

Forum:[Hack Forums](#)

Thread: [Does therapy actually change you?](#)

Chinatown - February 11, 2026, 10:27 am

I hear people putting in the "work", which is referencing therapy. I probably need to go to therapy, but for those who actually know the fruits of a therapeutic season in life... Have you experienced a fundamental shift in who you are or have you seen someone make a 180 from the thick glasses professional meetings?

I'm curious if people feel it's a genuine catalyst for change or if it's more about finding a professional witness to your past life story telling skills. Will they simply watch you make the same choices you normally would and explain why?

N - February 11, 2026, 11:51 am

Therapists are programmed to tell you things. Just talk to AI you be alright.

TheEmeraldSerpent - February 11, 2026, 12:15 pm

No, in my opinion, therapy doesn't change you; it teaches you how to cope with whatever you need to cope with. Sometimes they're just someone to hear your words when the world ignores you. It really depends on how you respond to and use therapy.

DAL-SHA - February 11, 2026, 1:40 pm

Get a cute, fun-to-be-around Girlfriend , Bang the shit outta her every night LOL ..

Go for a run at least 3-4 times a week , it helps alot with mental clarity !

Read your favorite genre of books/comics ..

Talk to any member of this amazing society (I'm here for you buddy) ..

We are Men , we are supposed to have difficulties and a bit living on edge , its how we operate and navigate in life , cope with it ..

Happiness is for children and women , we work and provide for them and we get our happiness from them (mothers/daughter/sisters people we care about etc ...)

Strong Body = Strong mind !

Making more money will help , just get busy , don't make a lot of free time or empty hours in your daily life / schedule ..

You got this man , I know you do !??

Saterax - February 11, 2026, 5:01 pm

No, therapy does not change you, nor turn you into someone you're not. I've had a bit, my girlfriend has had a good bit. Everyone has their issues and no one is perfect, sometimes you just need a bit of extra help to see the obvious stuff that you don't really know until you say it out loud.

Sometimes you just need to be told that the square block goes in the square hole, while you're sitting there trying to rotate it every which way and struggling to get it to fit in all of the other holes. Absolutely stressing out, sweating, feeling anxious because you're trying to see how many holes the square block could possibly fit in "Is this a diamond or a square???" when the answer is overly simple.

"The square block simply goes in the square hole. That's all that was asked"

"Ah, shit, you're right, it is that simple, huh?." and you almost feel stupid for missing something so obvious, but that's just part of it and realizing that humans are weird. Buncha electrical signals that figured out how to be sentient, it's not always gonna work out right but that's why we have people that go to school for years and years to figure it out for us.

and in this example, you are getting the tools to essentially stop yourself from struggling with it in the first place, stopping it before you get stuck in the cycle of rotating the block, getting annoyed, stressed, anxious, and whatever else in the first place.

You learn preventative measures to keep from having to deal with more later on.

Chinatown - February 12, 2026, 7:13 am

(Feb 11, 2026 12:51 PM)N Wrote: [\[CITE\]](#) Therapists are programmed to tell you things. Just talk to Al you be alright.Sounds good to me.

(Feb 11, 2026 01:15 PM)TheEmeraldSerpent Wrote: [\[CITE\]](#) No, in my opinion, therapy doesn't change you; it teaches you how to cope with whatever you need to cope with. Sometimes they're just someone to hear your words when the world ignores you. It really depends on how you respond to and use therapy.Yeah I was wondering if therapy is just paying for a friend to listen, and they will hopefully listen better since you paid them to do it.

(Feb 11, 2026 02:40 PM)Dalsha Wrote: [\[CITE\]](#) Get a cute, fun-to-be-around Girlfriend , Bang the shit outta her every night LOL ..

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You got this man , I know you do !??Great advice and I imagine having friends that talk like this is an antidote to dead end thinking and hearing "just do you bro, it'll work out".

(Feb 11, 2026 06:01 PM)Saterax Wrote: [\[CITE\]](#) No, therapy does not change you, nor turn you into someone you're not. I've had a bit, my girlfriend has had a good bit. Everyone has their issues and no one is perfect, sometimes you just need a bit of extra help to see the obvious stuff that you don't really know until you say it out loud.

