

Need direction

Posted by Trying864 - 21 Oct 2018 21:42

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Hi. Im coming with loads of trauma issues together with significant sexual addictions. Im feel very lost, sad and hopeless. What is the easiest way to gain the energy to start healing. Also, im looking for a directory of therapists in the pennsylvania area that come recommended. Thanks to all.

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Re: Need direction

Posted by mzl - 21 Oct 2018 22:28

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[Trying864 wrote on 21 Oct 2018 21:42:](#)

Hi. Im coming with loads of trauma issues together with significant sexual addictions. Im feel very lost, sad and hopeless. What is the easiest way to gain the energy to start healing. Also, im looking for a directory of therapists in the pennsylvania area that come recommended. Thanks to all.

I'm sorry that you are in pain. Hang in there. Things can change.

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Re: Need direction

Posted by cordnoy - 21 Oct 2018 22:45

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Sorry to hear about all that stuff.

Lots of fellows here suffer likewise.

I think there is somethin' in my signature about lookin' for the easy way out.

Godspeed!

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Re: Need direction

Posted by ??? ??? - 22 Oct 2018 05:33

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i am pretty many therapists today work through SKYPE and similar , so not really dependent on location anymore

GOOD LUCK!

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Re: Need direction

Posted by cordnoy - 22 Oct 2018 12:03

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[??? ??? wrote on 22 Oct 2018 05:33:](#)

i am pretty many therapists today work through SKYPE and similar , so not really dependent on location anymore

GOOD LUCK!

Il had success with a therapist thru Skype.

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Re: Need direction

Posted by farblunjet - 22 Oct 2018 19:32

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What is the easiest way to gain the energy to start healing.

Strong relationships. Being busy with good things. exercise. eating well.

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