. Â May

a few simple things. First, your thoughts. If you keep telling yourself that you don't like what you see, t

ue...that other people really aren't thinking about you much or monitoring you at all; they're too busy

eling or therapy. You can reassure her that you like her (if that's true), but you don't have to pity her."

s not really affect us, what really affects us is what we decide to believe, internalize, and make our real

etc to see what they see in you both good and bad. Take a deep breath and choose 1 thing to work on
y don't have something else to help them change permanently, such as a new skill. So, guilt doesn't ne

ve me"".Â Just like you would say to someone else.Â Â This starts the process of forgiving. Also ask y

something that wasn't your fault? Sometimes shame shadows are connected to an absent or hurtful p
l shut out, are no longer worthwhile ones for you.If the problem is hesitating to interact because you i

WithholdingÂ If you feel as though what you

ttle attempts to acknowledge and connect with them - fellow humans on this journey of life. A ""good

about it.First, yes it is painful to see all around you what appears as joyful living. Â Please keep in minc

feeling of ugliness may drop out all of its own. Because you'd be focused on you, not on any of the ugli
BOTH OF YOU.In the meantime, your idea that you don't deserve him is rooted in a ""core lie"" that yo
ı and your past to help you sort out where this idea about yourself came from. I'd suggest reaching out
ot alone. Low self-esteem or lack of confidence in some areas are issues that EVERY teen, in fact EVER
ıer than to recommend that you seek the assistance of a qualified professional."
is may help her understand that your feelings are more about the trauma and less about her as a perso
ıased sex life with your wife, from sex as a violation of your body by other people.There are also behav
ır anything. I thought I knew him as well as I knew myself. Then all of a sudden my world was flipped u
that you never noticed before, then your best choice is to find a therapist whom you feel at ease in ta
ınt. I just don't know what to do. My ex left without fully explaining but I feel broken and empty,"since
ınt. I just don't know what to do. My ex left without fully explaining but I feel broken and empty,"Soun

ch as: Negative thought: ""That girl will never go out with me"" STOP Positive thought: ""I won't know
ıe who makes you feel safe enough to explore some of your more painful feelings. Â A big part of the
healthy, meaningful and fulfilling relationship for the long run.Â What has attracted you to each other

:e stock on our own or with the support of friends and family. Other times, it can be helpful to work wi
ıt.Â For instance, in a romantic couple, someone may need more sex than the other. Someone may ne

quire care and attention and also ask us to really take responsibility for what we contribute.Â This sho
ıe things you can do instead to feel better:Create a New SpaceItâ€™s time for a fresh new start, and th

ıu are looking for and address any issues that need to be addressed."
ıing whether or not to end your relationship if things were going smoothly. Are you both equally inves
relationship.Â Take as much time as you need to fully understand what it is you are feeling right now
:o thinking about your relationship on your own, have you talked with your boyfriend about how you'r

or not to move on. Ask God for the courage to choose to break free of whatever is chaining you to the
ee"

sociated with the relationship. Â Give yourself a little empathy, no one goes through a breakup withou
rself. You might be blaming yourself and re-living moments when you wish you would have done thin
elp you get through this difficult time."
Â Even though your emotions are hurting and you are feelingÂ badly, can you see the light at the end
t we want to do when we are physically sick (e.g. flu) is to take care of ourselves even thought that's w
loving toward yourself, to give yourself permission to grieve the loss, and to start cultivating new and

living in your head rent-free"
out? What negative parts of the relationship do you keep forgetting to think about. Oftentimes, peop
omeone that you simply miss the companionship of a relationship.See if you can figure out whether y
pen to hearing what's said and try not to get defensive if she blames you for some things.Even if your
st is in leaving, then do so. Â Your emotions will take a while to catch up.This is difficult and painful to
not share it with you. In addition, it is not clear whether the incest emerged as part of experimentatio
serious consequence you are considering.Ask him to reflect for a few days or a week and then to addre
ll follow through.As painful as it is to hear that someone with whom you'd like to be, doesn't want to b

of your marriage and practice self-care can help in the immediate aftermath.Â Are there dreams that y
es not love you?Â If you never get back together, can you still have a healthy, happy life? Can you mou

as died, But it also applies to people who have a significant loss, whether that is a relationship, a job, o
lso no intimacy.The type of attachment between you and this person is not discussable in reasonable t
she was pregnant with her boyfriends baby? Hope this helps, take care!"
the relationship you have with her.Without knowing whether you are in a relationship or not, is a key
up with your ex.If both of you are having touch and go conversation which doesn't address the deepe

nutes or so to listen to this guy's thoughts, feelings, etc. Then see if you can repeat the essence of wha
m. Â There's no good which can come by arguing with a person who Â flips their position.Live as separ
conversation and from what you mention he has been diagnosed with, I'm wondering if he has a ther
ers for the relationship. I offer homework to be done during this time. Reading, worksheets and individ
ill not, by itself, change your relationship into one that can be sustained."

ther or not you decide to be together again many depend too on if the trust you had in him is restored
nent you feel now as to how she handled herself, is a point to bring up to her for the sake of clarifying
al shock to everyone who was not directly involved in it.I wonder if you are at a place where you can sl
for this relationship behind you.Then you'll have clear space to find someone who is as interested in y
rmation. During this process, it would be helpful for you to try to think of it as not being personal, but j
p a barrier to communicating with you, better for you to respect this than contact her by phone again.
g to watch him all the time.As uncomfortable as adjusting with the disappointment of him leaving you,

be able to recognize things about you that you cannot see right now (such as how you are honest, co
ne else.Since she was meaningful to you, respect the sadness you feel and that the relationship didn't
his ex-girlfriend for the kids. He says he wants me to wait. We were going get married last year. He b

at you have to agree, but just the you can see where they're coming from.If you are asking how better
from continuing any further with someone who was not meant to be your long-term partner but expre
of a process. This is good news, because you don't necessarily have to be atÂ the end of the process t
he man your feelings.Whatever problem you are feeling may become clarified by discussing what bot
with others.Therapy is a great place to explore the roots of present difficulties in relationships, to unpa
ctions of allowing such disrespect from his father proof of that?I know what I have said may have gott

other chance,Â what would you do different?Â Not saying that you are the blame or cause of the nega
nt contact from this person, it's really important to give him clear messages about boundaries (""Don't
opinion about your marriage, including feeling uncertain if you'd like it to end or continue, then you w

tion of your marriage.Also positive is your awareness that only your husband is the one who must sim
l, suffered, and unhappy."
hen your get it wrong.Â To learn more, pick up a copy of Gottman's ""TheÂ 7 Principals For Making M
truggles. I think that it is normal to struggle to get your feet under you again after a divorce, especially
e supportive at work. A couple of things to remember here: 1) You are there to do a job and you are g
then consider finding a new place to work."
, I would say that you are raising 3 different concerns.Â One is that there seems to be some concern o
problem (which could be many factors).Â I am curious to know more about past relationships the bot
ce with this.I donâ€™t know your wife, in fact I donâ€™t know you either for that matter, but from wh

ng"".You will find either there are enough strong similarities to keep the two of you happy as a couple,

ifferent action to see if that can happen."" This thought focuses more on the one thing you can control
ppen..."
oo hard or setting your expectations of the child's father too wide for him to tolerate may end up backf

ple you can use for exploring your parenting roles in protecting your child."
ut that doesn't mean it's a healthy idea to pursue someone who is in a position of power over you at y
handbook. Â It is possible that if you or your supervisor act on your feelings, one of you might have to
om,"Hello, and thank you for your question. It really is up to you to decide if you owe him the $25.00.
rust and respect if what others are saying is true?Seek professional help from your primary care provid
ntrospection on your part."

itual advisors to help you connect to the spirit.Â Â Talking about it helps.
to believe in God.3.) How might your life look if you truly believed there was a higher power/God?Â
haps offer an opinion without trying to make you believe as they do. You may also consider speaking w
erpret information and experiences have a significant effect on how we feel and how we behave. Â It is
security blanket for our child-like selves, the world is a beautifully brutal place and what is more reassu

ot a fact. Â Beliefs aren't provable."
o algunas veces no sÃ© que es real o no.Â Siento que todo el mundo miente. Â¿CÃ³mo se si Dios es u
s and the apostle Paul are telling us that we have to learn how to let go of our past. Jesus says that any

e, and if both of you have past regrets let this be something that you begin to share with one another
rgin for a wife, then he has to grieve the loss of that dream coming true. Also, if he is struggling with y
with, be patient and help him find the help he needs.Â Talk about your commitment to him and reass
ce you get married. Listen to any concerns with patience and understanding, avoid being defensive.Â
his: Â Everything that you've experienced has resulted in you being the person you are today. Â The pe
mention the straight and narrow, this is a notion that you must give up on and let go, humans can ne

not motivate him to a quicker pace of accepting your past, you will have the peace of mind to know y
happening in the moment. We are reacting to what we are experiencing in the moment, not reacting
willing to have a discussion where he is able to explain to you what he is experiencing and you are able
-246-7743Trans Lifeline - 1-877-656-8860Trevor LIfeline, TrevorChat, TrevorText - Text CHAT to 678-67
you might tell your family. It might create an opportunity for you to also tell them with the assistance c

ept you (although I have seen in my work with clients like yourself where the family has moved from i

can talk to other trans-identified people anonymously for support, calling them from wherever you fe
alue, what you like and dislike, and what you want for yourself in life.Â Best of luck to you!"
e of us there is a core, just as there is inside our planet but our continents shift and change over time, l

e me feel controlled, constricted, dishonest, resentful, or afraid--and be honest about them.Â Mindfulr
atever experience they wish. I do this in many ways.Â At our studio we combine Mental Health with y

t your relationship with your mom was, the manner in which she passed, or how old you are, but many
: is not the end of your relationship or God's will for you.Have a serious talk with your guy and get back
:h, that he wouldn't be the one for you because of something small like that. Sex is an act of love and c

if your child wants to explore different avenues.Â Creating a loving and accepting environment is mos
ery spiritual question. Â Blessings to you all, ~Mark (www.MarkMorrisLCSW.com and www.LivingYes.c

d you not been victimized.Be attentive and cooperate with your own sense of readiness to engage in c

again.It is normal to grieve so be gentle and not critical of yourself when you feel yourself missing this
ime to process them. Invite your feelings in when you feel the wave of emotions. Focus on what is goi
ıed, possibly re-experiencing the traumatic event.Not feeling emotions is your body's way of protectin
ıange this:I think it would be a great idea to find an experienced therapist you like and trust and/or a g
, such as fear, panic, and a sense of hyper vigilance. A professional counselor will be able to help you to
ing life events."
ıassive changes that using EMDR has had for many of the people I have worked with. When weÂ expe
dable. Who would want to feel those yucky feelings or to be reminded of the trauma? But here is the
ns aren't great at selectively burying emotions, it tends to take them all at once.Â So when new, emot
ing though is that as time moves forward we naturally heal and emotions come back. If you feel stuck,

er an event has occurred. People describe the feeling as being ""numb,"" or detached from others, the
Oftentimes, the unconscious reaction is to become numb and avoid all feelings, especially if more thar
ıg with a trained trauma professional who has the training to guide you on your path to healing fully."
onal hurt.When your inner world feels itself ready, more of your emotions from the recent distressing
With good therapy you will learn to assimilate this into the rest of your life. You'll never forget, but you
your own."

not look the same but it is possible to have life after trauma."
en if you don't see a counselor, believe in your ability to get through those emotions.Â You've probab
ou start by inviting them in, observe them with compassion and without judgment. When we observe
ter as we implement a compassionate and client-focused evidenced -based approach together.Â I've h
ent in your work and relationships.When you feel angry, try to examine if underlying the anger are fee
ean using medication that is prescribed by aÂ MDÂ to reduce the intensity symptoms and also working
ndÂ step is to start taking steps towards healing. I would really encourage you to see a counselor or th
t decision is a great acknowledgement that you have solid internal resources to draw upon in healing f
once.There is a possibility too that your former relationship connected with being emotionally ignored
erienced therapist who specializes in trauma-focused care. The therapist may, if indicated, wish to to in

feeling his hand in yours, being wrapped in your favorite blanket, seeing a comforting photo, using a c

wn, and the help of the therapist may be necessary to sort through the memories in a safe way. Â Typi

ugh the amount of touch she wants from others.Best way forward as almost always in a relationship, i
exual trauma, this can be a really frustrating experience for romantic partners trying to connect physic
ımend Bessel van der Kolk's bookÂ the Body Keeps the Score. Â This book also discusses effective trea

: a strong foundation for having children, assuming each of you wants children.Childhood issues, your l
) to teach basic coping skills and provide other helpful resources.Â If you want to go this route, look at
and depression, specifically, often respond well to self-help treatment manuals. The Centre for Clinica

ng are type of coping techniques that can numb us to our emotions, but they do not really help us to w
or even grand way, perhaps committing or volunteering your time to help others in honor of your frie
ther ways of coping, such as taking care of yourself through exercise, doing healthy activities that you l
sarily occur in any specific order. We often move between stages before achieving a more peaceful ac

at meaning in a bottle or a joint. I hope you reach out soon. :)"

ted."
arger and last for longer, and sometimes they're easier to manage.Â One of the most common ways fo

ntial sources of threats.4.Â Avoidance. Because of the anxiety that often follows an accident, it's natur
from a new event, it makes sense that the new event could cause additional issues. Both of these ever
time to reconnect with the help system you had around military experiences and explore it a little bit

happy with the living condition.Also, if you haven't already done so, negotiate with your mom that the
ation moment is your chance to more deeply see your own original trauma and try different ways of re
ssible to give you a lot of direction here. Basically, our past creates emotional ""bruises"" that are touc
would also recommend that you seek support from loved ones. Sometimes justÂ talkingÂ about your e
elping professional you will hopefully learn how to be at peace with your past."

cally a positive and safe moment â€“ while holding onto the rock. Then, when you have scary thoughts

be this Helps, C"

gered or to communicate your physical boundaries to him. Â Often times, the experience of communi
nto therapist who are trained in EMDR (Eye Movement Desensitization and Reprocessing)."
ll be gradually dissolving the layers of protective thoughts about intimacy being unsafe.Basically, you w
love you properly. That's a really important part of learning how to be happy...carefully choosing who'
understand that working with a therapist sounds risky, given your experiences, and at the same time a
at you deserve."
therapist. Â Also every state has a domestic non-profit that can assist you with support or resources. I

ink seriously how possible it is for you to enjoy your relationship if your partner is unwilling to accomr
at you find unacceptable for you to do during an argumentDiscuss what is acceptable for her to do duri
rustrating for you. The biggest thing you can do for your friend is to be supportive as you are already d
t for help. All of this sounds overwhelming and confusing. All of what you discribed is common in an ab

your area because they can provide you with additional support. Â I donâ€™t know the whole situatio
ses or therapy as needed. It takes courage to do the right thing, you can do this!Â ¿Hay algo que pueda
ou may also want to consider completing a screening or assessment to rule out post-traumatic stress d
u, but that may be something to consider. Bad nightmares could be the sign of something like Post Tra
ing regulatiory board.Â The boardÂ will then investigate the allegations and can take appropriate acti
naybe the first step is for you to start seeing this decision as yours, rather than yours together.Â The w
re were times when we had nowhere else to go but sleep in the car outside a Walmart parking lot. Ou
naviours. I do hear you minimizing your actions (you say you don't ""hit her enough to cause harm""?),
s your relationship, taking control of your anger needs to happen sooner than later. If left unresolved,
g the most dangerous time when in an abusive relationship. As an abuser, his goal is to control you wh
ally abusive. What do I do?,"It sounds like you are in a tough situation. You have to ask yourself why y
nally planned. He helped me with the move and replaced the money I had lent him. During this time, I
thing like this is a perfectly normal reaction to what happened to you. Angry? Yes! At your brother for

and if you feel comfortable, talk to him about what happened. It is difficult to be in a relationship whe

hy. Before you do or say anything, assess your feelings and acknowledge that youâ€™re angry, and wh
attention using positive words but holding your ground. If she doesn't listen ask someone to come wit
be triggered, parting ways as soon as reasonably possible, seems the choice you prefer.Either choice is
get angry that is the problem."
causes the anger? Try to identify the thought behind the feeling.Â As for the throwing things when yo
gry that this is lost?Â Find out what you are thinking or how you are speaking to yourself.Â You will b

bout the more significant matters causing frustration for you, may very likely decrease reacting angrily
MDR to help you with processing these memories so that you donâ €™t have the same emotional resp

al emotion in itself. It almost always connects to something else as well."

drawn from your daily experiences.If you would like to engage in therapy, I am licensed in Texas and P
no are very impulsive in terms of how they react to stressful situations, they don't take time to think ou
e physical activity, meditation, journaling or some other outlet.The next, and bigger, question is what

ou to know.This tells you what to expect from him in future. Â You can reflect and plan ahead for your

you in a healthy way. Your task needs to prioritize your own safety and well-being. Trauma and substa
r control, then try scheduling a discussion about them. Â This by itself will show your gf you care about

your girlfriend or whoever is involved in the scenario.Â This is a good exercise to practice with your C

icating what he is experiencing. I'd encourage him to continue to do so, no matter the extent of his thc
veral if not all of these needs in your present relationship.Â Before he becomes your husband, you sh
im. You can only change your own behaviours, and I see you taking responsibility for those, which is gr

ir patterns of how to respond to situations. Â Â Even without drinking, the response patterns of yelling
strength in being willing to notice your effect on others and consider what changes are possible.Start c

ent ways of relating, with some strong effort. I would highly suggest working with a therapist, and I wi
ne with yourself just enjoying who you are. Â Often, people who have difficulty in expressing themselv
not, has a good deal to do with next steps.I don't really see any step you're able to take to solve that yo

ns, you'd have learned to hold in what you realized would not be tolerated if you expressed it clearly.W
ol your anger, but theÂ ones thatÂ I would recomend first are the following:1.Â Try a different way of
ur idea of talking with a psychologist or some other type of licensed professional therapist.See if your
essness, and what happens is this... a small moment in the present touches on an old, tender, bruised

the situation and choose the one most appropriate. Good luck!"
him know when you feel disrespected, and what's not okay with you.He may be experiencing depressi
, when a small thing bothers us (and this happens to all of us), it's because the small thing triggers an e
ed any additional help. Feel free to contact me.Â - Natalie"
with their emotions. For example, men traditionally have been brought up taught to not express sadne
premise of the approach is that those who have recurring nightmares and are experiencing insomnia, l
fight back and protect yourself.Third, you can reread this new version of the dream over and over aga
pless and silenced in your nightmare, or taken advantage of, or whatever dreadful situation goes on du
happening in the middle of the night and you are waking up from a dream, you may not be fully awak

have added this in your routine. Have you also considered altering your diet? Certain foods are linked

to resolve the cause of psychological symptoms you might be experiencing."

ust versus dwelling on a possible affair. Hope this helps."
believe they're entitled to treat women and children like property. Often they use intimidation and vic
so, the more damage is done to whatever connection you have and the greater the distrust will becor
volved in an indiscretion that may also be interpreted as a breach of trust between you."
h could benefit from being in marital counseling together. Trust is so important in any relationship anc

ut it can also help work out issues exactly like you are asking about.Â Even a healthy relationship can l
ıuld use it, what-if anything would change in your relationship because of this information.Â I also wa
This could be a private conversation with you or at a counseling session. He would need to feel safe to
I am sure your husband is too.Â It will take some time and purpose, but you can recover from this if y
. Â Hopefully the two of you will do this sense making together, especially if he did have sex w the pr

uch or at all?Â Are you trying to ask him to be more passive participant?Â Perhaps be careful of not c
ng novelty (new lover, new experience with our partner etc.) and maybe even some over-zealousness
p sometimes. This doesn't prove that there is something wrong with the relationship, it just shows tha
arely work out well. Sure, there are some who successfully live this lifestyle, but it only works when b

effects of puberty and all the changes you may be experiencing during your adolescence phase.Â In th

you make. Some states have laws on what age is old enough for consensual sex. You'd be surprised ho
ıxious or nervous during that time?"" Have you ever experienced not getting an erection before?""Â I
stress you feel about being intimate, which could also effect your ability to get and maintain an erecti
20021047).Once you've ruled out any medical-organic issues with either your PCP or Urologist I recom

partner thinks about sex as a performance.Talk with your gf about whatever is on your mind which ma

g., not feeling sexually satisfied) those are not excuses. He could have chosen to masturbate instead o
s the key to healing. Never assume monogamy discuss it. No one can tell you if you should stay or go.
:t on the betrayed partner. The betrayed partner might be overwhelmed by intrusive thoughts - Wanti

ou to move past this, and getting professional help as you navigate rebuilding your relationship is a go
is a sense of your own doubt as to whether you are with the right partner.Before you and he address r
easons, it mau be important to know you aren't alone in this! My biggest suggestion for you would be
ue of infidelity. Together, you can work on healing the wounds and moving forward. I do believe it is p
ith couples. There are certain ways that both of you could learn more about yourselves and each other
an forgive their partner for. So it depends on how you feel about the relationship and whether you wa
e this guy and see yourself being with him long term and for the ""long haul"", so to speak...and you g

