

Bullet Journal/male depression/trauma
Posted by AintOdMilvado - 17 Oct 2023 14:51

I'm happy to share it with anyone who likes it. However I have noticed a dramatic shift and rewiring of my brain from old ADHD habits to learning to be patient with myself and overcome old destructive patterns. I am happy to share more if anyone would like about this journey to self-acceptance and learning to be more compassionate with myself while overcoming this complicated addiction.

I have learned much about trauma male depression and would happily support anyone. I have found that it isn't until we are ready to heal from these areas that we can truly heal from our addictive habits. I am a licensed mental health professional, and this is an area that I have learned to become very comfortable helping my clients with. I will post readings that have supported me and others on this journey.

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