

Forum:[Hack Forums](#)

Thread: [Is therapy actually helpful?](#)

WackaLaw - October 15, 2022, 11:21 pm

Well, I wanted to know what other people think about this...

I went to therapy for three times which I endured thinking it is the only way... it basically only helped lift me up for a week or two before it went downhill again, I eventually solved any problems I had by different means and therapy was little to no help.

so from my experience, the help I get from friends/family although non experts, was a lot more helpful than paid therapy.

I believe therapy can have benefits, but for my situation it didn't help at all.

Do you think therapy is helpful?

Pathy32 - October 15, 2022, 11:26 pm

In my experience you'll get out of it what you put into it.

Juoku - October 16, 2022, 12:35 am

I never went to therapy myself, I think it all depends on the therapist, it can and should be very helpful to get over certain things or to be able to live with them but if the therapist doesn't know what he's doing or doesn't listen to the client it can be a disaster...

Like when you ask them to not talk of a specific subject for now and on the FIRST session they bring it up over and over.

icole - October 16, 2022, 3:02 am

I have gone to therapy a few times for mental health issues and it always feels good to have someone to talk to about issues you don't usually share with others. It helped me get prescribed anxiety medication when they realized I probably needed to speak with a psychiatrist. As of lately though I am going to physical therapy for a knee surgery I recently had and it's rehabilitation on a different spectrum, but it has helped me a lot to get mobility back into my leg.

Prayz - October 16, 2022, 3:40 am

I've been in therapy since 2013 from a head injury and I'd honestly be lost without it

Jam1e - October 16, 2022, 4:14 am

As long as you find a therapist that you get along well with, then yes, it's 100% worth it. Take what you learn from therapy, and make sure you implement it in your real life. From my own past, I can say that attending therapy sessions is only like 25%. Going out there and putting it into action is the other 75%.

bevc - October 16, 2022, 4:19 am

Depends on you, depends on the therapist. It can be very helpful just to have someone listen to you, even if you have to pay them.

The Pact - October 16, 2022, 4:21 am

All the different types of therapy have been found useful, no one above the others which puzzles.

The downside is the thing we love to do, we better down them.

Mac Miller - *October 16, 2022, 4:43 am*

Sometimes a lengthy chat about everything in deep detail is what someone needs, sometimes it's not