ɔurself. First, you used the term ""affection"" but then talked about sex. They're not the same thing. Tl

ɜ of time and/or gifts, etc). If your boyfriend wants the physical attention then work on ways that are c

ent of the pill, maybe you just are done with the relationship."
you will know more as to whether or not you feel more or less drawn to them.Secrets held within a re

ɤays want to address in the first date, or perhaps something that you address after you've known each

ɔut with dating people who do the same and are open to exploring thoughts and feelings in a relationsl
ng profile (because you do say it ""bothers girls I ask out"" which to me implies that that is what you're
places you have available to you."
then does your husband give you a truthful sounding reason as to why not?Ask what explains his disint
ıl exam from his PCP (primary care physician) and/or urologist in order to identify or rule out any orgar
to trigger really strong emotional reactions in people. Try starting with ""what makes"" Instead. For e

' What do you say to yourself about you, about your spouse, and about your relationship?Â What do y
And for lots of reasons...most of them having something to do with beginning to take one another for
ıce the two of you can reconnect. Â If he doesn't want to participate in the relationship with you, then
ɔff that might have come about between you."
:r: am I important to the other? These types of feelings need to be better understood in the context of
ɹples begin to examine what's been happening that has caused a drift in your marriage.Â I'm also curic
ɔu take the 5 Love Languages Assessment and start using each other's top love languages to help show
ɔut your concern with him having friends (Be ready for honesty)6.) Help him understand you feel alon
talking to each other in a way where you summarize what you are hearing and reflect back to make su
Differences in sexual desire between partners is common and can create real friction and conflict. I w
that the pregnancy is diminishing your wife's sex drive.From everything you describe about your wife,

ertified sex therapistÂ to help work through much of the issues you address, you simply may need som
here is new data that post part depression starts in the pregnancy before baby is delivered. There may
hips for there to be a difference in sex drives, I believe that your wife has a major barrier to having a h
ch abuse of any kind?5. Understand that intimacy is more than sex. What other ways can you be close t
ame gendered partner.If you've ruled out these possibilities, and you are satisfied with your emotiona
irself and your body. Men often feel fulfilled by sex simply because it happened - the woman they war
icate about what you like and don't like. One person would be doing the touching and the other would
u say you have low sex drive or you don't know what you are doing:Do you ever think about sex? Do y

with yourself and be honest about why you're not enjoying sex. Â Are there specific reasons you're no
ample, asking your husband how often does he want to have sex/ week or /month. When having this c
o have sex more often, I suggest talking with a counselor about this to find ways to engage in a sexual
houghts, and your behaviours.Your thoughts are stuck... like tires in deep ruts in the road. These thoug

toÂ the actual truth, and if you are dissatisfied about your sex life, it is likely not to get better without t
face value.The work requires observing your own confidence in gradually feeling safe that what someo

n you will know and be able to address your own sore points and by handling these differently than th
seek help right away and find out what you are missing that is driving you to commit affairs. I actually b

€™s therapy or even coupleâ€™s mediation to assess and discuss where you want to go whit your rela
, it is often beneficial to have more than one discussion about the details of what is acceptable for eac

ou find a good guide to walk this path back home to a deeper peace in you.Â If the relationship can be
nes the next question."
as a mutual project, both of you could develop a new system of talking with one another which avoids
live with conditions which keep these moods in place, forever.Give yourself time to plan your next mo
functions on a deeper level than a mediator generally does, a marriage mediator sounds like a step ba
ue. My hunch is that he doesn't know what to do or how to talk to you. But I think he does have somet

ore starting this exercise ask your medical doctor if the problem can be related to a physical health pro
r or not the person seems sincere.Listen to your gut.If you feel unsure the person likes you as much as

nseling is a wise choice for your relationship.Your husband may not know, want to know or want to dis
stic but I believe this may be what you need. Ask your husband if he wants to stay married to you. Â If
ween two people, even to the point of each person feeling they are the only one who knows the corre
or no) and listening as an investigative reporter to try to learn more about what the other person is exp
f's words about feeling burdened by your action.However, he is mixing up his own responsibility to kn
wonder about how close he was with his friend and what he thought you meant when you asked him to

causing you clinically significant distress or impairment in functioning it seems from your question that
s to learn more about your experience, kind of like an investigative reporter wouldSee if your boyfrien
with her in a discussion. Â This is nothing to count on since the control is in his hands and not yours.I'n

one of you goes to see a counselor, you may have some clarification.In the meantime, try to look at w
g? How would I want others to describe me? Let's say that you want others to see you as being auther
ive to have yourself tested for STDs, etc. and if you've been sexually intimate with your partner/fiance
addressed with your fiancÃ©, these need to be identified and understood.Since marriage is a commitr

you are or referring to or if you are saying that you are enjoying spending time with them. These term
to hearing you.People who lie are also very fearful of trusting others, including themselves. Â She may

en, it will require time and understanding.Â If he speaks with you, encourage him to get grief counsel
chment and it won't likely last if you are normally an open and accessible person who doesn't put up w
ays."
two hours.""My best guess is that your boyfriend is triggered by some previous relationship, either ro
push for connection, he stonewalls even more. You probably become more distressed.Frankly, if you
t!"
will likely know what you need to do. Â If you're still stuck, you may want to consider seeing an indivic
ver the best outcome."
; its been."
on will help you move through what decisions to make as to how to leave this man."
e negative traits and issues when is time to negotiate and that impairs the ability to explore and find s
mine the function the 'pushing away' is serving.Â It also may be helpful for you to take time to reflect
tolerance with which to live.Also, an early step would be to directly tell your boyfriend your opinion. Â
hrough his phone or whatever areas you felt were violated by him in the past.

people, sometimes are insensitive or just plain not interested in being pleased by another person."
opinions doesn't mean he doesn't have any opinions.In the long run t is always easier to talk with som
pressing your needs as much as possible and if the result doesn't change, then the sad conclusion is th

ncing with asking open-ended questions (not being answered with yes or no) and restating what you a

ifferent category than previous lovers. Â Sometimes I refer to this as the ""hooker-housewife mentalit

u both had several months ago, then talking about these problems will do more to clear the air betwee
the information provided in your question, it seems as if there is some avoidance evident in your relat
gether, I would suggest you see a therapist who specializes in couples."
lrop the male contact?Does she care how you feel about her contact with the other guy?You need ans

sed on every little detail around your relationship, it may turn into an unhealthy obsession and it may l
st on being treated by our partners. If you continue to accept unacceptable behavior, you are likely to
owed by distance (seperation). The first step is to recognize what you are feeling, and accept it for wha

n the way that you would feel comfortable feeling vulnerable with your own feelings and also listenin
f asking someone else if you should be upset, ask yourself how you truly feel about him and this situat
ur husband actively participated in making the marriage happier for the couple."

at in fact are the person's own responsibilities.Start by withdrawing yourself from paying his bills.If h
as giving to you and he may have assumed you were reading it. You thought that you were following l
s, safety, and the establishment of reasonable boundaries is vital to your well-being. I wish you the ve

en-ended questions (not yes or no answers) to talk about what you're feeling about both about his car
, it seems like you have every intention to be there for your boyfriend during this difficult time. I am n
at you are understanding each other, at least to some degree.Also, consider what you may want from
to your point of view and see if he is able to summarize it correctly. Then you can listen to his side of t
ove yourself. What is actually going on is an attempt to control or change something about you by bei
n lessen confusion.I know you say that she avoids it. It might be a good place to start talking about it â

st and activities that may lead to a deeper connection. Â Ask yourself how you would feel if your spou
ly time for him, so you can reconnect as a couple and then as a family.Â ¿CÃ³mo trabajo con un espos
thing that needs to be worked through. Â Sometimes we need to talk to someone like a counselor wh

y in the marriage to whether you are happy in the marriage. You say you love this man, Â who makes
your wife is so important right now. We all have moments when we really just want to sit and stew i
em. Â Have you asked if she would like to try new things as well?What if, you work on improving your

an help the fears to go away or diminish.Â How well do you know your own body? Getting to know ho
are of yourself!Sex within a relationship means the two people want to have with the other one, not b

unlikely that both are possible (keeping the marriage and the affair). Yes, you get to do whatever you

stions to help you explore next steps:Aside from the sex, is your wife loving and supportive? What are
ifferent doesn't mean it's ""gone bad"".Having said that, it seems as though you are missing somethin
yourself. Â The feelings and ideas you describe here would only be arising from within you because th
attentive; but it takes years to really get to know someone deeply. With time, people reveal who they

ges are, and then...slowly...you start to ask for the kind of love you want, and you start to speak your p
There may be several reasons for his actions, some of which may have nothing to do with how he feels
at bothers you, all you or anyone who talks to you about the situation, can do is take guesses as to wh
nymore, your situation sounds like something different.Â ""He has no time for me""... yet you don't fig
ole want it enough.Your boyfriend came clean to you...this is pretty crucial. He chose to honour your n

u have those feelings for this particular person. Time will tell, but if you need to discuss this, you could

ident, outgoing person he wants you to be...so his method of trying to change you doesn't even work!I
g that's triggering your fears? When you have your data recorded, read on...The first scenario is that yo
s on the meaning of sex in a relationship?Knowing this will help you be better able to collaborate with
re getting from this that you are not getting in your marriage. Maybe this is a cue that there is work to
concerns me the most; it's the lies you tell yourself. Verbal expressions are easy, but it's walking the wa
u have to sign the contract before you can move forward...does he decide when you move in and out?
from your relationship.Probably if the two of you talk about these topics and you each become clear a
use affairs create mistrust between two people, the two of you would also need to be very aware to re
s fault for being in your boyfriend's care.There are plenty of other cats on this earth so throwing out th
ollowed closely by a new ""friend"". I get how upsetting this is.If I was your therapist, I'd want to explo

its and ideas creating more open space within you to attract other people who do enjoy texting you fir
ictive. Â Do you fear pregnancy? Â Are there problems in the relationship? Â Are you afraid of the emo

et resolved. In the meantime, I suggest that when you're feeling upset and are unable to trust what you
pist.Just by each of you committing time to invest in the relationship will show faith in the relationship
ng the one I love?,"Hi Calgary (Canada!), Â Let me get this straight...you're in a 'relationship', but he m
ght? Â Help her to see that you're not just angry, but lonely and hurt; it might affect how you see your

ust is a common mistake couples make, and now you two have involved children in a relationship that
together with him.I hope the two of you enjoy learning new ways of sexually taking care of one anoth
ng for that.He might very well miss that feeling of connectedness too, but he's likely also feeling the w
ask yourself the reason for this.Very commonly, people are afraid to ask questions of their partner, ev

re what we consume puts on our bodies. Our bodies are like a car. You have to maintenance it, in orde
to me about faking it which will cause our sex life to spiral further. Please help. My wife has a diminish

ment will be required."
Ã¢â€™t hold back with your therapist.Â Trust me, they have heard and seen it all by now, and they can he
how many you have been with and what kind of sexual preferences you have or if there is anything yo

Take him with you in your heart as you move forward in your life. Also, there are places to receive grief

n organization which helps families deal with the death of a child, but their website provides excellent
ips you can search via Google and/or Facebook that are specifically geared toward loss of loved ones."
re normal during this time, your emotions may feel trapped on a non-stop roller coaster. You may exp

l images you have of him, and regard him fondly...For, I think you will realize that the dead are not gon

could offer a very low-fee. I hope this helps! Please take good care of yourself. Grief is so difficult but

counseling clinics in your area.Â Many cities and towns will have a non-profit clinic that can provide lo

f know more about who you are and in which direction you'd like to go as your grief feels more manag
u well.."
ere's a link to some information about some tasks of grieving. This is very general information and it w

n help to work with a trained professional counselor to guide and support you on your path to healing.
that are supportive. I would just like to be clear that I respect the decision that you have made and I a
d in your case, it appears, unfinished futures.Â A professional versed in grieving and it's intricacies, car
n, your grief will simply disappear on its own! Â It cannot be forced to leave."
the loss of your mother and may not be dealing with it in a very healthy way. Â By her bringing up you
ut how to interact with your sister."

contribute to your dad's death; your selfless care gave him a longer life...better health. In the end, no c

ite here are your observations and theories about your wife's outlook and conclusions, then the first s

nselor.Â Perhaps there will be a support group you could also join. Oftentimes, it is comforting to mee
nd they can come in any order. You can go back to another stage that you previously experienced. Den

ess.Â Also certain types of alcohol can have sides effects.Â Instead of brown liquor try white liquor.Â
ating on your boyfriend or other negative consequences and maybe have a fear of being or becoming

women is more than seven drinks in a week. There is also a quiz you can take anonymously that will h

someone has a ""problem"" with alcohol, some of the criteria I consider are whether or not they have
and important (if you wish to end an experience called ""guilt"") to NOT regard your animal nature as

you through this as you already made the first step in admitting you are having a difficult time.
ut by your boyfriend, not liking your boyfriend.Did you grow up in a family in which the grownups drar

desires, or urges to useÂ alcohol.Your use of alcohol leads to your inability to fulfill your obligations at

nbers do for him.Â Research codependency. Thereâ€™s a great book called Codependent No More. Th

en re-engaging in personal relationships."
know you re there for her.
bout her.Offering love and advice are the only things you can do for her.Meanwhile, knowing she is hu
re strict surrounding prescription drug sales and possession due to the increase in prescription drug ab
the best thing for you is to speak with someone on how you can best cope with the situation. Â It can l
bipolar related symptoms.Â There is nothing to be ashamed of and we all need help when we are str
You can make the choice to change your habits and learn new ways of healthy coping. Best of luck to y
mily.With no outlet for emotional expression or nurturing, the frustration goes inward until the emoti

avings so complete abstinence from drugs and alcohol is needed.Â I really recommend an inpatient sta

cussion, find out the exact ways the morning sickness affects your daughter in law.It is possible that sc

d times you shared with your mom before her getting Alzheimer's.Â Remember that your mom as she
nd them and how they respond to it. Educating yourself about Alzheimer's and how to take care of you
ou, and your feelings are valid."
nbic system. Your brain still takes in what is coming at you and that is tough. You are human and you h
nection to support groups for family members. Your mother is experiencing an illness that is also chan
ced with uncertainty, not knowing what your mother will be like or act like from day to day. I am not s
d essence remain fully there and present.Â And your mom hears you.Let's clean her out, and see her s

away, take some deep breathes and give yourself time to calm down. Then return to whatever you we
nd differentyl and I commend you for doing that. You also may want to look for a Caregiver Support gr
er's disease. It is unfortunately common to see mothers become cruel and mean toward their daughte
ou to cope.Â I strongly suggest that you learn communication strategies that will help you to commun
of coping with your feeling of guilt is to examine it.Ask what it is you're feeling guilty about?Chances a

eo on Boundaries Could be helpful.Â Also is there a chance you can move to have more privacy and pe
e have of the father.If your boyfriend has a good relationship w his dad, which is not what this sounds
;oing to like everyone - even if they are related. In fact, sometimes being related makes it harder becau
e kids. Â Some parents obviously favor one child over another, and this would heavily influence how tl
riends, but most people stay connected to family unless there's a good reason not to. We don't choose
ur life you can share with them.Â We all have areas we have strong beliefs. Ideally, they would accept
:ter than pretending you are not in your current phase of gender expression questioning."
scuss different ways you may be able to discuss your relationship that fit with how each of you defines
ınd for your own sake mentally proves her wrong.Â I hope you can detach from the negative words sh
the harshness you hear from her.Also, read online about others who have similar situations because tl
:imes the mental health professional can point out parts of conflict that are not easy for the people wh
ıng the history of your relationship with your mother and how you respond to each other in times of ne

ıount of information that you posted, but it sounds like there is a bit of a circle of stress here.I also wor

can do this kindly and respectfully, with a concern for both her and your relationship with her.Â It mi
ı listening to her vent. It may also be helpful for your mother to get connected with support groups to

ry), I suggest opening talking with the person when everyone is calm (not in the middle of a stressful n

a consequence if I've never told you about the boundary. Third, there must be a consequence for viol

ur mom is dumping on you, plus your own stuff. We Therapists are really good containers, let us hold it
like a tough situation."
may or may not help her to come around, but at least it can open up the conversation and be an effor

/riting out what you want to say, before you say it.Â Practice saying it a few times so that it flows natu

but it may help during those days when it hurts the most. And that is really important. Patience is not
You get to live your life as you see fit and be happy. You deserve joy and to live authentically!Â Â If y

ınding, and even a counselor or minister to help you work through your personal emotions.Â Namaste

ılogs, resources, and stories: https://bisexual.org/, https://www.binetusa.org/Find a Bisexual support

ɔken with this organization directly, but they are often discussed in therapeutic trainings as a reputabl

: because it is family, and we don't choose our families but are forced to deal with them for the most p

al.Ultimately, you are only in charge of you.Â The things you say, your behaviors, are all controlled by
can keep yourself calm. The more calm you are, the more she will buy into it when you invite her into
ful with yourself about yourself.You're on the right track by expecting to feel resolved when you've rea
r, and mostly because I'm tired of carrying them (fear and resentment) around constantly.""You can fo

vever there is not, the closest we can get is by using {time and insight} to heal our wounds."
r even in the periphery of your life again, you will have to figure out how to handle those triggers. If yo

he forgetting part sadly is difficult to put past your mind. However, it's being able to see the unfortuna

you search for ""transgender support"" on Google, you'll find GLAAD and PFLAG, both of which are nat
you appeal to their compassion and sensitivity.Also, accept that you may hear a bad reaction from him
his won't tell you for sure if he would be okay with learning you are transgender, but at least you woul

ces for contact or not, and what type, then speak with the ex gf to find out her reaction to how open sl
d manner with you, then the relationship between you and your mom will change in ways other than r
nentia, as it offers a ""Trigger"" for memory, helping to ease the doors to communication.Â Finding su
f handling life matters, from your mother's point of view, may be difficult.First, realize you need to get
communication strategies, and coping skills to help you find your voice and stand your ground in a wa
ave clearly established a friendship and fallen in love. Did you see this coming? I hope they didn't hide
p to the woman in question, your discomfort with the idea of your dad marrying your friend, is reasona
ou. I can imagine that could feel awkward and emotional. Still, getting him to understand might be as s
willingness to listen to you, then consider this as an easy way to avoid directly speaking with her abou
be said to him.The person youâ€™ll need to live with is yourself so do what you believe is needed for
That you are talking to him about this because you care about himThat your relationship with him is im
ing your effort is a way to force you to do more.If you feel the family people will listen to the way thei
ou (and try to listen without defending yourself for a few minutes) and then you could explain what yo

e change by changing ourselves.Â â€ œBEÂ THE CHANGE YOU WANT IN YOUR LIFEâ€. Have you heard

you."
tween the two of you.Does you boyfriend dislike your mother for any reason having to do with her bei
lk about these things with your boyfriend, try to do the following:Consider using questions that start w
appy about your dislike for his lifestyle as you are with his.Try to know whether he's willing to change t
n start to give yourself loving attention and care.Gradually you will bring yourself in contact with new
gotten however you want your relationship to get better than it has been lately. Â Hopefully this will o

ou have the opportunity to know what he is thinking and feeling and he can also know what your react
ment is going to start.The next time you step in for someone, consider asking yourself what is making y
long term be doing good for your family, helps you do the actual work of separating yourself from thei
e else helping out, this may help with some of the difficulties between you if you are not spending quit
ss so you can have a relationship with him in the future.Â Â Â ¿QuÃ© puedo hacer con mi padre usual
egarding her."

