**Can I change my feeling of being worthless to everyone?**

If everyone thinks you're worthless, then maybe you need to find new people to hang out with.Seriously, the social context in which a person lives is a big influence in self-esteem.Otherwise, you can go round and round trying to understand why you're not worthless, then go back to the same crowd and be knocked down again.There are many inspirational messages you can find in social media. Maybe read some of the ones which state that no person is worthless, and that everyone has a good purpose to their life.Also, since our culture is so saturated with the belief that if someone doesn't feel good about themselves that this is somehow terrible.Bad feelings are part of living. They are the motivation to remove ourselves from situations and relationships which do us more harm than good.Bad feelings do feel terrible. Your feeling of worthlessness may be good in the sense of motivating you to find out that you are much better than your feelings today.

**Do I have too many issues for counseling?**

Let me start by saying there are never too many concerns that you can bring into counselling. In fact, most people who come to see me for counselling have more than one issue they would like to work on in psychotherapy and most times these are all interconnected. In counselling, we work together, collaboratively, to figure out which issues you would like to address first and then together we develop an individualized plan of care. Basically, itâ€™s like a road map of where you want to go, how are you going to get there, looking at stopovers, some scenic routes others possibly not so scenic, however, necessary. Of course, these plans can also change due to internal (what we have control over like our thoughts, feelings and behaviours) or external reasons (those things that are outside our control). I would encourage you to take the next step and reach out to a professional you can trust and build rapport with by co-journeying through whatever concerns you have by examining what has been working so far as you have learned to cope with some of your issues like insomnia, depression and anxiety, as well as being a breast cancer survivor. Then to help you by developing new coping strategies. Psychotherapy can be such a powerful tool to help you get to where it is you want to be. I know you can do it and you will see first-hand how psychotherapy will help you to move past these points in your life where you are feeling stuck. I like to quote Nike where their motto is, â€œjust do it.â€ You can do it.

**How do I find out the cause of my depression and anxiety?**

Answers about our inner lives are most successfully reached from a sense of feeling grounded in oneself.First step is to accept your nervousness and restless sleep. As often as possible, sleep during daytimes in order for your body to catch up on its need for rest.Accept too about feeling down. It is normal to feel down once in a while. From this place of self-acceptance, trust any answers which come up to your mind. Often answers about complicated topics come in small pieces, not all at once as a whole unit.Also, your description about panic attacks is also completely normal. They often arise unrelated to particular conditions at a given moment. They are a healthy symptom your body is trying to expel bad feelings and does this by having the anxiety erupt at times.So, self-acceptance, tolerance of being on a process of clearing out worn out emotional clutter, and sleep at odd times if possible, are all ways to stabilize yourself, which will also feel calm and good!

**How do I overcome my anxierty and depression?**

**Have you used meditation or hypnosis?**

Relaxing the mind and connecting with your true self is a great way to calm your thoughts and get to peace and calm. Hypnosis and meditation have helped a lot of people with anxiety and depression. Google hypnotherapists near me or write for a while about what is going on.

**Why am I upset or down every day even when nothing is going on?**

Your question is a fascinating one!As humans we have the ability to reflect on situations in our lives.Even if nothing currently goes on in a particular moment, itâ€™s possible youâ€™re reflecting on a serious or upsetting matter.And, our emotions linger within us.Just because a particular moment feels calm, inside your feelings may be the sense of a strong unsettled emotion from the recent past.Good for you to be aware of your own sensitivity to living with awareness of your moods and thoughts.

**How can I deal with depression stemming from chronic pain?**

Chronic pain at the back likely results from a few areas:L4-L5 kidney zone, most likely (lower back);Bone spurs, fused discs, and slipped discs, caused by connective tissue weakness, and calcium deposits used to neutralize highly acidic areas...The 'depression' will evaporate when the chronic pain is drained out, through natural means;Pharmaceutical means will simply extend the pain and cause it to deepen over time, not solving the problem;Remember, medical doctors suppress, natural doctors cure...

**How can I get counseling if my primary care physician won't help?**

If it is simply counseling that you seek, any number of faith-based outfits are very willing to listen and help out with these sorts of matters, free of charge :)Online messaging and social media is a secondary option, however this one may come with privacy concerns and consequences;If it were I, I would attempt to sweet-talk one or two counselors I come across to do a bit of work for folks who can't afford it :)

**Why am I experiencing dfficulty maintaining an erection?**

First step always is to do a medical rule out so that you're sure the problem is psychological and emotion based, not a medical condition which requires care and attention.If you are medically clear in the reasons for losing your erection, then reflect on what may be creating a loss in confidence in either who you are and what you're doing with your life, or whether your wife has these sort of problems within herself.Often a problem transfers ownership of who shows it.If you are a sensitive person its possible your erection problem reflects your wife's insecurities and self-doubt. If she is someone who is reluctant to talk about feeling unsure then in a certain way by you showing a problem, she can avoid looking at herself.There may not be a direct cause such as usually exists in a medical problem.Medicine looks for symptoms to treat.Our emotional lives are much more indirect.If you feel stress at work or are unhappy in the place you live, for example, then your frustration may show up in your sex life.Basically, do a broad inward search of your life and what it holds and maybe ask your wife to do the same.You may clear the air within yourselves and between each other so the problem goes away.