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the first place, stopping it before you get stuck in the cycle of rotating the block, getting annoyed, stressed, anxious, and whatever else in the first place.

You learn preventative measures to keep from having to deal with more later on. Thank you for sharing your experience. It seems like it would be helpful if I keep banging my head against the same stuff over and over. If I'm feeling really stuck, it seems like its not a waste.

I've had a few first meetings but since its all about getting to know me it feels fruitless. I appreciate you weighing in on this.

marlborogold - February 12, 2026, 8:39 am

(Feb 11, 2026 02:40 PM)Dalsha Wrote: [\[CITE\]](#) Get a cute, fun-to-be-around Girlfriend , Bang the shit outta her every night LOL ..

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That is a valid advice bro, it's also free. But I think that a therapy may be needed if something persist. For example, if I'm sad for like 3-4 years, I'm considering therapy.

RangoWorld - February 12, 2026, 10:11 pm

The most important aspect of a therapist in my view is the ability to listen and tell you what you can't see. It's worth going

Chinatown - February 15, 2026, 3:40 am

(Feb 12, 2026 11:11 PM)RangoWorld Wrote: [\[CITE\]](#) The most important aspect of a therapist in my view is the ability to listen and tell you what you can't see. It's worth going

Yeah and based on the other responses it looks like going a few time to give it a real shot. Thanks for weighing in on this.

CL1B - February 15, 2026, 5:04 am

Therapy is great for anyone.

Us humans, we need to problem solve.

When we do, we feel good, we advance and so on. When we don't we experience the literal opposite.

You and I don't know how much problems our brain is constantly trying to solve, we just know the obvious problems like "feeling hungry" or "not being able to do somethingsomething", in fact many people don't realize how important this aspect of life is.

Therapist not only help you problem solve, they teach you how to and they give you ALOT of perspective. You might recognize this from when you're a kid, confused about something and a grown up clears it up for you by telling you and or showing you, teaching you how to put it in perspective and increasing your intellect.

A person who is clear of chronic stress, problems and other mental challenges is often a person who 1. is able to map their problems out 2. is actively solving them whether that be beforehand, in the moment or afterwards.

A person who is suffering from chronic stress, problems and mental challenges (think depression, anxiety) is often a person who is quite the opposite. Neglecting, years of not problem solving and everything in that trend.

A therapist will help both types of person gain the intellect they need to understand this.

Intellect = Ability to understand.

This is why talking to well developed people (such as a therapist, but could be anyone) often gives you the impression they understand your situation and perspectives very good.

Ability to understand.

Therapy = Intellect Training

And this goes for every aspect of therapy, physiotherapy, sexual therapy, mental therapy the core stays the same.

With this context, you can answer your question pretty easily. Recognize that it's subjective as well, a person who has ALOT of trouble problem solving will have a lower ability to understand at first compared to someone who does not have trouble with problem solving. That 180 takes longer for person A then person B.

All in all you should go in with a true open mind and be eager to learn.

JoshAllen - February 15, 2026, 5:25 am

It doesn't change you. It's a learning experience.

Azythum - February 15, 2026, 6:36 am

It's always good to talk. But a private course of philosophy could be good, to just talk about life.

laksor - February 20, 2026, 12:52 pm

I've never done actual therapy in my life, but last some years, i randomly discovered, something similar, basically being alone late at night, nothing to do, nothing to think about that i need to do. it really makes me reflect on my life and recent days and so on, appreciate what i took for granted, and analyze my own behavior and see where certain things stem from and understand myself wayyy . and that alone changed me to the better so much. so i would imagine if a professional helped me that way and in a consistent manner it would do wonders.

however pleaseee be careful when choosing a therapist, most of these people are just looking to diagnose you quickly and prescribe you some shit, I DESPISE these ones.

and others that ive met with in my personal life need therapy themselves, because they find joy in fucking up there patients life low key without the patient noticing basically