ay feel like they are making everything about themselves as they express their worries and concerns.S

e this. But for yourself... remembering that her behaviours are her issue is the biggest piece of ""deali
; 1 thing you can work on this next month to help her. Ask her if she would work on 1 thing for you this

eek help through counselors, support groups and/or individuals you know that haveÂ dealt with simila
Â these things are okay. Coming out is deeply personal, and there can be real consequences to someor
sions (your tuition actually pay for these sessions so take advantage of them). Secondly I would advise
separate ways."
; frustrated, rejected and punished by your withdrawal. You may think he knows that you're feeling hu

okay. I sense that maybe you are feeling judgemental towards them. Do you dislike or judge his strugg
wn with a therapist and exploring these ideas and moving forward on that path you seem to want to b
ter levels of communication. The hardest part is trying to remain humble as we seek out that clarificat

imes that the two of you can hang out, without anyone else present. Addionally, it wouldn't hurt for yo
loesn't include me in the family,"Hi Florida,I get the sense that, aside from this relationship, you're qui
erate person who is not thoughtful, spatially aware of surroundings/people, or positive, but in the end,
erate person who is not thoughtful, spatially aware of surroundings/people, or positive, but in the end,
g Â to lie to your mom. It Â would be helpful if she could understand that you having to lie to he is gett
being thirteen and your mom telling you what to do and being nineteen and your mom telling you wh
u.Are you and your parents able to talk together about their reason for their standard?Are your paren
our message is causing him to feel blamed or defensive? Try communicating with him during a time w

have with your mom and if she is not able to really understand or help you address this concern you n

lified support in the process."
n to be trustworthy since. Unfortunately, no matter how much we apologize for something we did or f

ners do but we can change how what they do affects us. If you have all of your emotions and all of your

d tell your friend if they were in your exact situation?- Also, if your wife or mom were in your situation
is another issue.Â But like being hearing impaired or speaking german.Â You need a translator or a tc
uld benefit from having more meaningful conversations where both parties are being heard and how i

y could also help you both very much with issues like this that come up.
rd.""I understand that you are working really hard to listen to him and he might not be putting as muc
ou don't..."" Partners can quickly go into defensive mode if they feel they are being attacked and som
ent while he develops the habit of listening to you and point out that a relationship is more fulfilling w
le when you describe his behavior. And the last part is the most important, tell him what you want hin
good time.Try to talk to him without blaming, finger-pointing, or asking him to change (this can be dif
u try to be a good listener but you don't feel you are getting the same in return. Â If he interrupts put
e might be open to explaining more with you.Â That being said, what we also know from research is th
times, particularly when you may want to offer your own opinions or become very anxious or of type.
feeling typically lasts a few years (long enough to procreate and keep the human race going), and the
since it's your wish being fulfilled, all the feelings you and her are able to expect, you'll be more prepa
im more information about where you are going and who you will be with, letting him know when you
ho tries earning back their trust.As simple as this formula sounds, the actual process of restoring trust
s needs as best you can. Seeing a couple's counselor is never a bad idea and it would also be beneficial
ity, and d) reassure him when he says he's scared or feeling insecure. I'm suggesting that part of healir
ve at least 15 minutes a week where you are spending time together and not problem-solvingRealize t

y relationship: vulnerability. You will have to be vulnerable to be able to explore what you really want
Working as a team to find solutions to problems you encounter is a much better approach than trying

asting marriage is one in which each partner takes an active role in helping the other through hard tim

e can have a happy one."

l upset by how he talks to you?Keep in mind too that what you believe your husband must change, ma
I would recommend having an open discussion with your husband about communication between the
vay.Iâ€™m sure you have found that the harder you try to make him hear you, the further away he see

would support your right to advocate for all the information you need in order to feel secure or make
t 30 minutes). The key here though is to make sure you have a plan in place - when things are good be
thatâ €™s why you choose to be together. Â Discuss your roles and expectations, this is normally done

ur questions after the truth was uncovered? If you found that he was still lying or not forthcoming, the
at means being honest with how you feel being in this relationship on a daily basis and understanding
g completely transparent with you and is taking responsibility for the choice he made, including ackno
n Gottman's books: ""The Science of Trust"" and ""Making Love Last"" and/or you can seek a Gottman
r husband also needs to change and that is something only he can do for himself but reaching out to ge

onsider attending Couples therapy to help work through your concerns and feelings? Â It would also b
therapist.What's really going on with your husband? Â Does he discuss in detail his sudden change?Â (
f there's anything else that keeps the problem alive after the couch is long gone."
ıerapists and there may be some agencies that specialize in couple counselling and family therapy.Â Sc
ers such as depression and bi-polar disorder. He also does not believe in therapy or seeking help from
ı in place (i.e. being honest with how he's feeling) so that you both get a chance to rectify the situatior
ıad wanted. I cant help my anger because I know we only get one proposal and one wedding. What I w

rified of being overweight?Do you isolate so that you can eat?Do you avoid eating when youâ €™re hu
line discussion group where you'd be able to offer and receive the support from other people who live
r binge eating and one of the best is actually attempting to NORMALIZE eating. Meaning you need to a
stand and then be able to address many of these variable impacting your behavioral and cognitive cho
u want this to be a healthy experience not one done out of guilt.Â Is it possible for you to incorporate
something less than ideal, deserves harsh criticism and not tolerance and acceptance that people mess
stress or anxiety, then someone may not notice they are eating more food than their body needs.Sendi
be present at any and every get-together. And if it's not? Well, then forget about it!Â I see this time an

you cannot be open with him. If your partner responds in an open and understanding manner, it usual
m, what is meaningful in your relationship."
with each other about where the relationship is going and what you both want and expect. Long dista
tionship & communication skills."

you, it's simple...you love him and want to plan a future. For him, it's not so simple though. I believe y
ere are things in the relationship that they feel may need to change before the relationship becomes r
shy and hesitant to tell you his wish of being together with you for many years?Either way the answer

attention. And when we pay attention to something good, our brains send out neurochemicals associat
talking to each other a lot? Visiting each other relatively often? Making common plans for those visits
en the two of you are in separate places. These are the challenges that you face, but there are some wa
non-defensively and ask questions about what is actually going on (kind of like an investigative reporte

nce relationships may be more prone to letting those fantasies cross over into reality. Â Without being
herapist who does brainspotting to to go further so that your subcortical brain can continue to figure ou
to be in the relationship or to leave the relationship. But if trust is broken, first and foremost it needs r
elings are about this relationship. Â Be prepared for the answers and express your feelings as well. Â Yo
retically she would like to know all about how you feel.Keep the expectation that talking about anythin
ind, and the bravery she has shown in admitting this crush, handling her gently in that vulnerable place

loving him appears to be costing you a lot, without much in return.Â If you wait for him to define what

:n you'll be ready w your self-knowledge, to start a conversation w your partner about your relationshi
talking about their feelings for about five minutes and during that time, try having the other person as
belonging, and validation you seek.Â I wanted to share this videoI am ENOUGH - Guided Meditation"

ecessarily equate the elimination of being alone. Instead, its whenÂ you follow up by inquiring and list
need emotionally (understood, accepted, valued, heard, empathized)? To help you ask for the right ty
ıds would be better at understanding, there will be scores of groups, including google groups, which c

shown romantic interest to another person that made you fear losing him? Â Or, is your thought just a

o is reading doesn't have 10 minutes or something like that)Try to listen as though you are an investig

r relationships. So you might try sharing a little bit more about your history with this woman. For exan

u her reasons behind her thoughts.It is much easier to help someone understand a situation if the per
you are not interested in continuing the friendship. If you are honest with your friend, your girlfriend v
ynamic between two people that defines the basic structure of the relationship.While life is filled wit
ng if this is the case. These modern ways of meeting people are awesome because we can be exposed
you enjoy having sex with him? Are you satisfied with your sexual relationship when you are with him
elings of lust for him? Or do those thoughts mostly come up when he's not with you? And the men you

ıy different terms to try to talk about it.Perhaps with this guy that you really love, you could talk about
ıship is when each partner wants something similar as the other!"
:rstand what did and didn't work well in a relationship, will make the new dates seem like a lacking cor

eone."
you describe.Trust your instinct that there is more complexity to feeling good about being in a partner
John Gottman is a great book for you both to start reading. You may also want to invest some time an
ıas you questioning everything but one thing is certain, and that is that you still love her, dealing with
er about it yet? You mentioned you found out....and I know this can be so painful. It can also be frighte
someone to whom you feel no romantic compatibility.Â Consider the drawback if you reach the mom

e is a clash between your values as an individual, including your choice of partner, and the way your fa
appiness, and not someone he loves and would like to help improve their inner stability, then he doesr

nd fill with material things or people but it only is a temporary fix which usually drives the person to th
wonder if you could also notice what changes for you inside of yourself (as far as emotions) when you
ıderstanding what she needs andÂ you really want to. Then take a deep breath, settle down, and listen
ıre not alone. Good communication skills are not really something you are born with, we actually have
need clarification or don't understand.3. Summarize what you're hearing after every couple of minute
what it feels like to be her.This is a very different way of communicating than we're used to. My guess
ve Languagesâ€ by Gary Chapmanâ€œThe Flight from Intimacy: Healing Your Relationship of Counter-
ortable because they may not explicitly know why they are asking for something or feeling a certain w

that particular moment.Â Was one of you trying to help the other and the person felt insulted by the

blems in the relationship that pushed him to the breakup and will give both of you the tools to commu

Â This way you realize you like friendship as a relationship property. Â To have lots of similar interests,
eel sad when you don't return my phone calls"" or ""I feel confused about our relationship ever since y
ties in your bf than the ones you know currently.He may be so absorbed in the recovery that he can or

your relationship attraction qualities grow."

ıad several breakups w this person that you require more time to pass before you're willing to accept t
s angry to hear you like the brother.Anything is possible from, she'd like to warn you about qualities in

ıount and the number of times you tell your boyfriend some information about you, still means that w
e harming them as a a result of your upset feelings, this is unreasonable.Depending on what exactly yo
then this gives you some reassurance about how the both of you feel toward each other.It is possible

talking easy or hard.Also, since speaking up is new for you, then ask your partner to be patient while y
to be done for each of you, and likely understandable in terms of caregiver's life experience, and that s
ıg would be helpful."
your pride? Â Sooner or later this will come up on you in much bigger ways. Â Instead, try to know you
elt hurt by. I sense that you're doing all the work...that it's not balanced.Â I have worked with many co
ınd desires to be with you again, it is important to ask yourself what the motivations are prompting tha

ıple, maybe you could remind yourself that he will answer you when he is not busy or as soon as he ca

unding board before these conversations."
ut specific strategies and what you can do when he is not calm."

hough before anyone else can see your worth, you have to believe it."

ss needy of others.This way, when you're with a partner, the time together will be in enjoying the part
like, feel like, become for you and her? Opening up a relationship is a choice only the people inÂ the re
e partners are in agreement, jealousy does sometimes happen. Here is a good article about polyamorc

ıe goal.Â I would suggest doing you...meaning focusing on your own growth at the time.Â If he wants
still thinking about it. I am going to assume you are still undecided. Some of the things you are describ
and him and just ending it. In the early stage of a relationship (the first year), if it doesn't feel fabulous

ortive at this time."

om the relationship - even if it only lasts three weeks? Â Can you create a mindset of gratitude for wh
ıandle this or who realizes that it requires one to step their game up.Â This is something that he has to
n getting a mental evaluation as well from a psychiatrist.Â Seeing both would help rule out any physic

ionship with the partner when things are better and we reunite. Can you help your mom understand t
yal woman. Why is he treating me like this? Why is he treating me like I am not a good woman?,"I am
d fast enough.Â Your friend came face to face with what leaving the marriage meant...huge changes ar
o someone."

t yourself, which is that you're not ready for another relationship.From what you describe about your
situation. Of course he does, because there are many things that are beyond his control (his ex's beha

want to know what to say to him and how to help him once she leaves. He knows that I still crush on
onfusion regarding how you two feel about each other. Do you know what type of relationship you war
n from my demanding girlfriend?,"Love is not enough to keep a relationship together.The people neec
/ different with her? This a common, unfounded fear we have.Â I wonder if maybe you miss the feelin

ts will go away, however, therapy may still have a lot to offer. In working with a competent therapist, y
oo big of a dog for where he is; he should be a farm dog instead of a town dog. I don't hate the dog, bu
e when neither if you are upset or arguing. Communicate how you feel without placing blame and wit
of ability (disability?) he has right now in a relationship. You can expect more of this behaviour (becau
punish him for the betrayals of others. He's not your ex. Reassure your heart that you are his priority if
of you have as a couple.This way, each of you will be able to know if you have similar values and defi

n. If you are not comfortable with going to those in your life it may be a good time to see Â a counselc
takes years to get to know someone deeply. I know it's hard to keep yourself from falling in love, but y
replace those feelings of wanting to be supportive. Â In situations like this, I often recommend being
ou to seek out professional help as it easy to get derailed by fear when trying to work things out in the
tionship, counseling could help you to deal with what is going on."
o you know he lies to you? Also, are you wanting to make things better with him, do you just want an
y out of the line. But I can't talk with him if all that he will say is that I'm crazy and I need help. What sh
y dated once person before her, so this could be why. I don't feel he has let go enough. He is a wonder

on an emotional rollercoaster by a partner."
ar on what you are feeling, what you are willing to contribute to the relationship and what you would l
s is far different than ""need""."

ind (therefore not something you've been consumed with ruminating over - eases the impulse for him

says, most couples disconnect because of 'mindlessness, not malice.' Learning how to tune into one a
earn to love ourselves precisely because we have experienced being loved by someone. We learn to ta
ou to surround yourself among people who you can identify with and share common interests with. M

elationship with her grandmother was close, given she took care of her up until she passed. It sounds
way with denial)."

out. But he is having a really hard time believing that he knows all of it. How can I help him believe me
d no one can answer the 'what to do' question but you. Slow down. Tune into your heart. Listen."
s or leaders in these disciplines have significant training in counseling, as well as assisting with marriag
y this is related to a trauma but more so to suggest that therapists specializing in trauma are very skill
e mastered in relating with your dogs can carry over, you will just have to relearn what behaviors you
hear, but I'd suggest giving him space. Ooph, that's a tough one, right?! I know. But here's the thing,

the right thing to do.â€ Right? Well, not entirely. Although, staying with your partner because you have
ı an unfaithful and judgmental significant other,"I don't think youâ€™ve lost something, I think youâ€™
didn't mean any of it then we were good for about a week. Then she went back to saying she didnâ€™t
illness or disease. You are simply, taking the correct measures to rid you of this sickness and to get we

erests than those. Some people are attracted to some men and women, and yet they are married to o

more about yourself in the process. You may find Â that doing this in private and having a partner Â w
sues."
d exploring, enjoy and consider seeing a therapist to help you navigate your feelings around this new s

rself.Â I support you (and all my clients) in accepting yourself as you are in this moment. It can be okay

ı your journey.Â Namaste"

ıre telling yourself about having these interests? Try to not overthink your attractions. See where they
bilities and may not even reflect your own.What matters is your self-discovery and that you trust your

ɔtally okay. The most important thing, in my professional opinion, is to accept yourself, fully, for whate
ne examples may include trust, respect, availability for conversation or connection, etc. Whatever it is

s your gender, that becomes a question with a lot of different parts. This is probably something that w
veo como niÃ±o. Â A veces siento como una variaciÃ³n diferente de gÃ©nero. Â No sÃ© quÃ© decirle
means people are swept into a trend just because it is in the air, not because they've given the time ar
dual.Examining these factors, whether inwardly by yourself, in online blogs and sites, or live with othe
are thinking of being intimate with guys, or if you desire them to be intimate with you. It is important
ıle or female, straight or gay...we tend to not like those grey areas so much as a culture. The truth is th

d yours alone. It can be quite frustrating and hurful when others try to define who you are. And it can l

ıation here:Â http://www.transequality.org/about-transgender"
s that there is no rush to figure it out, and many different ways to identify. There are therapists trainec

traight,Â gay, lesbian, or bisexual, but the truth is there are many variations of sexual orientations. Kee

always predict what gender they might be. I love how open you are to discovering yourself. Keep on th
an option. Â You can try Breakthrough an online service. Â Here is some reading for refection that you
out who you are and what you want out of life. I hope that you have understanding and supportive frie

about the brain and how thought patterns work. Thoughts arise in the mind all the time, our brain is a t

urself. This can be done with Box Breathing where you inhale for a count of 4, hold the breath for a co
hen reading it over and over again until it becomes boring. It may also mean pausing through the cour
head, if you are in public. Â It's a quick way to distract you from the distressing thought, and allow yo
et shelter or make sure your family and friends are safe.Â When unhelpful or scary thoughts arise, we
up in your mind, give it a happy resolution. Â Basically, turn the fright into something pleasant or at le

d?,"From your detailed awareness of how you developed and are utilizing Solace, unless you face som
d?,"Hi, I'm Amelia! You know, it does sounds like you have imagined a motherly comfort figure for you
d?,"Since you are saying that you know that the thoughts are yours and your thinking of them in a diffe
dn't be the whole picture of what bipolar disorder would look like. It may be helpful to track difference
e of the material discussed on relationship improvement, and there is progress in getting along, then u

this.Before someone can engage their psychological will there must be a clean medical body and mind

ask for their support by telling them to stop including you in late night plans.There is likely a reason yo

ur actions? Â Talk to someone about what's going on, because maybe that person could help you creat

safe behaviors, then maybe you could do some socializing online w them.Also, I wonder the reason w

ɔur life, it may be worthwhile to reach out to a therapist or doctor to get some help with this and see if

ɛly submerged in them and unaware! The more you are able to be a witness to your emotions and thou
voices1. Lower your stress levels: Oftentimes stress makes voices worse. What can you do to lower yo
ɣake is to try to stay connected to the room you're in. For example, take time to notice your feet on the
ır dreams, especially if they keep you awake at night, and meditate after, so you could go back to sleep

ɔn to a mental health problem. If it is the other way around, I'm not sure how that would work. It is co

rlying tension which supports it goes away."
st something that happens and feels like it is out of your control.Here is some basic information about
ɛrent approach will give you some relief. Â There is almost always more than one answer to a problem

e things so they are positive. For example, thinking something like, ""I'm too pushy"", can be rewritten
ɪd something that you may consider to be demonstrating confidence. Whatever your change of behav
and is more complex than simple compared with whatever you would like to change."

ıt, so strong emotions come up because you feel safe."

ps,C"
ɜelor. Bipolar disorder is treatable, but for many people it requires the right medication and sometime
do diagnosticado por un profesional de la salud mental, el prÃ³ximo paso es aprender sobre el desorde

À the symptoms mentioned will continue and may even get worse.Â There is a light at the end of the r

and you recognize the difference between thinking dangerous things and doing dangerous things, ther
ɛnced TOO much of that feeling. As a child, maybe, but not necessarily.Â That's the first step, and comb
ditions of your current life are not ones that are optimal for feeling good about yourself and your invol
han later so that you can learn what is causing you to be unmotivated and causing difficulty with breal

therapist may help you get into a better place."
ın make to protect yourself?Â Maybe it's time you saw a therapist, joined a support group, engaged in

to allowing money to pay for alcohol, to simply remaining in the relationship, these are all behaviors t
t lost into offering more help than he is able to utilize."

ldiction is a disease - just like diabetes or high blood pressure. Imagine I gave a huge piece of chocolate
ding a 12 step meeting that is located in a different community than the one you work in. Â Another o
g, 12 step meetings are supposed to be anonymous. I am not sure how they would know that you atte
estions asked. If I encounter a former client, I may decide to stay, depending on how involved I was in
cted to attend meetings, then I doubt the organization can hold you accountable for policy which you r
to be involved in, you will increase your knowledge of your own interests.Then, to not be so involved v

follow through with their own communication standards.Â For example, if the social worker in this cas
lling to help you.The self-doubts you mention may be worth examining.They do not, however excuse t

l charges and jail time. If their clinical judgment is that the other parent is a danger to the child, they d

she would be willing to work with you.Â If she is not willing to consider your explanation and if she is

counseling.3) Lastly, you'll need to look into the law in the state(s) where your potential clients are loca
on).Â When a client is not progressing, and feedback has been taken and attempts have been made to
s different for everyone, and there are many ways that termination can be healthy and helpful."
e care to the client, which in itself should be paramount.When the client and therapist decide that serv

n of which would be to terminate and refer. Beyond clinical issues, this could also come up around par

step down process, but these are important to identify and address while still in therapy where clients

e multiple referrals.The counseling relationship could also end due to other factors like noncompliance

a part of the work would be about that want (to see someone who professionally doesn't believe they
tenance"" therapy or a check in, he/she would always be welcome.Â There is no hard and fast rule to e
ic to the counselor, I'd like to also add that a client, at any time, can end counseling."

nt has a crisis or is at risk of hurting himself or someone else, he or she may need a higher level of care

rge for the first visit, so we know if we are a good fit before we start working together. Â Then I period
ıess, and casualness to the therapy, and de-medicalizes it as though the person was treated for a medi
need to end or terminate with the client, as well. Do you feel that they would be better suited for anc
greatlyI'm not sure why you are asking this question, but it is also something that is often discussed at

l be a good place to start to find a local psychologist to talk to. Here's a link to the NJ APA chapter:http
ing masters degree. Â My master's degree was comprised of several supervised practice courses and
ıe best to simply offer your counselor a holiday card as an expression of your feelings. You could also t
/ou could drop your counselor a note or card, thank him in person, or tell him how much he helped yo
nt's needs. In Canada, and the US, it is customary for people to sometimes express gratitude with a sm

veryone I meet. We have different styles; some are more Â passive and focus on listening. This might
ıt help to bring a family member or significant-other with you to provide support when you talk to you

r sense of confidence that your personal world is as secure as it can be for right now.And, it helps too t

naling or art to channel your emotions, spending time with positive people, staying away from negati
unication training, activity pacing, and mindfulness meditation for emotional manifestations of stress,
eady stressed you out. So, instead you need to find ways to help live with the stressors that you alread

ssible."

