

# Forum:[Hack Forums](#)

Thread: [Have you ever done therapy](#)

**hayesh** - January 1, 2024, 5:08 pm

I definitely need therapy I have many problems.. Have you ever been to therapy, and did it have an impact on your mental state?

**Slumerican ?** - January 2, 2024, 5:30 am

I have never done it, but I have been planning to do so forever. I really need to take action and make it happen.

**an4l 1st** - January 2, 2024, 6:03 am

I did... freud just worked for me...

it was good... I never got fixed though... but I am functional...

**hit** - January 2, 2024, 6:03 am

I've been through it. My experiences is it really didn't help me to talk about things. They say oh talk to someone it helps. Maybe for some people. Only thing talking did was piss me off about it again. It brought out feelings I didn't want. I tend to rather get the medication offered and move on. That's just me though.

**Grim** - January 2, 2024, 11:42 am

(Jan 1, 2024 06:08 PM)hayesh Wrote: [\[CITE\]](#) I definitely need therapy I have many problems.. Have you ever been to therapy, and did it have an impact on your mental state?  
i have before it didnt have much effect so i stopped it quickly

**vvs1** - January 3, 2024, 7:12 pm

Yea after a crash and other things, didn't really help much for me. But to each it's own. Wasn't comfortable talking at the time and they just kept sidelining me with random questions.

What made me mad the most is they delayed my appt 3 times. On different days weeks apart. But then again they're is not much licensed individuals here.

To op just try it out, even if it doesn't help, atleast you made the effort to make your mental peace better

**Monero-chan** - January 4, 2024, 2:36 pm

Yeah I did a long time ago, I guess it helped somewhat.

**oRequiem** - January 4, 2024, 2:40 pm

I've tried it before, I just can't get into it honestly. It just feels like you're paying for a friend, that just can't leave my mindset.

**James Burnham** - January 4, 2024, 2:48 pm

There is nothing more therapeutic than being born in a healthy environment

**diiaz** - January 4, 2024, 2:50 pm

I have not been to therapy before. Hopefully i don't need it.

**Charlie Sheen** - January 4, 2024, 9:39 pm

Back in 2020 I was forced to go to therapy due to an incident that happened at work. Basically an employee went nuts and made a ton of threats the he was going to come in and kill us all. He told everyone, he repeated it. The others and myself reported it and begged them not to terminate the guy, only transfer him to a better setting. They fired him. For some reason, he only blamed me and made some threats. Police got involved and it was suggested that because of the possibility of PTSD from the incident they wanted me to go to therapy. I only went twice and then I stopped going. I've never believed in therapy. I think the only person that should give you advice is someone who has been through it themselves, not someone who read about it in a book.

**Lil Buddy** - January 4, 2024, 11:39 pm

used to have a therapist back when i was a kid. I never really made much of it being young and wish i would have as now when i try to get a therapist none of them take my insurance :(

**Hungry4Knowledge** - January 5, 2024, 12:56 am

It is nothing like in the movies, where the therapist is this clever person who challenges the client's thoughts with wise questions or tells straight in the face what the issue is or gives advice what should be changed in the client's life.

It's not like that.

Actually rather boring.

I only kept going to have my benzo prescription.

**Jamika** - January 5, 2024, 2:58 am

Damn i think i need one now days, seem a need for many people too

**Jacked** - January 5, 2024, 3:23 am

I will consider it after WW3

**ineffable** - January 5, 2024, 7:54 am

Yeah. I got my therapy files leaked in a big security breach. This happened in 2018 when the database user:pass were root root. My therapy sessions got leaked and my life honestly ruined. But now my mental health is much better.

**Grim** - January 5, 2024, 7:54 am

(Jan 5, 2024 04:23 AM)Jacked Wrote: [\[CITE\]](#) I will consider it after WW3 after all the therapist dead ?

**enap** - January 5, 2024, 4:55 pm

What problems you have bro? I have, I paused and now I need again. It helps, but need to be a good specialist

**kshi7** - January 10, 2024, 1:08 am

I have and didn't enjoy it, talking about trama just makes it worse for me