

Counselling

Posted by thistimelucky613 - 11 Jul 2015 22:40

Hi all.

After years with this problem I am finally trying out this website.

I want to know how many of you have or reccomend using a counselor. I am unmarried but feel this problem prevents me from meeting anyone. I can't commit to anyone until this is not an issue. So is it worth getting counselling?

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Re: Counselling

Posted by cordnoy - 12 Jul 2015 02:00

Welcome

We don't know much about you or your issues to be offering advice, but in general...a counselor or therapist is a good idea to begin with.

Bhatzlachah

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Re: Counselling

Posted by abd297 - 12 Jul 2015 02:26

Welcome. I am also new to this and have some of the similar questions as you. We don't really know much about you and your issues. You can really find some great resources and meet some great people here. You are among people who are dealing with the same or similar issues as you. You can read around the forums and read their stories and replies. Whatever you choose we wish you much hatzlachah. Keep us posted.

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