""work up"" to doing the actual thing they want to do. You may be in one ofÂ these categories. The sp

aluable. Sexual desire is a healthy part of you. Maybe your body is telling you it wants to dive into tha
that in adult terms, would be considered in a negative way.Maybe through your more mature mind's
ating as her â €œaddiction.â€Â The advice I gave her applies to your situation as well.Â Eating is some

to respond, then this formula will very likely be the same for many others who read your post.Good lu
elf, why it's so important for you to receive these messages from friends. What does it mean when the
n for not answering you, that could be effective.I'd also encourage you to consider how much this is bo

should be more positivity than negativity.Hope this helps, C"
r a new hobby. If your friend is not enthusiastic or engaged, give him (her) some time and focus your e
feel like contacting the other.What matters most is your own dissatisfaction with the current relation

re you able to seek what you meant to do compared to what actually happened?Do you notice that no
rdroom politics and that psychopaths are very successful in these roles.Theoretically, is it terrible that
(and women) with these characteristics can become violent. They can also make your life difficult by
being physically threatened by the person, is to close contact with them.This does not take away any

ss in which the girl is happy, is only one way of having fun together?You may learn a great deal as to th

ow yourself time to recognize what went into creating a problem in your life, in the first place. Â Unde
ve ourselves and others is so important. And remember...forgiveness isn't about saying something was
better each day,Â I wish you happy days and happy future..."

he barriers. What do you risk if you're more understanding? Do you risk feeling vulnerable? Hurt? Atta
will help to lower your defenses and help your friends hear what you are really sharing. Â And then if
e feeling, maybe you can consider modifying your behavior accordingly. Especially if this friendship is v

may not need your ID as long as you are with someone that has access. Keep in mind that currently (6,
len and yu might need to report it to the military police or security forces on base."

io econÃ³mico, en combinaciÃ³n con exÃ¡menes psicolÃ³gicos.Â El proceso de evaluaciÃ³n normalme

isively contribute to a personality type. Clinicians, including myself, often witness certain traits that are
elp a client understand a diagnosis that is related to a personality disorder."
verything;So, imagine that whatever personalities you observe, and whatever words come to mind, als
ueness Â which constantly flows and changes with circumstances over time."

lore in therapy, as this is often the most distressing and troublesome for people. Hopefully this provid

eak but expressing your emotions in a healthy way."

t lifted off your shoulders,"

a catharsis that assist with self-soothing and helps to relieve pain.Crying is normal. Continue to let it o
bear compassionate witness to the full range of human expression. So please feel free to let those te

behaviors get ahead of our thinking brain to try and communicate for us. Maybe your tears are trying

all humans and crying is a natural response that allows our bodies to express (i.e. release)Â pain.Â It
m"

lings by labeling them (i.e. as silly, stupid, annoying). There is no need to apologize or use labels, as th

ying. We are well trained therapists who recognize the power of therapy and how vulnerable people c

™t have to wait till somebody dies. You can cry about anything that triggers you, no matter how seemi

·e issues that also do not help everyone. So, is counseling guaranteed? No. But, it is something that is v
d that indicates both counselling and medication can have an affect on changing our moods and behav
upport in the situation. Why wouldn't you benefit from having someone walk with you in your journey

ective as, or more effective than, other forms of psychological therapy or psychiatric medications. (2)â
rosity, the ""therapist"" really doesn't matter much (maybe 8%); it really all is in you...Be well, man..."
el confident in. Research has shown that these aspects (what is called the 'therapeutic alliance') along
able feelings during these moments. But remember that using the awareness of oneâ €™s pain can ai
ion and know this information will always be protected."
elves to be vulnerable and explore those emotions that are difficult to share without implications.Â B
nd help you integrate your past experiences and recommend coping skills that can help you if you are
als - your improvement of self. It does take time, and there are no quick fixes (usually), so be preparec

ously there. Remember the observer affect, one cannot truly act objectively with the world, we are in

e contributing to what it is that you are trying to change, both within yourself, and possibly with peopl

it like pizzas - if you don't like the toppings, send it back! There are hundreds of therapists offering all k
edule an initial consultation so that you can see if you are also a good match in person."

of fear in the client of being judged or put down in some way. The counselor you select should be comp

der."

identified with the therapist and to ask them any questions you might have."

e searchable, such as insurance directories, websites, or just a search engine, so the first step is to see i

all are."
and what you hope to accomplish in therapy.Â I usually use the last 10 minutes of that first session ta
t the Counselor know what you are looking for. Trust your gut. For example, if you feel rushed or do no

often wait for months before reaching out, which is why I think that email is great. Cold-calling can caus
. Â I encourage you to be fearless in ""interviewing"" the therapist. Â This is one of the most sacred co
e accepting insurance these days.Â 3) Find someone whose profile has the key words that you're looki
tic goals (the things you want to address/work on during the sessions).Fourth, have the expectation th

hether it is a good fit.Then, after you schedule, the next step is to see what it's like being in session to
ur coverage already with the insurance company), then you can really pick any Counselor you want, bu
e about yourself and why you are seeking therapy. Â The thing to remember is that therapists want yo

f information gathering, and me typing out their responses, on going therapy is very client focused and

ıe most essential components of rapport is that someone feels heard, attuned to, and understood."
k the client for feedback about whether or not they think my suggestions feel helpful . Â I always encc

is over. Â Usually, when we get close to end of session time, I'll summarize what I think are the bigges
ect people such as family upbringing and medical issues, the easier it is for us to help you reach those

eling.I hope you'll enjoy learning and creating new thinking and interacting patterns!

ıese responses are very real.Â We care about our clients and want to express that to them.A skill that

g also so we can be good for our clients."
Some may believe the therapist is judgmental and they may not for one reason or another, feelÂ emc
at times, it's a struggle to build a relationship as a result.Â It takes take to work through that, and a pa

ncounter, but I would say that not showing up, like in any relationship, is one of the hardest things for

apist instead of a doctor?Â Â Here's the site for more information on this and steps to take:Â https://es
r specific laws, and must be accommodated in public places where the human they serve is present.Â
ırd or apartment owner, or whoever actually is the legal owner of the building."
508"

ı is difficult enough to accept. Â You may feel greater success and peach of mind to meditate on accep

se areas more deeply would define the type of people with whom you identify, have a common intere
defenses that you use (maybe on purpose, maybe not) to protect yourself from being hurt again. Reme
ng to do so, or relapsing back into it.You said she recently quit. You said she is depressed. She wants to

want to move and this may be what she feels is best for her life. If she does choose to move that will be
drinking, which is possible, that she no longer wants to be in relationship to you, then you are better

other people too."

you are looking for, as well as other factors like insurance they accept and location.You are on

s from which you'll feel satisfied by your own results."

ould mean engaging in things that once gave you joy, or even watching a movie that once made you cr

ıtrate on increasing your self-understanding, eventually you'll find the answer to your question!"

doing with your life, or whether your wife has these sort of problems within herself.Often a problem tr
ring lovemaking. My counseling approach for this situation is to incorporate the use of mindful sex."
ssional to rule out any medical problems that may be related to this. Assuming that is the case, for mo

l and happens sometimes.Â Anxiety, depression and stress are the biggest culprits to losing erections a
ul in the long term (pharmaceuticals do not solve a problem, only suppress it; and, it will return again
hope I can, but what if I can't?""Â which is certain to interfere with performance.Again, rule out physi
a task, it will adversely impact our ability to do carry it out successfully.Â The ideal amount of stress/ar

sun shines for long periods of the day, but it seems harder to find fun ways to spend your time when

sonal-affective-disorder/basics/definition/con-20021047."

ther treatments for the winter blues such as counseling and/or medications for depression. it is alway

o let some light in in the morning. This will give you light right off the start of the day and can make

the chemical that affects your mood.You might be wondering if you have seasonal depression or SAD.

.Consider using a light box. Certain types of light boxes are designed to help with the ""winter

ne who is or has been in your corner, someone who is always rooting for you. If you don't have someo

eelings. Â This is the place to start understanding more about your hesitation in relationshi
adjustments you can make to better regulate your hormones and mood. Listen to what your body nee
to follow is NEW START (Nutrition (What are you eating, is it benefiting you?), Exercise (Even a 30 min
tor could be a way to advocate for yourself.Â Do you ever feel manic when you have a lot of energy?Â
d flows beautifully..."
ore your period, you feel cranky, bloated and want salty food.Â Your natural inclination might be to is
may calm you down, or orange which can uplift your mood. Homeopathy can be effective and gentle
s, which is a consideration as to the value of taking them.Reflect on which is your style of living and wl

ditional bio/neurofeedback is helpful, but it takes some time before you will feel differently, but LENS

or what it is â€“ a thought â€“ and let it go. Thank goodness toÂ neuroplasticity and your brains endle

way then stop struggling and allow and accept whatever the unhelpful thoughts are. Choose to take ac

cation you will be prescribed. Be 100% honest with the doctor and ask about different side effects or p
v of who you are.In America people take Pharma pills to not feel badly.If you prefer to make natural, lo
Certainly your existence is not wrong, which is the degree to which the unfairness seems to have spre
o love and care for you.Â You are loveable and worthy regardless.Â I hope you find a therapist that he
ılly difficult sometimes to see the positive in ourselves, and it can definitely take some diggi

e to you.Â Telehealth is a big part of practice right now, so you may have better access to more couns

e you are having in their profile, or on their professional website. But, you should try to meet

lks who run the Suicide crisis lineÂ https://suicidepreventionlifeline.org - they are great in moments o

ces you are unaware of, or may be able to point you toward funding (though that's not always the case

through a major separation and need time to clear out the old emotions that connected you to your ex
option because it is pretty powerful.To answer your question, I've never heard of anyone being
r options even when you are experiencing overwhelming emotions.Â Without knowing your loca
y see you in a different light than someone with a long list of diagnoses."
ected, disregarded or feel unimportant? These are just a few examples of common issues

o minor areas, then you will engage yourself in creating a better life for yourself!"
d help or are just tired. It sounds like you could certainly benefit from talking with someone
n treating this disorder.Â In the meantime there is a book called ""The Body Keeps the Score"", it isÂ i
vioral Therapy is a great technique to cope with physical symptoms, you could also use Narrative thera

ɔrmation your parents can ask your therapist about you.If you are a grown person and working with a

ɹs so heavily on him that you weren't able to give any of that attention to yourself.Â The great part is
a deep, cleansing breath in, a long exhale out, and ask yourself, ""What do I want in this moment?"" N
'ities and people."
back in contact with?You mentioned that you have no friends. Is there anyone in your life that you car
e what needs changing."

gs, you might find the key during the process. Â You could also contact your physician or a psychiatrist
asks, such as cleaning or organizing.Â Sometimes those more productive things can make us feel gooc

set up a realistic schedule for yourself to accomplish the steps. As you accomplish each step, see yo
for your own happiness."
years to reach adulthood! Perhaps you can look forward to evolving with your children as you disc
: flat out hard.Â I think it is very important however, for all parents to ask for what they need
ɔts and lots of thoughts throughout the day. Sometimes we pay a lot of attention to some and some w
d before you had children. For example, if you're missing a certain part of your career, mayb
ren. As a married stepmother, I've been there, and as a therapist, I can tell you that the boundarie
ve more control over your default response.Sometimes voicing your needs can help people to meet th
ıre more and more counselors becoming available via telehealth because of COVID, so you could ev

ɔ him).Â Pay attention as well to the amount of worry you experience--how much of that helps
ho are living in a similar circumstance isn't possible, see if you can find an equivalent of this online.It h

ave these diagnoses?Â What does it mean about you if you do?Â Â I don't give a ton of weight to diag

ıe type of screening tool, assessment or scale. Many disorders have similarities and it requires someor
from them or what you are seeking for yourself.Â Sounds like you already know you are struggling an
erns you feel comfortable revealing to them), that may be a way to start the process. As for how you t
ı with a therapist, normalize them, understand why you experience them, and learn how they could h
ingness to help you from your sense of needing help.If they do not want to help with finding a therapi

Am I being realistic when I'm overgeneralizing things? Have I ever noticed a short period of time that I

much and are spread too thin?Â Â I'm also unsure if your comment means you don't have any emotior
:ions? If you are experiencing a lot of anxiety, try to look at what it connects to and find something tha

: for your capacity to function.Anyone who is not functioning wouldn't be capable to write a question a
or two each day when you feel emotionally at peace while you are awake. Also consider looking at thir
and feelings that cloud you mind.Â ¿CÃ³mo puedo manejar la depresiÃ³n despuÃ©s de unaÂ separac
n well.Â Some suggestions here from the research we do have: creating a calming routine at night car
e a healthy symptom your body is trying to expel bad feelings and does this by having the anxiety erup
ut that's where working with a counselor/therapist comes in.Â I would be curious about wheth

o do, depression or not!Â When I have clients that seem to make no progress despite many sessions a
erapists I know actually welcome this feedback.There is a fair amount of research
to remove it. You can't remove all things that a person may hurt themselves with, but
n a coping stategy which has effectively cut themselves off from their own beauty, their Self, and their
nd you are feeling overwhelmed or frightened for his (your) safety, I'd encourage you to seek immedi
ou are here.I hope that this is helpful. Â On my website (www.sarahmcintyrelpc.com), I've writte
e withdrawn. This worries me."" Certainly it will help you if you know what he's thinking and feeling be
in until he is stable. Without knowing the particulars, your husband may suffer from Major Depressive
t so that you may know him would be most helpful to him.I also hope that you husband is still continu
no sense ofÂ purposeÂ in lifeAnxiety, agitation, unable to sleep or sleeping all of the timeFeelingÂ
e you and or you and your husband on opening up for discussion what feels stressful enough to merit t
ving harming objects from the home, knowing who to call if thereâ€™s a new attempt (either 9-1-1, or
elf credit. Â The lack of emotional support is definitely stressful.Your parenting skills may still be at th
andle, so get some help. Take care of YOU and you'll be able to get through this."

the last time that you felt ""content,"" what was contributing to that?Another possibility is to try to be

ss those items that trigger your behavior and the root causes, in this case sadness or depression, and s
out it is definitely hard work!"
at you describe is an addiction, it is just a really illustrative example of the unseen benefit.One th
ed periods of time, can become a way of life, an identity of sorts, that is very d
ur own. Â You might also be stuck in these types of patterns in intimate relationships as well; if
d, you will have clarity as to which area to change first."
f stuff you do for yourself? It is easy to get lost in the sea of responsibilities and disconnect from

urself and/or what others love about you. Sometimes it's easier to consider what others see as our

appy."

hile also supporting yourself and what you want."
toms if part of the treatment, and the other part is receiving counseling to increase your resilience for
ave experience doing such work. Further they will be well versed in approaches that are responsive to
n. anxiety is a signal that something is wrong. anxiety is not the problem. it is a sign that there is a pro

u can talk to him about your concerns and your hopes that he will reach out for help."

ered. You could also focus on something that makes you feel happy and/or comfortable.You may also c
g services in West Houston.Â You may reach me at 787-466-5478 to schedule an appointment. Â Â ----

you can explain to them that you have been experiencing emotional discomfort and would like to

e whom you don't like, have a job you don't like and your family mistreats you and you mistreats them,
nxiety worsens. As you mentioned, sometimes the symptoms improve for a little while, but they can al
s that there are many ways to improve depressive symptoms.Â If you are up for it, perhaps the best p

ion that a therapist can teach you and help guide. You do not have do this alone. Asking for help and g
opy. Sometimes this entails working out issues that are holding us back from reaching a place of peace

into what you are going through, the nature of the disconnect between you inner feelings
end seeking support for this to allow this internal screaming to get some air and begin to b
e clarity about your past, who you are, and what kinds of boundaries you want in your relationships, s
e with whom you have shared your concerns, it might be assumed that based on where you are in life
t's depression -- feeling stuck, not able to get out of bad, concentrate, changes in sleeping and ea
own and the main problem is your inner adjustment that your family structure is completely changing,
dling problems in life. Whenever a problem arises, I get stressed and I feel hopeless, as if it's no

with this for quite some time, using many of the same coping techniques that feel tried and true to no
that I typically enjoy most . I'll ask you to think of one activity which you really really enjoy.

an work is it can give you a chance to calm down and then still go back to the discussion rather than nc
deal with your mental health issues right now. I'll pretend it's not happening so I do
omeone to talk to, someoneÂ that is willing to listen.Â Your parentsÂ may notÂ understand wha
contribute to depression and there may be some real benefits to both of you in doing some couple the
epressed.Depression is a mood that can change once you understand what is causing it.Depression is
- as well as confront their own contributions that lead to the relationship crisis. It's aimed at help
build up your self-esteem, and developing coping skills.Â Also, invite him to a therapy session so he ca

ate to live in.When you ask whether you have to respect whatever decision he makes, respecting his c
As long as you're in the same state as a therapist offering this service, you could connect with someon
eir worst thoughts. But I can help them better if I do know, because then we have a place to work fror
eling may be your best bet. A counselor can help you with your communication and may be able to pr
here. I wonder if you can find one small thing each day that is going right and build from there. Perha
alking with a therapist about the specifics and/or maybe talking with your primary care physician. Th
I wonder if you could consider where you would like to go if you had two or three hours that you coulc

any other things. You may be able to use some of the things that you still have today as a way to start
that may help is to find a bead or rock that is smooth and you can hold onto it while thinking of a s
uld not require using your insurance."

o somebody about what you are feeling in addition to the urge to cut."
otally safe and comfortable and try to talk with them."
ironment that you are used to. Maybe if that is more comfortable for you, it can be a stepping stone
ere that outgoing person? Someone who's been watching your life from the start? God? Write that be
elings and learn how to move forward in your search for a better work life in a way that leaves you fee
w one that you are curious about. You mentioned that you feel unsettled in your soul: explo
ng difficult conversations with others. For example, tell yourself something positive before talking to y

le break from the feeling of pointlessness and any ruminating thoughts you may be having may
ou know whether you feel true emotions or fake ones. Â This is a clear sign of knowing about yourself.

cuss medicationÂ optionsÂ if itâ €™s too challenging to begin basicÂ self-care.Â¿CÃ³mo puedo contro

h depression. Medication is not the only way to treat depression, but sometimes it is necessary depe
ty can lead to feelings of depression which are often associated with ""emptiness."" Â In the

e to over the next few weeks."

w and steady with it, you'll find your way!"

nd desires? Â What 3 things have I accomplished in my life that I'm most proud of? Â What are 5 st
this sh-t, there's gotta be a pony in here somewhere!""Happiness is a state of mind, and I he
w you felt when your grandma died.Â When Grandma died, you needed and deserved extra love and
ı"". He wore you down.There's nothing wrong with you. It wasn't your job to say no. Women aren't th

o browse around online, or in person social meet ups, on your interests. Â It is possible you will discove
wish for."
on may benefit from medication (often to lift the heaviness of the illness enough so that one can focus
without shutting down with whatever he is feeling when he feels blamed?Your feelings of distrust ar

ally you've not been grieving...you're stuck still loving her instead of moving forward. Unrequited l
er the anger I wonder if you feel worthless, powerless, scared, unloved. Part of the trick to reducing a
live with this anxiety forever. I need help with my severe claustrophobia, motorphobia, an

birth. Â This is information someone told you or was part of your family system.Possibly your family
a counselor.Starting therapy without willingness to do so, is risky. Â The person may feel resentful en
s, especially your mom.From what you write, the women's home is supportive of your basic daily livin
ting time and good habits work out the remaining depression or should I go back on the medicine? Sho
ey facts?"" or are they your perspective on events. Â In regards to your coping
re. By learning about where your sadness originates, engaging in preferred activities, and changing yo
e more in touch with three things? First, who in your life, if they were sitting beside you right now,

a way that will be more satisfying to you."

d and assured me he loved me. He came over after that, and we had sex because he wanted to. He we
apy. Iâ€™m not keen on that. Iâ€™m wondering if I am better off just getting self-help and working thi

and licensed therapist who can help you grow stronger within yourself while finding a place in your he
ensity of negative feelings.Also, the way healthcare is set up in the US, psychiatrists spend
licate why you haven't seen your child, and you may want to consult with a lawyer about the laws in y
harder to find and hold onto.Anger management only works temporarily because it is a surface appro
ook for Being Human. Â If you are serious about changing yourself, read about it Â at www.LivingYes
org)"

ngYes.org)"

ain stressors in your life that are causing the two extremities but you definitely want to
s that they have no control over. This may be the behavior of someone else in your life or it could be a

ou and your children and go somewhere safe (i.e. family members home, friend or a shelter temporar

tening with empathy and kindness may just be worth it. It's okay too to let your counselo

a sign of healing and you can learn to embrace that. Even science has shown that certain hormones, li
and put your best effort in!Â Hope that helps,Â Allison"
dge negatively if you do it in public. Similarly, crying is our body's reaction when we are emotional wh

