

Therapy

Posted by Yanklast - 02 Feb 2016 05:54

Do I have to go to therapy? I fall once in a while...

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Re: Therapy

Posted by Yesod - 02 Feb 2016 06:34

Welcome, is good you are concerned and prepared to do something.

I am not a pro, but i can say what works for me.

I also was falling once in a while, every month or 2 on average.

But this was going on for years, and i fought out tooth and nail to no avail.

Thank gd now i am approaching a half year clean.

So.

Have you tried the following?

>filters (i doubt that is your issue)

>posting regularly on the forum

> opening up to a friend in a very open and honest way?

> getting a phone partner to keep in touch with?

Those things seem to be working for me,

As for therapy, i am seeing a therapist, i have brought up my lust issue with him, he didn't jump into my head or anything, we just discussed what steps in taking to stay clean, so i told him what I'm doing and we also decided to up it a notch to phone conferences as well.

I don't know if there is some "fix" that a therapist can do, i haven't yet heard of it.

Whatever you do, Hatzlacha Rabba and keep at it.

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Re: Therapy

Posted by Yanklast - 02 Feb 2016 07:10

Thanks for the quick response!

I do need to get a better Filter.

I don't feel comfortable enough to speak about it with a friend yet.

What do you mean by a phone partner?

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Re: Therapy

Posted by markz - 02 Feb 2016 08:21

Welcome!

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Re: Therapy

Posted by Watson - 02 Feb 2016 08:49

[Yanklast wrote on 02 Feb 2016 05:54:](#)

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Welcome Yanklast.

What's the opposite of TMI?

Therapy? How in the world could we possible know? Some people find it amazing, others don't seem to have needed it.

Stick around, post some, read more. See what works and what doesn't.

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Re: Therapy

Posted by Bigmoish - 02 Feb 2016 14:26

[Yanklast wrote on 02 Feb 2016 05:54:](#)

Do I have to go to therapy? I fall once in a while...

Yes.

Welcome.

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Re: Therapy

Posted by Yesod - 02 Feb 2016 14:41

There is a partner program here on the site.

It is anonymous.

As you see there is differing experiences here, some folks apparently were helped with therapy.

Whatever you do, just do, there are few different routes to the peak, just start climbing.

And remember the most important key of all, this goes for whatever path you take, and that is brutal honesty.

Honesty honesty honesty. especially when it hurts

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