

Therapy???

Posted by healthyjew613 - 26 Nov 2023 22:17

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Wondering what therapy can do more than a friend or this website... I've spoken to therapists about this on a cursory level, but in the end of the day how can one make the Y"H smaller? the same impossible challenge comes whenever a temptation arises, whether or not one is seeing a therapist??

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Re: Therapy???

Posted by Vehkam - 26 Nov 2023 22:25

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A qualified therapist can help you learn a lot about yourself. They can help you learn to recognize your weak spots, to be more aware of your feelings and emotions and to be able to look at things objectively. I gained a tremendous amount from therapy and it was the best time and money I ever spent. There are some people that don't gain as much.

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Re: Therapy???

Posted by easy - 27 Nov 2023 02:34

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Many people who go to SA still have therapists. the two work in conjunction with each other. similarly this website can help you get through an urge or help you feel better about yourself regarding this inyan of shmeros habris. but it will not change who you are and why you are getting these urges.

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Re: Therapy???

Posted by frank.lee - 28 Nov 2023 23:07

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Hi @healthyjew613!

Great question, but yes, therapy can help! I know people who said the same thing. What can

therapy help, this is who I am, I have been trying for 12 years to change, nothing I can do...

Yes. These are people who are dedicated to learning how to understand people and help you.  
Your mind will be blown by how much you can improve.

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Re: Therapy???

Posted by ColinColin - 14 Dec 2023 02:36

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Therapy can help.

But you must have a therapist who is right for you.

If the one you choose does not work after while, try a different therapist.

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