Â Â I can assure you that most , if not all , therapists expect clients to cry Â and there is noth

s the fear of death or fear of the unknown. Â Just as it can be really hard to comprehend t
ir purpose is to prepare us for the future and to help us make sense of the past and lear

joy your journey!"
u experience it now. Meditating or doing self-hypnosis for anxiety can help alleviate
we can do to stop them, but I want to offer two techniques that might assist with your
know if you're a religious person, or where you believe she is now, but no matter what y
ragraph, so it would be wise to visit an experienced mental health professional (either a couns

h us for a long time, making it extra scary to share our intimate feelings and thoughts with others.
things and then change.Â Looking deep at our life can feel daunting and scary; so your r

ou that I would want my clients to tell me about anxiety they feel 100% of the time. That

at you feel nervous and shaky. I am a firm believer in open communication between t

t a good fit? But, again if you are just starting out in working together, feeling a lit
d suggest talking about this with your therapist. You don't have to struggle each time you have y
ling scared and I think it's courageous of you to keep going.Â Sometimes feeling anxiety means we are

them in the moment, as it's helpful to the client to recognize the ""present moment"" emotion

r own right to tell your particular story and start to also feel that your therapist is listening at

scary.Know this you are in the right place. You are taking steps to change."

ressing the couple relationship."

owledge of behavior modifications.Â Â When I am helping clients work in this area there are many help

tic about the process. It is not linear, and it is not quick. This is particularly true if you are dealing with
th the wishes of others who were a regular part of their lives.Anxiety lessens as the person starts to kn
vior? Do you feel good after you have done it? The behavior itself is likely causing some form of
ehavior of hitting your head, help you deal with the underlying cause of this, and replace the behavior
at is really influencing them deep down could be beneficial.Â There's many different ways to do tha
ues to be exactly what it is, providing a steady stream of stress for you (which would be so diffi

on body language (unless we really know the person).Â Â The challenge here is to avoid that avoidant
e mostly quiet around her family."
also engage in flooding which is for example, if you were scared of an elevator, go into a

called an exposure hierarchy and it is something you can do on your own or with the help of
ust the ""watch dogs"" of the brain.Â They are incredibly good at scanning our environment for an
er in a commercial airplane, which feels frightening to a person.CBT is short term and results are limite
s would you have?I imagine your fear has kept you from achieving those goals because your mind tell
lot of emotions connected to it or if it ties from something in your past that was very emotion
sible. If overcoming a phobia will improve the quality of your life, then by all means, se
ure therapy well-studied and proven to work. A therapist would help you with this, but some websites
e and proof that you are in fact worthy because you are!Â You canÂ Interrupt the thought, focus, redir

at listening to music, watching TV, being with friend or family helps them deal with their voices. Every
ure into this area, as a general rule. Discuss the options thoroughly and insist on a good rapport with y
taking a complete look at your history, medical history, etc. There are medications that they can put y

ons.Â Not so much for their input as to just get used to presenting.3. Focus on the material you are pre
e that counseling will help you overcome these stressful feelings and bring out your inner

n often feel like your body is working against you when it is actually doing quite the opposite!Also rem
ep your body calm, and remind yourself that you are prepared. You got this!"
e growing from anxiety instead of a realistic assessment of your abilities or audience receptivity.Good

ght be helpful to read some of their stories so that you don't feel alone. Â ""The Cut"" has a great articl

rder to succeed in graduate school? If so, nothing you accomplish will ever measure up to your ideals.
ı these would be the starting points to understand your reluctance to believe in yourself.The more you
hat is the thought process I engage with after noticing this feeling? All the best. Rossana Mag."

help a friend who undermines their achievements and then apply the same supportive words to their
table discussing this with?Â Or maybe a fellow student you feel a connection with?Â It can be helpful
he first time I tryI must never make mistakesI must always appear confident and never let on that I hav

l, however, is not so great at discrete goals and celebrations of success. You got a good grade on

t the evidence they see to support that.Â What evidence is there to tell you that someone is judging y

hat you can do so that you can understand it better and so that it does not have such an impact on y
s been utilized as a coping mechanism, there is reason to believe that the structure of your brain may l
y, is meaningful.Bringing your point to her attention would at the very least demonstrate her interest i
ue.Â You used the word insecure. on edge.Â You know you.Â You also used stress, emotional, jumpy
age a meaningful part of their lives. Â So pay attention whether your stuff represents difficult scenario
se kinds of therapists do exist.Â Many therapists offer free consultations, perhaps not the first session
MIND.Â Speaking as a therapist, I encourage my clients to always let me know how they feel, even if t
nize priorities, and delegate or share responsibilities.Â Â Work as a team with your family, so you can
ling very sweaty, and I can feel the slight tightness and fluttering in my belly of the butterflies.

an likely it wasn't. More than likely, it was a difficult day or a stressful day. By correcting that thought f
ıave things under more control.Â Â What is shown to help us perform even better than worry

ıbout. making mistakes and simply try in simple, small, and direct ways to do the actions you fear and

ss"" - being anxious about anxiety. If we could hear this symptom stress it might

ıen depression is the culprit, it can feel like you don't get excited about things you

ɔu'd feel a little bit of motivation to join and get more involved with either of these."

ditation? Meditation can be very effective, but it takes practice and you don't have to sit cross-legged f
r someone that knows the situation?Â When we're most in need sometimes we become more aware
ve a response.Â If you can overthink about yourself, you can definitely have some thoughts pop up wh
. Next, you could strike up conversation with someone who is new to you, but for a brief time, like a ca
past this fear."

I expect so there's no guessing.Another question to consider is, what are you doing to rec
ɔm. I wrote about burnout for a newsletter and it is on my website. I don't want to do shameless
will help you find the reasons and new ways to handle your anxiety."
ɔ protect our well-being (in any aspect).Â Â The trick is how to calm the brain which is so much easier
:ond thought I have is that along with feeling vulnerable, there may be a fear of loss of contro
ɔrs, shapes, smells, textures, etc., while other prefer to pay attention to internal sensations.Â Â There
in an accident.Â It may even incite terror.Â None of that is your fault--it's an expected r
adlines, etc. but they donâ€™t give up on their goal.Â We have to remember that failing is p
ıstances can influence a jump in anxiety, such as a job change, switching schools, moving, op

sibility that they are worrying about the same things as you, even if they seem very confident.Â Confi
f you to an extent.Â So the work here is to figure out what worry is warranted vs what is just causi

en, or critical thoughts we have about ourselves.Â Your statement about ""feeling confident again"" g
showing up days before a meet, it could be more emotional since it comes so long beforehand.Â Â I'm
with your school's track team, then expect to concentrate on taking care of your own need to

as well as thought replacement (replacing an unhelpful thought with a helpful one) are good for th
rs out there that are great at working with anxiety!"
there may be other things going on. Sometimes things like paranoia can blend in with anxiety, which is

xiety that commonly comes up when you are trying to sleep.Another thing you can do is make a list
person now, felt when being left to take care of situations as a child which were too difficult and com
e types of hallucinations, they almost always disappear once they have worked through their trauma.Â
the first place. Â Being a teenager certainly adds to overall anxiety. Â And you may have good reason

eone offering Acceptance and Commitment Therapy (ACT) or Mindfulness-Based Cognitive Behavioral
here could be some underlying fears present that you are incompetent or you will fail.Â What's intere
elp my clients to identify their strengths and areas where they can achieve growth, things like polishing
g to travel with you?If you are hesitating to get another perspective (from trusted friends or family or

hat feels weak, whereas the attacker is the side of you that you feel is bad or evil.Â Either
trategies may help you in the night when you wake and can't get back to sleep. This can be anythi
armed by another.Or, read a lot online and find out which articles resonate with your emotions.Luckil
n physically see this if you are breastfeeding because it triggers the lactation process.Â But it also can

acks, that heightened anxiety can still feel really awful and exhausting.What have you done so

can still get in the way of genuine connection.Â Ruminating about what others think of you doesn't alw

out on connection as well.Â Â Your brain is still growing so the great news is it's so flexible to cha

aps you need some space from them when you are crying, or maybe you need to talk to one parent al

t make us feel alive and bring enjoyment. There are many self-help books that offer advice on this issu
at a party!) and you are a very small percentage of that.Â Think about it this way--if you are at a part

ax.Â Counselors may not prescribe, but with the right training we can educate and help you move thr
ing your dose.Also, do you ever talk about your life problems with this psychologist or only your need t
self-defeating thoughts with ones that work better for you, or mindfulness, relaxation, or other tools t
king with your medical provider about changing the medication, try to track your levels of anxiety on a

ı would be if a counselor is also a physician, nurse practitioner, physician's assistant, etc. Having said tl
message to your brain that you are safe.Â There are some pretty neat apps like Calm and Headspace,

: ""hypervigilant"", meaning it has to be extra attuned to everything around you to keep you safe.Â Th
ıd with living the great fears within your mind."
ı've experienced with her in the past.It sounds like you are really hard on yourself as well.Â It's no

now something is off, though it often exaggerates the response because it doesn't always operate fror
r life!"
ıt-or-flight-response.htmlThere are many different things you can do. You can practice brea
k through it every time (just do the best you can at the moment) and keep trying.I don't

ou are worried about your body's response when you are around kids?Â Do you worry about their beł
łophilic OCD. What you are describing here as ""paranoia"" sounds similar to this, and is so demorali
describe feeling sometimes occur in people who are reminded of very deep hurts from during their o\
s are who we are, but that couldn't be less true.Â If we were our thoughts, we'd be so many different t

should call for help immediately. By help, I mean 9-11,Â or a family member or friend. You would wan
cial. This is something you can speak with your therapist about going forward when they are av
lf.Â When your therapist becomes available again, it may help to come up with a plan to make it throu

ıe therapist we would have already set up a plan so that if you are in this situation yo

law. What your therapist can help with, though, is dealing with whatever situation you hav

ı) and communicating very clearly about what you like and do not like. Some people like to be spoken
tter, you did the next best thing and considered the situation from the driver point of view."
ght and Nine in many 12-step programs regarding making amends. In your specific example since the i
ll the areas of trusting yourself to handle situations.Anxiety is a fear of being overwhelmed b
or forgetting things, you could be anxious because you are forgetting things or you could be forgetting
e Diem!"

gnize that these feelings are inside of you.Then it is possible to know at least on an

arts interfering with your ability to ""do life"" the way you want that we start to consider potential disc
sed formally. Â I urge you to see a counselor and/or a psychiatrist soon to begin to address these issue
ss. negative thought patterns, not enough food or sleep. Keeping a daily journal can help you trac

Siempre pensÃ© que era normal y que solo estaba nervioso, pero el otro dÃ-a, me tomo casi 30 minu

ected emotionally.If ""yes"", then start the slow process of emotionally rewarding and acknowledging
: to do, it may be helpful to talk with and mental health professional.I wonder also whether your appet

!"
rather than trying to banish it, which because it actually is part of you, is impossible to achi
nilies in which people have suffered severe violations of themselves, often the emotional patterning o
program like this is available in your area.Â Another great app for when you need to walk somewhere

g on and help you to integrate your experiences and ultimately heal.I am a therapist in Houston who sp
visit a counselor about the symptoms and your relationship experience. A visit with a counselor may be
r guidance counselor may be able to provide links to where you can go for help. He or she may also be
ht to receive mental health care.

ittle speaking up? Maybe in your small group at church try and raise you hand to share yo

ke much sense, but then again even good dreams don't always make much sense. Ask yourself, do I ha

potential for bad things to happen. Increase positive self-talk when feeling down or when anxious. For
vents) and allows you to understand how you are reinforcing the behavior when it does occur (c

:erally true.Although it may seem counter-intuitive, fully realizing the experience of anxiety enables th
ıÂ bothÂ these issues onÂ a personal level,Â being informed aboutÂ family dynamics is beneficial and
e more likely to step up and deal with it themselves. :)"

ıings, is to take note of whatever you do remember, any details about your experience, such as when

r goal is to be a better partner...but when you are self-critical, your focus is on

:hem. Â And consider this: Â Many heroic characters in literature and movies are unlikeable. Â (""Colo
ıu paranoid, it is simply the way of who you are.One possible way of feeling better is if you would acc
ike, such as leading them to isolate. In therapy, you may be able to gain insight into the nature of your
quality of life. You can work to put it into perspective.I invite you to imagine that you
nend a therapist to help you work through that. I wish you well. :)"
ınableness of talking with each other about how living together feels to each of you.Psychiatrists earn
ıow you see your relationship isn't the answer here. I think you know that already.You must have mov
ve minds of their own, we're less caught off guard when it happens.Â Avoid situations that invite p
ough with your instructions. Finally, know that you are not alone. Parenting comes with its set of challe

maintain personal boundaries. Â Once we become comfortable with acknowledging our boundaries, t
oes depression run in your family? Some of the symptoms listed here in this question (i.e. t

to rule out any medical issues that could be causing these problems. There may be a reas

ence upon separation always leads me to reconcile. I have come to the realization that my boyfriend a
ence upon separation always leads me to reconcile. I have come to the realization that my boyfriend a
insured, some therapists and clinics will work on a sliding fee scale, and accept either lo

because the physical pain you create in yourself distracts you from feeling it.Enjoying your Sel
you need to manage anxiety and also understand where it comes from and how it works in your life, I

us.Start by trusting your own evaluation of your true interest in being among the groups in which yo
e distorting your thoughts. Â Behavior is also important. Â Despite how you may feel: it is helpful to

ays place my most important tasks at the top of the list. That way, if I do not get through the
arents refuse to acknowledge my anxiety and self-confidence issues?,I'm sorry to hear that you are una
coping mechanisms in the case that one would arise in the future.Talk therapy has shown to be effe
unicate with them, letting them direct the sails to gather the wind needed to move, is so important.
aper. (do this three times); ask your daughter how much of that circle can she confidently say
ds you to help modulate both the incoming information (there are nearly 5000 colleges in the US - she
Therapy allows your child the space to work through, process, and find solutions to many of t

e and worry about someone that matters to you, it's quite natural for your daughter to worr
with a doctor. Maybe she needs an outlet to talk about her feelings and therapy could be helpful, o

communications can also help them process distressed emotions. In many cases, it can be

ult about her feelings so she can work through some of the stressors she is feeling in her life

ons of success vs failure, and even thoughts that arise about themselves, along with everyday pres
canâ€™t provide helpful advice. They may feel uncomfortable going to their parents with issues theyâ€

eel like their issues are legitimate and not invalidates by adults. I think possibly speaking to
o.Â If you have insurance, you can always consult with your insurance company to see who is in net
orrelation. A skilled therapist that is used to working with high functionin

e responds to it. One approach of helping her deal with her feelings, is talking to her about

ure, whether or not it truly is.Â It can also mean that she neglects other important ar
on top of striving for successÂ Â Perfectionists also often have what is called a fixed mindset. They bel

ectionism or some other area would help her feel more at ease. Â Reminding her that she is enough ju
ure you that crying and freaking out is a normal part of growing up.Â Depending on your daughter's a

d ways to relax when she's stressed. If her grades start to decline and her crying spells become m
at she needs to be ""the best.""If she feels she would like to speak to someone it may be good
e on our stress.As adults, it's time we intervene and teach our teens how to maintain a healt
recommend that you connect her with therapist that can teach her coping and stress management ski
healthy coping skills to address stressful situations.
s. Warm wishes."
daughter.Â Sincerely, Mirella~Image and Likeness Counseling"
tasks even for adults. The academic success that you refer to only tells part of the story. As
ives.For your daughter, the thing I would want to know FIRST is this: does she feel she has adequate he
n model this for our children by how we choose to live!Â Encourage your child to spend time with fr
and helping them connect to their resources.

what is going grossly out of proportion with what would normally be expected, if the answer is
ave physical symptoms, addressing the root cause of the problem has nothing to do directly wi

n is seeing their parents act uncivilly or manipulatively. Children also do well with routines
t do you want for your child? Co-parenting is hard when each parent is unable to prioritize the
an agreement between you and your ex-wife with the best interest of your child as the focus. Â
d still exists and never asked for this. They didn't ask to be born into drama and two parents
e ex.In a way the challenge of keeping active as a parent while also distancing and clearing your emoti
do the right thing by their child. It is important for your children to have some consistency
d miss with long absences in between. Â Best of luck to you, and the fact that you asked the question s
tra benefit there is from the other parent's perspective, strengths and so on.Â The best thing for you
. Â This may give some reward for the many years you spent working to support your kids and had no

en they hear your dad calling you names?Is it possible the other family members don't realize how hu
t you or how they treat you.Let me say that again in a different way: Your self-worth is NOT defined by
ast abusive behaviors, entitlement, and/or co-dependence. Â I hope things work out well for all and I'

early you do (and who wouldn't?Â He's not YOUR ex!), so you and she need to have some agreements

that there is something wrong with that child, but they will in fact need help and suggestions for breal

ɔending on your sonâ€™s age, he might need some input or advice.Â Provide the opportunity to intera

dad after she is no longer angry. Does she say the same sorts of things about you?It may also be helpf

a of what you describe:Yelling or swearingÂ Name calling or insults; mocking.Threats and intimidation
· if you can talk to someone about how your are feeling."

also help available through the national hotline atÂ 1-800-422-4453, 24 hours a day, 7 days aÂ week. Y

ıo you are. Â When a parent demeans and mistreats a child, the child is affected in a negative way. Â C
: there is no physiological Â problem, then talk with your son on his opinions as to why he pees, if he is
ɔund work. Â Also allow him to clean up himself. Â Gather cleaning supplies and and oversee cleaning

vith whoever can, and wants to, join you!"

ation. You are doing the biggest thing for your children by being there for them and supporting them."

"

lemental.Â Ella no puede colorear dentro de la lÃ-nea.Â Mezcla las palabras cuando escribe, a menos

our request for an IEP meeting.Â Â At the meeting, you can ask the school to do educational testing th

wers to the questions, start to get clarity with the classroom teacher and the school guidance counselo

Â Therefore , my first question would be : has anything been happening recently that is causing your
y schoolwork will regress into conditions in which they feel more success and control.Are there family
d burden the summer camp budget as well as provide an activity which usually isn't part of summer ca
the criticism is spoken by someone who respects them and isn't only critical of them.Offer your availab
what he does on a daily basis and/or what he would like to be doing, you may be able to get a sen
'recipe"" is easy - say what you are doing/going to do; do only that unless change is necessary, in whic

uth, he stuck with his story.Â And as you said, it's not the first time he lied.Â Now it looks lik
If a child knows the rules, they're much more likely to not test limits (because they already know
hope you both can talk to a supportive person about all these changes."
al problem.Ask if she's noticed any change in the way she walks. Â Â Maybe she doesn't know she's do
ur listening, if you will to your higher self."
dressed in counseling.Â The earlier the better because adult relationships are based on parental

Â Â It is possible the problem will go away as your youngest grows older.Is there another paren
: as many variables as possible, be considered.The conclusion may be that it is in everyone's best intere

ng it is a task. If her tantrums, say, involve throwing things, maybe she's in charge of throwing all the
of your kids. Â This is the philosophy which will show you what road to follow so all thr

, therapists and philosophers who have this background. Â Some give up on life and hide away from ot

d be one of the people he can come to when he's hurting; not someone who causes him pain."
most basic information terms. Â ""I've decided for now to live w mom"".I suggest to not offer reaso
arents approving or knowing, depending on your age.Find counseling through school or local agencies
nvironment and help you move forward."