**How do depression and PMS symptoms contribute to one another and what can I do about it?**

It's fun to ride the roller coaster from time to time, isn't it? :)But, it's also weary-making, and leads to drainage that no man or woman can hardly anticipate!Balance comes with proper understanding of the different bodies you possess and how they function.And, to begin, we focus upon your physical, and move right up the latter to the spiritual, and begin cleaning you out.Unbalance is an experience of blocked energies that should be naturally flowing (call them what thou mayest); when blockages are removed, what is naturally there flows, and flows beautifully...

**Why does it feel as if self-harm is an addiction?**

In a way, self-harm can present somewhat like an addiction. According to new research within the field of neuroscience there is a valid explanation for this. When a person cuts or uses other forms of self harm, the body produces endorphins to help make a person feel better. If a person was dealing with depression or high anxiety, that might be misinterpreted by the brain as a way to help oneself feel better and a new neural network or map might form (addiction) that would utilize this new behavior. Another way to look at it would be thru a behavioral lens, a positive reward for a behavior, even though the behavior has other long term negative consequences. Consider working with someone who can both have you work on and address those items that trigger your behavior and the root causes, in this case sadness or depression, and second find someone who can help give you alternatives that take into account the neurological requirement by replacing the behavior with another behavior (such as snapping a rubber band on the wrist) and working to extinguish the unwanted behavior. Someone who is trained in Dialectic Behavior Therapy and/or Interpersonal Neurobiology would most likely have the skills and means available to address this with you.

**My apartment manager won't let me keep an emotional support dog**

This can be a difficult situation. Typically, only animals that are specifically trains to accomplish a specific task are legally protected as Service Animsls. Even though that can be very helpful, emotional support animals are not generally protected in the same way.You might not be able to make your landlord accommodate you. If possible, you may want to consider a different apparent that is more animal friendly.

**How can I get my husband to listen to my needs and talk to me?**

Ouch. It's really hard to deal with a spouse that isn't taking you seriously. In this case, I would plan for and schedule a time to talk with him about this. I would tell him that you need about 30 minutes to talk to him with minimal interruptions about something that is important to you. Schedule a time, write notes if you need reminders about what you need to express, and tell him how you feel. Ideally, you would focus more on I-statements instead of telling him what he is doing wrong. For example, I feel ignored vs You always ignore me. By focusing on how you feel, he is less likely to feel attacked and get defensive. Some people go to couples or marriage counseling for help with communication. Chances are there are things that BOTH of you do that hurts your communication. Overall, try to talk to him directly and try not to get defensive. If he continues to say, you're always sad - then stay calm, say "okay, can you help me understand that more?" or "That's interesting. Tell me what you see." Reach out to a couples counselor for more help with communication strategies. Sometimes a 3rd party can help you both see things in a different perspective. Hope this helps!

**Why do I crave depression?**

It sounds like you are noticing that you are drawn towards sad and negative content and it's hard to understand why. This may sound counter-intuitive, but sometimes we do things that on the surface may look problematic (or even cause us some real problems) because it serves us in some unseen way. A simple example would be somebody who is addicted to a substance; their addiction may be causing serious problems in their life, and they may even know it, but the addiction serves them by helping them to avoid painful feelings that they anticipate having if they quit using. Now I am not saying that what you describe is an addiction, it is just a really illustrative example of the unseen benefit.One thing I would be wondering about is what is the unseen benefit of seeking out sad and negative content? I'd also be wondering what your relationship is to other feelings. These are things you may benefit from exploring with a competent therapist.

**How can I best fight the winter blues?**

Seasonal Affective Disorder (S.A.D.) is a term that reflects how many people are affected by the changing seasons, especially fall to winter. Everyone suffers with some form of this (lessened activity levels, increased isolation, etc.) while some find that this time of year can put them into a deeper depression. If you have noticed that this happens frequently, there are some ways you can definitely help yourself going forward:1. Attend therapy to learn strategies and tools to help you to manage your mood. It's important to stay within the therapy until you feel you have mastered these tools. 2. Push yourself to interact more with your social groups and other positive activities. It's easy to go out and spend the day outside in the summer months, when the temperature is warm and the sun shines for long periods of the day, but it seems harder to find fun ways to spend your time when the temperature drops and darkness comes on so quickly. Perhaps winter time could become the time of year where you and your friends have weekly board game nights, complete with hot chocolate and a fire?3. You may want to consider the purchase of a S.A.D. Light. These are lights that expose you to additional ultra violet light to increase the vitamin D in our bodies, as well as the release of growth hormone (which releases when we wake up). There are mixed reviews of these products, however, and they can be expensive.