: knowing what is going on in their lives."
en"" or ""I know they're not always going to get it right"" or ""I know that I can't

er of safety and protection.
; is he prohibited from being in proximity to minors? use/possession of child porn violates any # of sta
dren trumps potentially insulting or hurting the feelings of adults.Â Of course the girls should be told, b
end looking for a therapist/counselor who works with children/adolescents in the area of addressing t

expect your daughter to consider you as a parenting authority, instead of considering her as a grown p
e child more about what is on his mind. What does he want to get out of a visit with the parent? Is i
r over you, and he's not considering how it's affecting the kids. I've seen this happen in many families;
and that never came to mind. kids like their other parent more mainly because they don't see them ev
und those we care for most. I would suggest to let her know how hard it is to hear that, and sad it mak
are really important here, and I can tell you're being appropriately protective and a thoughtful paren
ing this relationship and supporting your brother through his loss as well."
to respond to her.Â First, she hasn't asked yet, and you don't know that she will. Right now, you can p
pist, then let her find out first hand if the sessions seem useful or not.The one move I'd avoid is to
at risk of breaching custody agreements.If you feel your daughter can benefit from therapy, that is a
ning in this state. The problem is my fiancÃ© is refusing to move away with me because he does not w

boyfriend to decide. When he's there, he's the parent, and he makes the decisions about how she is di
o says they have to stop believing in Santa? Santa is very real as a spirit of surpri
anding their experience rather than simply sitting them down and lecturing them about what they are
ggest pulling back the expectations, waiting a month or two, looking for more signs

y angry for over the last year at my daughter,"Was either parent abusive or violent toward you?You sc

. It is important that these factors are identified so that they can either be eliminated and/or
sition to want to move forward, and for the person who was wronged to struggle with forgiveness. You
think that he sees in you that allows him to do that? Does he see someone who like other humans ma

ch of these statements.Â This method has been proven to be effective in improving self esteem.3.)Â F

nd strengthen my self-belief."" Apart from self-compassion, I would encourage you to keep a self-es

with self-acceptance, confidence comes naturally although you may need to practice behaviors tha

pathing. Once you can identify some of the factors that lead to your self hatred, you can make a decisic
ly, are those that have strong inner critics. They use these critics to motivate the
nally? Were you yelled at, berated, put down? Were you told you'd never amount to anything? Were y

by those in your life stating that you're ""not good enough."" Is that ACTUALLY what they said, or is
onditionally. I'd be pleased to help you in this process. I provide online private counseling through pro
eas are you not feeling ""good enough?""Â What does ""good enough"" even mean?Â How are you m
feel about yourself. Â Â If this is an important relationship, you could communicate to this person how
n counseling with a trusted therapist who will accept you, encourage you, hear you and support you, y
eep obsessing over this and keep checking my ex-boyfriend's Instagram and Facebook. I feel
rward with that answer and gain a sense of self-esteem and security in your relationships.One possibil
y lead to negative emotional states.Â Â One method of coping with these thoughts is cultivating a sen

Iâ€™m literally trapped. Should I break up with my live-in girlfriend?,"Hi Fort Worth,
Iâ€™m literally trapped. Should I break up with my live-in girlfriend?,"It sounds like
Iâ€™m literally trapped. Should I break up with my live-in girlfriend?,"Are you possibl
but hopefully not keep you ""stuck"" on a long-term basis. Â I would try to reach out to a c
perspective, and to assist in your grieving process. Just reading these 3 sentences, I get the
side. Â Be gentle and loving to yourself."

n't just snap your fingers and voila! now I love myself, where there was an empty space or self-doubt
totally unfamiliar can be scary, so it's vital that you are kind and gentle with yourself. Acknowledge th
ing you rather than your perceptions that sound like they are different than what she is trying to tell y
anâ €™s office. You donâ€™t have to have your parentâ€™s permission to seek support for you
ds like no matter how much you weight, there are some self-esteem issues that need to be

happens can feel pretty bad and we can stuck in these loops of old beliefs about ourselves. Â Therapy i
mon for these issues to arise and trickle into our adult life and relationships.Â Again, with little inform

al self guide you.If right now you need to simply grow strong again, then allow this process to slo

at 80's trivia. Build a list of those small things, those puzzle pieces of great things abou
ake our relationship healthy. I've never wanted anything more than this. Please help me. I need your a

Vhile you may have had this embarrassing moment at this time, that boy may have had an embarrassir
y loud, voice as you can muster. Â ""I don't appreciate your critique of what I'm wearing, we're here tc
e incident would only bother someone who generally is responsible. Â The mistake is a contrast with w
t. These are self-sabotaging thoughts that lead to shame, self-blame and embarrassment. If you look a
again would probably be helpful, but it sounds like you are already doing that. Something else you cou
h accepting what her's looks like. Many men go through this as well, although women are more often
t then you must ask yourself...why do you want to be friends with people like that?"
vbe they saw what was going on the whole time during the school year and felt too awkward to tell yo

hen you will never feel okay about your looks. Experiment with telling yourself something di

having the same thoughts you're having! Am I good enough? Do people like me, judge me...think I'm v

lity.Â For example, I could choose to ignore a personâ€™s comment about me, or I could decide to foc

to get better in life according to them. Seek out any free training/counseling o
cessarily help us. In fact, as I write this someone out there is eating an entire key lime pie because the

ourself these questions: Â What lesson did I learn?Â What would I have done differently?Â What wil

parent, sexual abuse or some family loss or trauma.Â If so, picture yourself at that age. Can you tell you
magine others will reject you, then maybe you can coach yourself into trying a small step toward intro

l morning"" at the bus stop or really looking at the person who you buy your groceries from or thankin

d that the life you imagine these people have, is not necessarily the true life they are

iness introduced into your life by your cheating ex husband."
u are telling yourself. Â You can read about ""core lies"" and much more in my book, Living Yes, a Han
t to a qualified therapist who can help you get to the root of this behaviour. Good
Y person, has experienced at some point. These feelings are ""normal."" It sounds, though, as if these

on. Â Best of luck to you!"
vior therapists who would set a program of building tolerance for sex as part of your usual life.T
ıpside down. I'm still trying to figure out which way is up. I don't trust my boyfriend,"I'm sorry for so m
lking with, to sort through the emotional upheaval within yourself and your everyday life and wor
you realize your sense of trust was broken, withdrawing from close relationships, makes se
ds like you need closure. I'm sure your doing your best to overcome this feeling but seem to

if she will go out with me unless I ask"". What this does is increase your self confidence by rep
process, however, of strengthening your self-concept is learning how to tell yourself those posi
is good and meaningful enough to empower and support you for the long run? Many people focus to

th a therapist to untangle what is at the heart of feeling stuck, in order to move forward. I wi
ed to always be in control or have a need to lie. These kinds of clashing needs are a red flag for any rel

ould be done in a relationship where you want to do this work for yourself and the other.Â
nereâ€™s no better way to do this than by giving your living space a makeover. Move the furniture arc

ted in finding a resolution to whatever is troubling you?An excellent book on relationship ambivalence
.Â Ask yourself if some of the unhappiness in the relationship can change, if it is likely to cha
e feeling? If it is safe to do so, honest, open communication might help you get some more clarity. You

e past. ðŸ™âœ¨ðŸ™Œ"

ıt being sad. Â It's ok to be sad. Â It's even ok to feel devastated. Â Loss of a relationship touches a prir
gs differently. By replaying those thoughts you remain stuck. When we begin to forgive ourselves, we

l of the tunnel? Â Do you feel hope? Â If you do try to concentrate on that hope feel
hat we need the most. But when we do get that chicken broth, sleep and vitamins we recover much fa
healthy habits/patterns. Â Reengage in your present life, ask yourself what you want your life to look

le glamorize the past. So for your goodbye part of this phase, I would focus on the negative parts of
ou need the qualities this person gave you or whether you simply like being part of a couple.If
wife is adamant about getting a divorce, that doesn't mean youâ€™re divorcing your daughter and you
do, only it sounds like staying is even more difficult."
n,or whether it was a traumatic experience for both siblings in which one of them played the role
ess the topic again.If you and he consistently find that he is unwilling to do anything at all to r
be with you, accepting your hurt feelings will eventually let you come to peace with your feelings.To ke

you put on a shelf during your marriage that you could reignite? By considering the dreams and desires
ırn that relationship but also learn from it?I want you to be strong, happy, and healthy with or without

r any number of other things.In the meantime, try finding something about yourself that you value and
erms. Â The bond is strong and irrational.Once you have separated from this person you'll have more f

piece of information which the mother of your son would likely have interest to know and be entitle
r and more troubled areas which led to the cheating and breakup, there is a chance you both will go d

t he said to make sure you have it right. Then maybe you can ask some questions that you have
rately as possible from him and stick to roommate type matters such as groceries, bill paying and hous
rapist. If so, do you know whether he would allow you to come to one session so you can learn more al
lual counseling helps people learn more about themselves and what they desire out of their relationsh

. Â Do you feel you can trust him again?If the two of discuss your relationship then if you don't trust hi
the type of relationship you each would like to build with each other.As to your specific question as to
hift your focus into looking at your relationship with your sister, how she is treating you, how you feel
ou as you are in them!"
just listening and trying to understand the experience from her perspective. After yo
Consider in a few weeks, so each of you has time to think over your happiness with the other person,
, the situation you describe sounds like it was unsatisfying for both of you."

mmitted to your work, a good listener, etc.).This takes some time. Try to be gentle with yourself."
continue as you wished."
ought me a $1000 dress, we had invitations made, and everything set up, but then his girls told h

to cope with your own feelings, there can be a lot of different emotional reactions to a breakup. It is
ess gratefulness for the season and all you learned."
o end an unhealthy relationship. We just have to accept that there will be feelings that co
hers you.At the very least, you will give the guy a chance to show how interested he actually is in the
ck what happened in prior relationships, and to find new ways to show up in relations
en under your skin...I want it to.... because I feel that you have a conscience, want to do bet

ative wordsÂ AT ALL, but don't allow such disrespect from him orÂ anyone else in the future.Â If you d
t contact me again""), and then ignore all of their communications. Any interactions or responses from
vill be able to tell your husband the suggestions you have for resolving the dispute matter and emotior

ilarly decide his own standards of being sexually exclusive to you, or not.Whether your marriage can b

arriage Work"" or seek out a Gottman trained couples therapist."
after leaving a relationship that lasted 11 years, so try not to be too hard on yourself. Take
etting paid to do it, 2) There is a reason or reasons for you wanting to be there an

f infidelity from your wife that you feel is not justified. It may bear clarifying how each of you define "
h of you have had and how that plays a role in your current relationship. Many times we don't realize h
at little I know from what you wrote it sounds like your wife has some insecurity and maybe even self-

or there aren't these similarities.Then, the new question would be whether either of you want to add

l: YOU.Â Hopefully, the thought also empowers you to think through what you can do to gauge interes

firing on you.Who knows, maybe he'll decide ""enough is enough"" and withdraw from the otherwi

your workplace.
o be reassigned, or if no reassignment is available, asked to resign. While you may be attracted to your
If you feel like it is the right thing to do based on your discussion with him, then pay when you ca
der or counselor if mood swings do exist."

How might that be beneficial?Â Why wouldn't you believe (what is there to lose)?4.) How might your
with a pastor or another religious figure. The local Salvation Army may have a link to a relig
s important to objectively challenge the beliefs that contribute to negative emotions. Â You can s
uring than a master that will take care of us and show us the way. On Earth alone there

una de esas mentiras?Creer en Dios es una cuestiÃ³n de fe.Â Hay muchas opiniones en favor
yone who is trying to move forward in his walk and call for God â€“ but keeps looking back â€“ is n

in a spirit of transparency.Â Healing begins when you can be honest with one another about your feel
ou having had sex with another person before, then he will need he may not be able to accept that.Â A
ure him that your history does not have to affect your relationship.Â Lastly, Pre-Marital Counseling ca
I would highly encourage pre-marital counseling to explore these things and individual counseling for
rson they claim to love. Â If you had not gone through some of those experiences, you would not be in
ver travel the straight and narrow for their whole lives there are bounds to be mistakes, we are the mo

ou gave him all the information you possibly had to give."
g to a worry about the past. We notice, especially, who the person is right now and not who they were
to listen for five, 10, 15 minutes in a way that is not blaming or pointing fingers or asking hi
8 or call 1-866-488-7386At the end of the day, there is the family we are born with and the family th
of a professional. Ultimately, you know what is best for you and telling them is your decision, and I en

ntolerance to tolerance with the ultimate goal of acceptance), it does not mean that some change is

el safe. This is a great way to begin to connect with other people who have similar experiences to you.

ike those continents so does our own nature shift throughout our lives."

ness of ""what already is"" is the key to finding yourself. Align yourself with the people and activities
oga and meditation as well as nutrition counseling to help people come to their optimal selves. To trul

/ times that can come with some pretty complicated emotions.Â I also don't know if you lost your mo
on track with where you want to be. Talk to a counselor or your priest/pastor. Get someone to be yo
ommitment. If you feel that you want to be with this person for the rest of your life, want to ma

t essential."
rg)"

:onversation, discussions and sex with your partner.Explain all this to your partner so the person can d

; person."
ng on physically in your body with compassion and curiosity. This will begin your healing process to bri
ıg you from any further trauma. Unfortunately, when the (parasympathetic) dorsal vagal system (shut
;ood support group so that you can have some allies as you go through this process. Â You also could
olerate these feelings, manage them, and heal from your trauma."

erience a trauma, the sooner we can address it with EMDR, the quicker you will feel relief and the less
catch... the more we try to push those unpleasant emotions away, the more we are actually push
:ionally upsetting events happen, the brain sees allowing any emotion through as a threat to the syste
seeking counseling is a way to help accelerate this healing and help you work through and begin heal

eir surroundings, and even from their own body. All of these descriptions are accurate and they are yo
ı one negative event occurred. Â A big part of what causes people trouble are feelings of guilt. Â We o

events will be accessible.If many months pass and you see no progress, then definitely consider
ı won't have the same pain about it Â .Good luck! You can do this!"

ly been enduring some intense emotions if your life is being turned upside-down, so you can definitely
our emotions, it starts the healing process because we separateÂ ourselves from them.Â Remember,
ıelped countless people to gain positive ground over their traumatic experiences in a safe, supportive
elings of stress, fear, insecurity regarding your position in relationship to the person
g with an experiencedÂ licensed professional. Having healthy life habits such as good sleep hygiene, h
ıerapist specializing in trauma recovery so that you have a guided, step by step support. But if this is n
rom the abuse. Â Good for you!Nightmares and flashbacks are a strong sign of memories, including a
d, abandoned, treated harshly during your time of growing up years.Since generally people choose par
ncorporate EMDR (Eye Movement Desensitization and Reprocessing) which ""...is a psychotherapy tha

:omforting sense or candle, or tasting an apple that reminds you of times when you have enjoyed

ically however, flashbacks and nightmares are a sign that the trauma Â of what you went through n

s to have a gentle conversation to open up the tension between the two of you."
ally or sexually."
tments for overcoming trauma. Â Best of luck to both of you,Sarah"

boyfriend's, anyone's, are more likely to go away when new patterns of interacting emerge.If the two
: local behavioral health hospitals or even a local hospital, NAMI.org to find more information about
ıl Interventions is a great online resource for workbooks to help you learn to manage the depression a

vork through those emotions.Â When it comes to grief, often one of the most helpful ways to move thr
nd.Hope this helps, C"
love, and spending time with people that you love. Self care is often most difficult when we need
ceptance of death. Just note that everyone greives differently, some internalize their feelings and emo

or PTSD waves to be more challenging is due to something we call ""avoidance."" We avoid both interr

al that you may want to avoid some situations or experience hesitation at times.If you experience any
ıts can be addressed with the help of a Counselor. There are many Counselors that specialize in traum
about the new experience. The right exploration does not have to make things worse and can be a

e common family areas are off limits to taping the the cracks. Â As part of adjusting to living with your
esponding to these similar key situations.This type of work takes a lot of repeated effort because traur
ch on and triggered by present situations. But our reactions are often about more than just the presen
experiences andÂ associated feelings will alleviate someÂ ofÂ the emotional troublesÂ you are sufferi

, you can hold on to the rock and remember the happier place. Try to associate as many happy and sat

cating Â your physical boundaries to your partner, having those boundaries respected and validated, a

will be teaching yourself how to slowly trust yourself.Since trust is what was violated while you were y
s going to be in your life. It's tricky to put emotional distance between you and your supposed-to-be fa
ı good therapist may be a beneficial resource in helping you deal with the intrusive thoughts, cope wit

f you are struggling to find one in your area I can help you. They can help you safety plan and give addi

nodate your feelings.If the two of you are unable to agree on terms or discuss the problem as
ing an argumentDiscuss what is on acceptable for her to do during an argumentYour partner can answ
oing. Unfortunately there isnâ€™t much you can do for her outside of that because it is up to her husb
ɔusive relationship. Unfortunately, there isnâ€™t anything you can do that will change his behavior.

n but keep in mind that abusers will make promises and say what they think the other person wants to
hacer para ayudar a mis hermanos a escapar de nuestro emocionalmente abusivo padre?Actualment
isorder as well."
ɜumatic Stress Disorder (PTSD), which would include other symptoms like being startled easily, r
on."
ay your husband treats you is not your fault, Texas. Your lies are a natural and normal way of you avoi
r honeymoon stage, as they call it, probably only lasted one month. After that, it was a downward spir
but you're headed in the right direction.Â I hope that in your pursuit of treatment you learn that the
it will follow you into any relationship you have. Have you talked to a therapist? I would suggest you
ıether it's through mental or verbal means. I recommend that you contact a domestic violence shelter
ou don't want to leave her. Is it because of the child? Or is it because you want the relationship to
l asked if he wanted to be in this relationship because I needed to know. Although he says he did, I har
what he did, at your parents for not protecting you. Having trouble trusting? Of course! The ver

n you are scared and donâ€™t understand why the other person engaged in a frightening behavior. If

ıat is the likely cause of the anger. â€œOur children got in a fight her child started, and sheâ€™s wron
th you to talk to her about it, If she still won't listen, reassess your expectations of her.Finally if you ne
s fine. Â Let the decision depend on which way makes you feel life is livable and happy!"

ɔu become angry- please know, itâ€™s okay to feel angry. Feeling the emotion of anger isnâ€™t necess
ecome aware and once you are aware, steps can be taken to alter the experience for the better. A pro

toward smaller matters."
onse every time you think about what happened. Best of luck to you!"

uerto Rico, you can contact me at 787-466-5478.Â ¿CÃ³mo puedo controlarme y a mi coraje?Exploto f
ut situations or to make sense of them, they just impulsively respond. I would encourage you to seek a
are you so mad about?Â Or are you really sad, scared, confused?Â Anger is a secondary emotion, mu

r own life depending on your tolerance and willingness to live with what he answers you."

nce abuse are the definition of being out of control, unable to set and manage appropriate bounda
t what she cares about and this may be one quality she would feel good about."

counselor or mental health provider because many unresolved issues may arise during this exploration

oughts - his trust of you being able the handle his experience is of utmost importance. His cont
ould examine these areas and see if they are high in rating.Â Otherwise, yes this relationship will
reat. You want to protect your girls, and that's appropriate; children are greatly affected by this type

; and throwing things are frightening enough to leave a permanent memory.If this describes part of yo
on the inside track of your own heart and mind. Â Once you're able to understand what is driving your

ill give you a few things to think about in the interim.Sometimes anger is there because we feel
ves, suffered shame and humiliation as a child. Â They have a chronic sense of worthlessness, and feeli
ou are sensitive to human sounds from the head.One path I don't recommend is expecting yourself to i

Without practice of being heard when feeling hurt by someone, eventually the person, possibly you, lea
communicating with your parents. SinceÂ arguing withÂ them is a great source of anger for you, learn
area has a family service agency in it. Â Generally the non-profit sectors offer sliding scale fees, and
emotion that we've simply felt too much of or too strongly in the past. We develop ways

on, which often shows up as irritability in men. It could be that he's not telling you something, or he's
emotion in us that we have felt ""too much"" or ""too intensely"" in the past, and we

ss or weakness. Therefore, many men learned to turn feelings of sadness, insecurities, or fears into an
later come to understand that The insomnia is brought on by anxiety. Unlike cognitive experiential dre
in, so that it becomes a well rehearsed story. The effect of this can make it so that the next time your r
uring your nightmare, then look for where in waking life, you may feel similar.In this way, you'll becom
e when it's going on. These are just some thoughts, but I think talking to your primary care phy

l with poor sleep. For example, alcohol, caffeine, nicotine and high fat content foods do not bode well

olence to control us.Â Â He'll never admit to cheating, he'll never apologize and he'll d
ne. Please get qualified help, for your and your husband's sake."

d if the trust isnâ€™t there itâ€™s important to build that trust so you can have a happy and

be taken to the next level with some relational therapy every now and then."
nt to ask yourself if you feel like you trust your husband?Â Has he done anything like this in the past o
tell you the truth. But remember, there are no guarantees. You would need to make a decision to trus
ou both commit.Â Don't wait and start working the steps to find peace of mind and a way to reconne
ostitute.If he's unwilling to care about restoring your trust in him, then this is a different problem e

drinking too heavily... In the whole event, how do you want to feel intimate or connected ?Â Were you
and performance anxiety could likely explain why your husband was on her more than you. My encou
it you retain normal human emotions while in one. And many people who are in polyamorous relation
oth people are completely secure in their relationship with each other, harbor no jealousies or insecur

is case, see if you are able to reach out to your parents, caregivers, and/or trusted adults to see

ow young those ages are. A 14 year old having sex with a 20 year old would be against the law, but som
am assuming it has do to with what you are thinking and their is a certain amount of anxiety you ar
on. Â While this may seem counter intuitive, it makes sense in the word of stress!Finally, it's never
mend you work with a Certified Sex Addiction Therapist (CSAT) and/or Certified Sex Therapist (CST) a

ay inhibit you from enjoying sex.The reasons are endless.What matters is to have a heartfelt dialogue

f cheating on you, right? Your partner needs to own his choices and if he is capable of doing it and is tr
That is a very personal decision.Â Start by setting up face to face time to discuss the affair and emotio
ng answers to specific questions - Wanting details. And the partner that had the affair might be feelin

ood idea. Just know that you can get past this, many couples do.Good luck!"
egaining your trust, first decide if you'd like to work on this.Ask yourself if the sexual attention he felt
to seek out a professional counselor that specializes in working with couples healing fr
ossible to move forward, if both partners are ready and willing to do the work to move forward togeth
r that may actually serve to make your relationship stronger. Sometimes there are motivations for hav
nt to put in the work to repair it.If you're not sure how you feel, counseling can help you resolve the a
genuinely want to forgive him and trust him again, that is completely do-able and possible if you both

here are different kinds of intimacy, and many different ways to show love for someone. A book you m

:omfortable for the both of you making sure to start out slow and to work your way up to more physica

lationship usually get worse with time. Â The person who feels unsafe in truly being and s

other for a couple of meetings. The answer to that question may also change depending on

hip. You definitely get to choose the right time to share this with a partner and I e
e leading with.) My hope is that people don't make dating decisions based on you

terest in having sex with you.If he doesn't want to address this question, then you are a little further d
nic issues which may be causing his apparent lack of desire for sexual intimacy. If there are no physical
xample, ""what made you choose not to do that?""""

ou do in response to these feelings? Do you ask for what you need?Â Does this lead to arguments?Â
granted and no longer doing the little things that nourish the relationship and light our partners up.
start to think if its possible and for how long, to get emotional support from friends and family

your own background and upbringing I.e., who you are and also better understood in the context of y
ous if there was a significant event that occurred around the time you started feeling distant. If
each other the positive affection that you feel (or at least want to feel) for one another. Start aski
e without him feeling guilty.7.) Let him know how committed you are to making this relationship desp
re that you got it right rather than just assuming so. Communicating this way can feel awkward at time
ould encourage you to do some couples counselling or sex therapy as often these issues can be worke
she sounds to not yet have become comfortable with having a wish for sex.The other side of the sex e

e really qualified support. Also, you might be interested in watching Esther Perel's ted talk on the secr
be those factors .Please check out those arenas, firstly.Â Then consider marital therapy services. Relat
ealthy sexual relationship. I'd be curious about what it was like at the beginning for you both, b
to your spouse?6. It sounds like there is some confusion about sexual intimacy from both of you.Coupl
l and financial life in the relationship, then a low sex drive may simply be the norm for the two of you.
t received them, allowed them to make love with her. For women that can sometimes be more comp
l be communicating. Then the rules would switch. After you both become comfortable with that, you c
ou ever have the urge or desire? When ya'll have had sex, do you both enjoy it? Do you enjoy it? What

t enjoying sex with your husband? Â Sometimes the reasons might be of a sexual nature and other tin
conversation, it's important that you are both respectful and open with each other. The point of the co
life in which you are both satisfied. The aspect of connectedness is an important one. While sex ca
hts are only habits, they don't reflect the truth. Fear is probably whispering in your ear things li

take some kind of action step. I suggest approaching your partner with compassion and conc
one tells you is true, is actually true.Examine as much evidence as needed of whether what the other p

rough the years with your mom, toward your bf.Your process of feeling and thinking in terms familiar
believe that if you get a divorce, you will probably keep repeating the same behavior with anothe

ationship.Â It will also help to establish healthy lines of communication, where you could express the
h of you.If you want to be devoted only to each other, what does that lifestyle look like for each

e healed, more will become clear as you feel more ease and harmony within yourself.For more resour

hurting your feelings and the distress he feels when he hears you talk.The above assumes good will by
ove, especially since having a baby will add to each of your responsibilities.You didn't write how long t
ackwards.Why not go to a financial mediator?This would satisfy your husband's black white outlook an
hing to say.Your husband is 29 years older and you've been together for ten years...that puts you at ar

blem.If there is, then have the possibility ruled out that your difficulty concentrating comes
you like them, then wait a little while to see if your feelings about the person or their feelings a

scuss with you, what his true feelings are toward you and the ex.The topic is very heated, which is why
he says yes, then it would be helpful to go to a marriage counselor and work this out with a profession
ct answer.As long as each one of you has the goodwill to give a little, then the fights are a healthy way
periencing. Then, once the partner who started speaking thinks the listening partner is understanding
ow the root of his feelings.Blaming you for feelings he doesn't understand within himself is unfair and
reach out. It sounds as if he is thinking that doing so would mean that he is responsible for his friend'

t they might (or would) cause distress to your wife. An experienced clinician could help you and your w
ıd is able to capture the essence of what you're saying by summarizing it for youRemember that heari
n sorry to read that the option to leave this relationship is out of the question.The only way

hat you have that makes you feel valued, special, and loved. Perhaps you can look at the things that m
ıtic, and YOU also valueÂ authenticityÂ as something you want to live by. You may feel like this value i
e s/he needs to be similarly tested. Best wishes.Resources for Your Consideration: 1) The book ""Not G
nent of one's life to another person's life, then without the willingness to commit you are almost guar

ıs have different definitions for almost everyone.I would definitely recommend speaking with a local r
prefer to keep status quo than open her own emotional pain to understand what created the need to

ing.Â Do not encourage it for your relationship, encourage it for his betterment coping with los
alls. So part of what I want to say here is don't pressure yourself too much. Take the time to heal natu

mantic or in childhood. If he is aware of something that he thinks or feels when you ask him to resolve
and your boyfriend were sitting on my couch in therapy, I'd likely say that the behavior nee

lual therapist for yourself Â to process your feelings about the relationship or a couples therapist

solutions objectively.You could use couples mediation to learn assertive communication skills and filte
on the moments when interpersonal guardedness snuck its way into the interaction.Â What were you
Â He may be willing to change his ways to satisfy you."

eone about their differences from our point of view than to be someone who doesn't tell
at your friend is willing to give you less time and energy than you require from her."

re saying to see if he has it right. After that, perhaps you could switch so that you can listen to his pers

y"" where a partner somehow gets the idea that when we truly fall in love, we treat that one different

n the two of you than him trying to interfere in your relationship with your mother."
ionship. Avoidance of being able to express yourself and have honest communication about your relat

wers and knowledge about the definition of your marriage.Since there are many areas to open, all of w

harm your relationship more. Â Â If instead you focus on opening the lines of communication, let him l
see lots more of it."
at it is-- an emotion. A feeling. You are entitled to feel a range of emotions as you a

g to what his responses are.This is difficult because I imagine you have a react very quickly and strongl
tion."

e is on his own in terms of tracking what and when is due regarding his auto policy, then surely the onl
his directions. It could be that you could have a discussion about it, but that depends on how much of a
ry best.Resources for Your Consideration: 1) https://www.iitap.com/, 2)Â https://www.sanon.org/, 3)

ncer and about your relationship. Both of you may discuss different ways that you would like support f
ot sure if he is willing to talk about his health situation, but letting him know that you want to suppo
your child's father to assist you with this. You cannot make him do anything to support you with this
the concern."
ng coercive and abusive. It is important to know that this kind of behavior doesn't necessarily show up
€“ to see what makes her avoid it. It could be that she thinks any discussion about them is going to l

se was having a friendshipÂ like that.Then try to refocus on your marriage. I suggest being transparen
o que solo contribuye econÃ³micamente?Mi novio de ocho amos y padre de mis dos hijos es camioner
o is disconnected from our life to understand our feelings and what they mean in our relat

you ""feel like nothing"". I say it might be time to sit down with an individual therapist and look objec
n our self pity over our partner not vacuuming or cooking or saying loving things often
communication with your wife?Â One thing to considerÂ is the status of your relationship.Â Are you i

w you like to be touched and how different touches feel...getting acquainted with your body yourself f
ecause they have ideal bodies and expertise, but because the person wants to make love to the one w

want with your body...and...there may be consequences. Affairs almost always get discovered.

the other ways in which you feel loved? Does your wife talk to you? Does she communicate her need
g in this relationship that you need; you don't feel loved enough right now. Can you tell him?
ey are at the very least, partly true.Ask your boyfriend if he is willing to listen and understand your pc
are.For some reason, he is giving himself permission to detach from you and your son. This could be f

artner's language a bit better. You may never be fluent, but you can get better. The most important
s for you.Â Learning about what is going on for him will likely answer your questions and, dependi
at is driving your finance's behaviors.Also, in the moment of when your fiancÃ© texts you words you
ght. Hmmm...Is it that you don't fight because you don't bring up what's bothering you? Are you avoidi
eeds rather than keep the secret. You can use that as evidence in your ""proof that he loves me"" fil

see your school councelor (if you are at school/university) or find a LGBT group wi

I think that's the crux...he's trying to change you. What does that make you want to do?
ɔu have been personally hurt in the past by someone else and you've developed fears that you
your boyfriend on finding ways of balancing what you each would like."
do on your marriage to try to make it more fulfilling and if that is not possible, then maybe y
alk that's more important in the end. When someone shows you what they're capable of, you ca
Your passive aggressive communications with the other man and your difficulty in knowing what direc
as to the commitment status of each of you to the other, you'll have more clarity as to what either of y
gain each other's trust.Talking as much as possible so you both know what goes on in the life of the ot
ıe cat will not solve anything between you and your boyfriend.Who knows, your boyfriend may come
re this a good deal, because there are several possibilities concerning what might be happen

st.Also, most relationships are not forever. Â Is it possible you are at a phase when some relation
ɔtional intimacy?Â Another question that comes to mind is whether or not you have any

ur wife says/does, think before you speak. Ask yourself if you have valid reasons to not trust her. In
ɔ, and this may contribute to restoring trust."
ight be married. You both cheat and lie and he's abusive. The short answer is that there is too mu
self as a man. Showing her irritability or anger might push her farther away.There are many ways to b

:'s missing a crucial element. But you didn't see this coming, did you? That's because only as we becom
ıer, while developing more emotional closeness in the process."
eight of financial responsibility. A lot of men (and women) don't talk about this but they fee
ven when feeling unhappy and that they'd like changes to the relationship.Often, people are fearful of

er for it to continue to run.Â If you would like to get further natural advice and/or suggestions on eatin
ıed libido, and is faking orgasms and denying it. What do I do?,"You are newly married, you Have a h

lp you either stop the behavior that is causing you distress, or help you come to terms
u donâ€™t like to do. This gets into a gray area for some people. I donâ€™t necessarily want to know

f counseling at low and/or reduced even for free rates.Â You may consider doing things in his honor, b

resources for related groups you might want to explore that mayÂ lead you to an active online suppo

erience downs and deeper downs interspersed with periods of brief respite.You can learn to express a

ıe forever, but are actually extraordinarily active... and when he sees what you express out from

please know the pain will ease up over time.Â Warmly,Angela Topcu, MFT"

ɔw cost counseling, it might be worth checking into."

eable and you regain interest in everyday life."

ould likely be helpful to work through it with someone:Â http://therapychanges.com/blog/2015/05/r

. â €‹â€‹"
m looking only to link you to places and people that are supportive of that."
ɲ guide you to navigate through this and lessen the intensity that you experience.Â As life goes on,

r relationship with your mother and suggesting that you were ""never close"" to her is her o

ɔne's love and care could save him.Â No one could fault you for deciding you had had en

tep is to directly have conversations together on the topics you write here.What needs clarifyin

ɛt others who share the same experience as you.Good luck to you. I hope you will find peace and comf
ial, anger, bargaining, depression, and acceptance are the stages.Â At first, people are usually

Experiment safely to find if you maybe having side effects causing overindulgence which we don'
an ""addict"" or ""alcoholic."" You might have a ""problem"" but that does not necessarily mean that

ıelp you determine if your drinking is a problem. The good news is that you can get help for subs

attempted to cut back on their drinking and have been unable to do so and do they continue to d
negative, but to accept that you have it, and acknowledge it;The more openly a man or woman

ık to the point of excess at the times they felt stressed?Family modeling of how to handle problems m

work, home, or school.You continue to use alcohol even after your drinking has caused problems in yo

ıere are a lot of articles on the internet that you can read. In short, you have to stop enabling him. Like

ırting herself is probably hurting you.Be sure to keep a sense of balance within yoursel
ıuse. In addition, people who are in active addiction are likely to find some other means to get their
be challenging living in a household with someone who is currently addicted. Â It is also important tha
uggling. I would encourage you to reach out for support in any way that you can.Â Have you talked wit
you!"
onal pain feels very big and without an outlet.So, people mask and numb by substances, whether this

ay for at least 30 days for anyone who is dealing with addiction, whether combined with mental health

heduling adjustments in routines can be made so your daughter has more time to rest or fewer respor

e was is no longer and that she has reverted to a more delicate phase.Â Also, schedule time for yourse
ırself as a caregiver may be very helpful.Â Â It is so important that you have support. It is challenging t

ave feelings and your feelings are presentÂ and they matter! You are right, it isn't her fault, it's a part
ıging your life. If you are unable to be connected, find a therapist on your own to support you through
ure if you take care of her in your home or if you have placed her in a facility that cares for her. If the
smile return."

ere doing with her. Caregivers of Alzheimer's patients need a lot of support themselves. There are supp
oup which will help you hear from others who also respond this way."
ers. In your case, it sounds like she is not directing her anger at just you. While this may feel less perso
icate with your mother in a way that lets her work through the difficulties associated with the disease.
ıre that your sense of guilt is less due to what you're currently saying or doing to help your mom.Very

eace?Â Â Boundaries"
like, then great!If your boyfriend has a stressed and tense relationship w his dad, then somehow he n
use you know all of each other's flaws and imperfections. With that being said - it may be
he kids view each other once they are grown people.The patterns of interaction set down during our g
e our family, do we? Your feelings are normal and they don't make you cruel. If you were mean
you no matter what but that does not seem to be the case.Â Deciding if this is a deal-breaker, or can

s your love for one another.Because you are saying openly that you are gay, and it sounds like you alre
ıe projects to you and see the great person you are at your very core, by your very existence.Â Â These
here may be good guidance on keeping yourself emotionally safe from how she treats you."
ıo are involved to actually see by themselves.If you want to try to talk with you mom to see how she is
eed, it may be difficult to fight the right recommendation on how to deal with this situation. Nonethel

nder who you could talk with when you are stressed.It may be helpful to see a local mental health prof

ght go something like this..."Mom, you really have your hands full.Â Sis dumped your grandbaby on
help her cope with this life change."

noment when we often are unable to focus and hear the other person). Always understanding that we

ating the boundary. This is often the place where people struggle. It's important to identify a conseque

t for you. Hopefully this helps!"

t towards initiating a change."

ırally when you do have the conversation with her.Also, when you start setting boundaries with people

something that many of us are really good at, but this type of situation sometimes forces you to h
ou are confident in your choice, choose your choice, own that, and set boundaries around it.Â You do

"

group: https://www.binetusa.org/bi-groups-in-the-usBisexual Podcast- https://www.binetusa.org/the

e organization.Related more specifically to your family, that change may take some time. There is ofte

art for better or worse (admittedly I'm not the biggest fan of outright estrangement), processing

you.Â So it is important to recognize that no matter what, you can't control what she says or
a different sort of relationship.Â Take a look at the picture from her perspective. She may feel overwh
ached resolution, and not before.Finding patience with the unpredictable amount of time needed to th
orgive your mom for yourself, not for her.Â Â If there is evidence that your mom wants to re

ou can't, maybe consider unfollowing her or detaching from facebook for a while.Â So your siste

ate situation they did and be able to walkthrough it even though it's painful. I think maybe speakin

tional organizations. This does not mean that you have to identify as ""transgender,"" but researching
n and be prepared for this possibility."
ld know if there is hostility toward transgender people. To tell you the truth, the best way to tell your c

he is to your remedies.At the very least, you will have done a thorough job in examining what is possib
ational dialogue.She may continue ignoring or overlooking your wishes because she's been stuck in th
pport in other family members, or a therapist familiar with elder care issues may be helpful as well."
t familiar with feeling at ease with the idea of deciding matters for yourself.You'll need practice u
y that feels most authentic to you.In a healthy parent-child dynamic, there comes a normal developm
it from you. If they did, maybe this is the issue? It would be a legitimate one.But in the end, your fathe
able.Have the conversation with your dad that includes your viewpoint, and also ask him for his impre
simple as letting him know, in your words, how this feels from your view as well as what you wish. It m
ut what's on your mind.If she ever shows an interest in your opinions and you feel like discussing these
you to feel good about saying whatâ€™s necessary.Even if he never follows through with your advice
portant to you and that you love him and care about himAlso try to stick to examples or ideas that are
r words affect you, then definitely tell them.If not, then you are learning an early lesson on how
ou are doing to prepare. Maybe you could set time limits so you each have five minutes to discuss this

d that quote? Â It means that by changing your thinking, what you say and your actions, you can impac

ing a danger to you?Ask his reason since if he does this from concern for your emotional or physical sa
with the words who, what, where, when, and not why. The word why can be really difficult for some pe
to accommodate you.Study whether you're willing to change to accept his ways.See whether the two s
others who will love you.Loving yourself makes you attractive. so others will find your willingness to b
pen the door of communication where you can explain your thoughts and feeling but in a loving way."

:ions are."
you do that? What are you feeling in the moment?"
r arguments.Definitely, the fact that you're writing about the problem, shows you feel like doing some
e as much time together. Do you think your mom is able to actually recognize how what she does and
rio de drogas?Mi papa estÃ¡ usando drogas muy malas, y no estoy autorizada a verlo por lo que me pu

so what to do? First will be important to practice active listening skills, to ensure that you are receiving

ng with it"". You can always try some new strategies when you talk to mom...you can say ""I'll listen
s month-- not yelling? taking a time out? telling you before she blows her top so you can exit the room

ır situations to help you prepare to discussÂ this with your parents.Â Â All the best!"
ıe's emotional health and safety if they tell the wrong person. That is why it should only be done wher
you to take a minute and breathe. When confronted with overwhelming life issues it is common to bu

rt, but he probably doesn't. So this is the squirrel chasing its tail: your dad is rude, so your habit is t

gle with mental illness? Do you see him as less than worthy because he hasn't worked? I don't know fo
e on. Good luck!"
:ion and avoid the blaming language we are so used to using in such times."

ɔu to also find some other ways to spend your time away from him. Now might be the perfect opportu
te isolated in general. It's sad that you're feeling excluded at Christmastime and family event
, I am feeling awfully hurt about how this has affected our relationship. What can I do? What do I do
, I am feeling awfully hurt about how this has affected our relationship. What can I do? What do I do
ting in the way of you being able to go to her with any issue and Â feel she will hopefully understand o
ıat to do. The thing is that moms and dads start out making all your decisions for you when you're sma
ıts willing to listen to your reasons to not play on the team you hate?If yes, then maybe
'hen you are not upset and when it is out of context. Begin your statements withÂ ""I"" as opposed

nay want to suggest doing some family therapy where a skilled therapist can help you and your family

for something others perceive we did, there will always be those with hardened hearts and will not for

ˈself tied up into one thing (like your pets) then when that thing is taken away it causes a lot of emotio

right now, what do you think they would do themselves?- If your wife and mom were in this situation,
ool to help or you need to try and learn sign language or speak german Right.Â LOL.Â Its frustrating.
t is important to you that he hears you just like it is crucial for him to be heard.Â There is a lot of usefu

h effort into listening to you. That can be really frustrating and difficult and I want to acknow
etimes starting off like this can feel like an attack. Â Also, become aware of the time of day or ev
when both partners feel they are receiving from the other one."
n to do, and again be specific! Example: I would rather you turn off the tv, give me eye contact and rea
fficult, but it also opens a lot of doors for effective discussions).Be mindful of your packaging. By
your hand up in the sign of a stop, then say please just let me finish. Â You are right t
hat frequently what turns us on isn't always what we identify as. Â Lots of people have fantasies or eve
Consider thinking of a phrase that may help you to stay calm during the discussion. It may be helpful t
n it wears off a bit, and you end up looking at each other thinking ""how come I don't feel the same ar
red for the actual emotions from the episode, which may also resolve your conflicted feelings abou
u get texts or emails from people that might give him pause or trigger insecurities), and more patience
raises a lot of emotion on both sides, therefore causing difficulty in keeping discussions in this area, or
for you and or/your husband to seek out individual therapy. There may be other unknown factors tha
ng is you having tolerance of his emotions and demonstrating that you're so confident you can be faith
that listening to your partner does not mean that you are agreeing with them, it just means that you ar

, and listen to what your partner really wants, as that kind of processing can be uncomfortable. But, w
to persuade your partner that you are right, while they are most certainlyÂ wrong. Shutting your part

es. When they disagree, they spend more energy trying to understand the other person instead of pro

y not agree with his opinion on what he needs to change.A helpful starting place for the two of you to
two of you in general. Do this during a time when there is little or no conflict and emotions are not he
ms. There are a few things at play here and the situation can be looked at from a few different anglesâ

decisions. She may fear that the truth will turn you away. If you want to, you can reassure her t
tween you - an agreement between you that when you both start to get escalated, you'll name it or ha
over a marriage preparation class, is never too late to sit down a talk about what you want and look f

sting is even more painful. He should be able to answer any question you have honestly and without l
how it's affecting you.Â Second, how is your relationship affecting the children. Do you feel that b
wledging the immense impact it had on you, your relationship, and your ability to trust him.Â If you ha
Certified couples therapist here:Â https://www.gottman.com/private-therapy/"
et help as well. It would be helpful for you both to get help because there is damage on both parts. You

e beneficial to assess if in fact any depression or other underlying issue is going on. Communication is
Can the two of you still talk? Do you want the same things? Â Before you go to couples counseling, I su

o often the challenges that we have in relationships result from rather small habits in relating that lead
professionals. Is there a detachment disorder or some form of mental block he could have? Where do
.If the cheating has happened more than once, you may want to reevaluate your reasoning for staying
vanted will never happen. I have been working on my feelings for the past year and half to get over it.

ungry?Do you continue to eat even after you feel full?Do you take medication or exercise instead of ea
e with a similar problem.Good luck in your studies!"
attempt to eat normally, eating appropriately portioned meals 3 times a day, with snacks in between.
oices. Â Consider finding someone trained in Dialectic Behavior Therapy (DBT). Â There is a large body
food items that are healthy for you?Â Remember any changes you make must be practiced and deve
s up occasionally.I'm glad you know that there are better ways of treating yourself. Â This is a valuable
ing good wishes on playing around with these ideas and finding an answer with which you're happy!"
d time again with my clients. Donuts appear in the office, and it's almost like donuts have never been

lly indicates that he cares about your feelings and values your importance. If he responds in a defensiv

ance relationships are difficult to keep alive because you don't ever see each other in person. Talking, t

your boyfriend probably loves you very much, but there is something else preventing
more committed. Â Financial and career issues are common reasons for postponing commitment. Â Ot
turns out, you will gain as a person by appreciating your own need for peace of mind by knowi

ted with that happy thought...and we get a rush of what your girlfriend is labeling ""a crush."" The diff
or your future together? Do you manage to have fun together, despite the dist
ays to improve your odds.Â The first thing to remember here is that dating is all about findi
er might), you are likely to hear about her experience, thoughts, feelings, etc., so you can actually s

confrontational (and I do know what I'm asking), suggest that you get together to talk about what s
ut how to deal with this. Hopefully this helps!"
repairing. What that repair looks like varies (but can often involve couples therapy, which may
ouâ€™ve invested over a year in this relationship, it may be worth figuring out how to mend it. Â Ignor
g at all, is the best sign of closeness.Once you learn more about this crush you can decide w
e will pay off. You may find it worthwhile to explain your feelings about it, to share how

t he wants, you could be on hold for a long time.Please don't wait another year to

ip."
ked questions to gain more understanding of their experience. Then you can switch. Also

tening to others thatÂ you Â may discover they feel and think and struggle just like you do.Â A
pe of support, you can ask yourself what it is about the situation that is bothering you and how you wo
ome up.You're not alone in the sense that there are definitely people on this earth who are sens

fear but not based on evidence? Knowing that distinction is important because if it is the latter, you m

ative reporter trying to find out information about each other. Asking more questions in this manner

nple:Where did you meet her?How long were you friends before you decided to call it quits?Â Why do

son is engaged in a conversation.Whether or not she understands is up to her.All you can be responsib
will probably feel like you are being honest with her."
surprises and can change in an instant, the basic way in which the partners of a couple, c
to a wide variety of people who we never would meet in the grocery store or a friend's party. There a
?Â The fact that there is lust for other more attractive men does not necessarily mean anything. Th
find yourself lusting over--are they men you see in real life?Â Perhaps you are experiencing mo

: ways to keep things new and different in the relationship. Maybe you can leave notes for each o

mparison to the first guy.Also, lying and cheating are very demoralizing. Â Maybe your higher self t

ship than simply wanting this to happen.In any relationship, the complexities of each person combine
d energy in couples therapy. It sounds like there is a lack of trust in your relationship, likely a hangove
the hurt can be very challenging but after learning from your mistake you changed and became more f
ening to bring up the experience when it hurts a lot, when you feel so unsettled as you mention. But yo
ent of restlessness romantically and are with someone on whom you depend to take care of your kids.

mily understands the values which support being part of a couple.Stay true to what you feel, whether
n't offer you more of his self-interest than of his love.A week is an unrealistic timeframe to cure the s

ne next relationship, or object in hopes it will be fulfilling but it never is because fulfillme
move from not being in a relationship to being in one.Perhaps you could take a look at
n. Don't argue, don't interrupt, don't judge... listen. Let her know what you understand and that
to learn them. The good news is that there is great information available to help you
es to make sure that you're not missing anything.4. Ask your partner what she needs from you. Is she e
s is that the arguments, discussions, and debates you've had with her have been counterproduc
-Dependency â€“ the Other Side of Co-Dependencyâ€ by Drs. Janae & Barry WeinholdI'll also add to M
ay. You can try communicating this way for just five minutes or so on until you feel as though you can

suggestion of needing help?This is only an example of how intentions are misread or not welcome by

nicate and resolve conflicts.I am a Licensed Professional Counselor in Texas, currently providing indiv

, is another quality you appreciate in a partner.The more you know about what you do and do
you have been keeping to yourself"". He may have a valid point, or might have been hurt by the arg
nly concentrate on this. Â Â Of course if the fights persist and you have been patient for what feels too

:hat his changed interest in the relationship is permanent.Be patient with your uncertainty as to wheth
her brother which you may not know and if you did, wouldn't like or react negative

/hether or not he is willing to accept and rely on your information, is in his hands only.Try to feel satisf
ɔu are doing when you ""take it out"", you may be quite reasonable to do so."
too that your finance has some remaining feelings for the ex. Â Whether or not this make

/ou learn to do so. Â Everyone does better at learning new skills when they feel supported and welcom
still fell short of what you needed. You are both still trying to get very early needs met.Â The best advi

ur own wishes that you are either not stating or are being ignored by your boyfriend.The best way to r
ɔuples and I've learned never to underestimate what kind of change is possible; anything is possible. B
at return. Is the person afraid of being alone? Are they jealous of your current relationship? Do yo

n.Sometimes just talking about these feelings can be helpful so that you can both have open discussio

:ner, not getting love because of not figuring out a way of giving love to yourself."
elationship can answer. Even then, the answer may change at any point by either of you.Â I enc
ɔus relationships and the issue of jealousy: http://everydayfeminism.com/2016/02/polyamorous-deali

to grow with you, he will make the necessary steps.Â If he doesn't...wish him well."
ɔing sound like emotional abuse. Even without physical abuse, being emotionally abused can still be tr
s, it's a good idea to move on. It's not personal. You don't owe this person anything. They d

at is and let the future expectations (and future demands) go? Â Are there new ways to communicate
ɔ realize and be encouraged by his parents or a mature adult to do.Â Hopefully, someone who has be
:ally or psychologically causes to your symptoms.Â Â After getting these evalu

:hat you take responsibility for your part in how it went wrong; that the picture you may have painted
less concerned about this man as bisexual and having gay friends, than about how you feel is treating
ıd many intense emotions. He is wise to consider his choices carefully; especially if you have children,

friend, similar to you, he does not feel ready for a new relationship.If and when you feel ready to e
viours, for one). Accept the powerlessness. Lean into it. It's okay, because there are many th

him. He doesn't rub it in my face. He's a good guy, but I want to actually help him out and reco
ıt with him? A friendship only,Â casual dating,Â or an exclusive relationship? I would encour
d to get along happily too.Let's start with knowing more about your happiness in being with your partn
g of being in love and having a partner more than you miss him. TheÂ bottomÂ line is you can't make s

you may be able to gain insight into where these thoughts are coming from and develop new ways o
ıt I just can't afford to continue having my house torn to pieces. Is it acceptable for me to find anoth
hout yelling. Addionally, give him ideas of what he can do differently so that he understands what you
ıse that's who he is; it has nothing to do with you), and I hope you think carefully about whether it's w
f the larger evidence supports that.Â At the same time, you can let him know what your trigge
nitions of your reasons for being together.Depending on what you each expect from your partnershi

ɔr to help you cope with your distress and learn how to move past this and find the love that you a
ou owe it to your heart to take these things more slowly, because everyone puts their best self fo
ɔpen and honest in your communication with your partner. Â Your fears about his response are va
absence of trust. When fear takes over - we tend to become defensive and act in ways that makes it

ear to vent to, are you looking for validation, or do you hope someone will help you wake up to an un
ıould I do? How will I go about checking if there really is something wrong with me? How will I ch
ɾful boyfriend other than this. I don't know where the lines should be drawn with my boyfriend's e

like having in return from your partner.Ask your partner if she is willing to have a conversation o

ı to dive straight into defense mode).Then share how you felt at the time of the event. Â Just say wher

nother and get past your own stuffs, that's what forms the foundation for lasting relationships."
ake care of ourselves because somebody has taken care of us. Our self worth and self-esteem also dev
laybe you can attend a religious service, join an interest group (i.e. reading club, sports group, etc.) o

like she is working through a difficult loss and her ability to connect with you, or anyone else, is

e? I cheated on my husband with one of his good friends a few years ago,The issue at hand here is that

ge and couples counseling. These services are ordinarily offered free of charge to members.Anot
ed at helping to identify and assist in repatterning your triggers!"
are watching. And keep in mind that also means observing yourself in relationships."
when you keep trying to process and talk it out with him you keep pushing him away. He

e a child together may seem right, in fact, it hurts the child in the long run. If you are not love wit
"ve found something - your breaking point, and it's about time. Your boyfriend seems to be a very sel
love me anymore and had no feelings for me. The only thing that really gets me and makes me not wa
ell.It may also help to write down a list of negative aspects of the relationship and ke

ne partner and remain committed and monogamous in that relationship. They may still fantasize, how

'ho accepts that is your view of how you would like things to be. You may discover that you would like

sexual life! Warm wishes."

/ if that is scary or uncomfortable; it makes sense if it's new. It's also okay to find support with trusted

take you. You are on a journey to discover yourself."
findings as the answer to your question."

ever it is that you are. The second most important thing, in my professional opinion too, is
that you find important in a relationship is likely what matters most.If you are strugg

ould be best talked out with someone else who you trust. I don't know whether that is your family, fri
e a otros cuando pregunta que soy. Â Me siento confuso y solo digo mi genero de nacimiento.Â Estoy c
nd seriousness to thoughtfully consider if the trend has anything to do with them personally.Keep
er people, requires patience and effort.The more you are willing to commit to figuring out your own tru
to know what impact this has on you, because it can determine your level of follow through and desir
hat, if we grew up in a society where there wasn't this categorization...if we felt free to explo

be equally frustrating when you are trying to figure it out for yourself. The truth is that there are many

d in the Affirmative Therapy model who may beÂ good, supportive helpers that can assist you as you c

ep exploring. There is a good chance that there is a community of people who feel like you

ıat track. :)"
ı may find helpful. Â Yin Yang Woman Man http://dld.bz/ejVK2Â What does it mean to be a
ends and family that you can talk to and who will support you in how you feel a

thought machine. Many thoughts drift by like clouds and we don't pay any attention while other thoug

unt of 4, exhale for a count of 4, and hold for a count of 4. Repeat this for at least 5 sets.Â Â ObserveTH
se of the day to merely observe all the thoughts going on, and realizing that thoughts are merely thou
u to refocus. Â I recommend using this technique, followed by some deep breathing, while visualizing
tend to start a ""war"" with them, which is the equivalent of jumping into the tornado. This makes the
east bearable.I hope this helps you at least a little bit!"

e unexpected and altering physical incident to your brain, such as physical head trauma, drug induce
rself. Sometimes, when I have a person in my office that is very self-critical, I have him/her spe
erent person's voice to make them easier for you to follow through on, it doesn't sound like it c
s that you notice in your daughter's mood and any patterns related to the times of day or what seems
unlikely she has a mental illness.How you know for sure if she has bipolar disorder is to read a list of the

with which to work."

ou were sneaking out, but there's a reason you want to stop too - so get support.Â No one changes ha

e the movement you are seeking."

hy either of your parents isn't aware that you leave the house. Â Do you feel your parent would offer a

: there might be something more going on. While for most people frustration/mood swings is related

ughts, the more you can learn to manage them. Your question offers several clues for strategies that y
ɔur stress?2. Get enough Sleep: Like stress, sleep deprivation is an awful trigger for hearing voices3. Lis
e floor, hips in the chair, and shoulders against the back of the chair. You can also try mindfulness techı
ɔ.Â Â Â¿CÃ³mo puedo hacer que los sueÃ±os y las voces desaparezcan?Durante las Ãºltimas cuatro se

mmon with some types of seizures to have an altered state of reality during or shortly after the seizur

certain types of tic disorders and under the resources section at the top, there is a link to a list
ı!"

ı as, ""I'm assertive and I go after what I want."" It can be hard to do since we tend to get ""st
ior is, make sure it is something you can actually change. 2. If you are going to give up a behavior, deci

s counseling to help people make behavior changes that are important for bipolar management. For e
en.Â Es importante comprender losÂ sÃ-ntomas relacionados con el desorden, y que en particular los

oad but you needÂ some help to find the right road to get on so you can see it."

n go to the next step of understanding more about your thoughts on death.Since you wo
oined with empathy, compassion and self-esteem, you're starting to build what I call an emotional
lvements.One suggestion is to see if there is any purpose to what you're doing in a
king the cycle that you are in. It is also a good idea to get a medical evaluation from

ı a new hobby!Â And...try not to ""rescue"" your husband too much!Â Natural consequences can be a

that make the addiction more likely to continue.Â Change is difficult for all of us, especially w

e cake to a diabetic. After he eats the cake, I say to him ""Use your willpower to lower your glucose
ption would be to look for one-on-one or small group recovery support."
nded unless you or someone else told them. I agree that it seems like to cross a line. Usually each
the treatment of that client, but I will not share during the meeting to avoid any inappr
never were informed existed.There are workplace rules and regulations which your matter may be pro
with your phone will be natural and easy."

se has an outgoing voicemail message that promises returned calls within 24 hours, he has an oblig
the social worker mishandling himself."

lon't have to resort to illegal means to try to prove this.Â If you have concrete proof th

not willing to continue working with you, she still has an ethical obligation to provide you wit

ated. Â This is really important since nearly every state considers counseling to occur
make the therapy more helpful for the client but to no avail, than it is considered unethical to conti

vices are done, it is best if there is at least one or two more sessions to allow a case file review

ticular other related facts, such as the culture of the client or linguistic issues. This could also be the ch

s can get help coming up with a plan. This is also the point at which counselors should be helping client

e= when a client is not committed to the agreed treatment process, or when the clientâ€™s or a couns

can help as much as someone else.)I also find it perplexing when I hear a client (or on a personal level
ending or a particular time period in which it must end. What matters most is that the client feels good

. Â In this circumstance, the clinician may need to involve outside services such as a

lically ask whether the client feels we are making progress, moving in the right direction, talking abou
cal symptom and the symptom stops completely one day.Talk therapy is about life and life problems u
other therapist, have they achieved their goals or is it something else?In regular, open-ended sessions
the beginning of treatment. Oftentimes ""discharge goals"" change as treatment progresses because

s://www.psychologynj.org/"
theory courses. Â Â I really enjoyed my education, and I find my career equally rewarding and enjoyab
alk to your counselor about the gift and ask if him it if would be appropriate.In the e
u. These small gestures can be very meaningful for both of you."
nall gift, and I have from time to time received small tokens of appreciation because I beli

be the type of therapist you have. For some people this is what they want, but maybe it's not for
ır doctor. Itâ€™s great that youâ€™ve already taken this first step to reach out. Youâ€™re on the right

to know that nothing lasts forever, eventually all of what is up in the air will start to land in

ve people if you can, and be aware of thoughts that increase your stress. Â This does not need to t
and good sleep hygiene and lifestyle modifications (e.g., with nutrition, exercise, et
ly have. They can be things like creating a more manageable schedule, introducing healthy

pecific issue of fantasizing about a mother is somethingÂ commonly found in Sigmund Freud's theories

t water and taste it instead of just staring at it? It sounds like you're beginning to explor
eye of today, you can feel some compassion and understanding for your high school self. Â This way y
ething that we have to do and that an addict cannot â€œcold turkeyâ€ and walk away from.Â My clier

ıck!"
ey don't respond."
othering you. If it is causing a significant amount of anxiety (say, more than 5/10 if 10 is really anxious)

energy spending time with other friends or enjoying activities in solitude. After a waiting period, call a
ıship status.Even if you change to a, birthday and holiday only conversation, or some other style of int

ot everything that has happened here is in your control?Do you recognize that even tho
corporate leadership qualities match those of psychopaths? Â Well, yes. Â And, I consider your qu
creating financial or legal trouble for you. Again, forget about him, and contact the police if
of the disappointment or sadness of wishing for a better relationship with the person.Until the bully w

ıe difference in values about a quinceaÃ±a among you and your friends.I hope you'll have a fun party

rstanding problems leads to peacefulness and resolution. Â Then you will have more freedom to make
; okay; it only means ""It happened, I can't change that, and I don't want to carry it (ang

ıcked? Powerless? Feeling like you're losing? In therapy, you would get help looking at these questions
you are still feeling vulnerable, share that too..."
valuable to you. However, make sure they are aware that there is a respectful way to address these iss

/11/15) all military bases are on Bravo which unfortunately means you will need your own ID.Finally, i

nte toma las primeras dos sesiones, dependiendo de cuantas personas sean entrevistadas y de quÃ©

e enduring and consistent, which indicate a type of personality. For example, if a therapist is

so think of the opposite word, and you'll have a good sense of what actual personaliti

les some insight."

ut and allow your therapist to be there to support you!"
ars flow in therapy!"

to tell you something about your feelings. Either way, your therapy sessions should be a safe

literally helps to get the emotional pain out.Â If you don't express your sadness in a heal

erapists know that with therapy comes healing. Sometimes healing needs tears.Life at tim

an often be when youâ €™re talking to somebody who is nearly a total stranger. It takes a certa

ngly trivial.Donâ€™t set a time limit on tears. Your heart will decide when enough is enough. If you co

worth trying if someone is suffering or is just wanting some perspective or support. Also, there is many
viours. Â However, medication is not an effective way of treating the problem, as it treats the sympton
y to peace and wholeness."

€What Does Cognitive Behavioral Therapy Involve?Â Simply, your therapist will encourage you to think

with shared goals between the client and counselor give counseling the best chance at being effective
d the healing process and result in better relationships with yourself and others."

eyond the ability to provide a safe place, counselors are trained to identify symptoms and behavioral p
feeling overwhelmed by your emotions.Â Over time, as you work with a counselor you will get feedba
d to invest in yourself and explore the dark places. You'll thank yourself later, knowing that you are mo

a dynamic relationship with life, it reacts to us and we to it, the time in the counseling room allow

e around youCounselors have experience in using lots of different types of techniques (for example,

kinds of styles of therapy - take the time to pick one that suits you."

passionate, caring, able to join with you on your journey to resolving your issues or concerns, a

if they treat the kind of challenges you are dealing with or not. If they don't list it a

alking with clients about how I might be able to help them with their concern and I gather feedback frc
ot receive thorough answer, move on to the next.Â Taking the time to defining and conveying your rec

se an unnecessary amount of anxiety (also, who will hear me on the phone?) whereas email is re
onnections of trust you could be about to forge, so if you don't feel comfortable, move on to the next
ng for. If you're struggling with traumatic flashbacks, make sure they have ""trauma"" or something al
hat, depending on the issues, you will need multiple sessions/appointments with the therapist to really

determine if the fit is still a match."
ut working with one that is at least out of network will give you the benefit of having it applied to
u to reach out to them, and they are happy to be approached for support. Â Good luck!"

d catered to the needs of the client."

ɔurage clients to be really honest with me about this. Â I tell them that I would hate for them to

t concerns from what I've heard and confirm whether or not the person wants to work on those thi
goals. How the counseling actually plays out from there depends a lot on the theory that the Counselc

we use often all through counseling but especially in the beginning is conceptualization.Â Ver

ɔtionally safe with the therapist. Others may not feel comfortable talking about their feelings, and it m
tient, understanding counselor will know to allow the client to meet at their own pace.I think it's c

me. And not just physically not showing up (though that is certainly frustrating), but not

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