



sufferingextremely

Member

 Oct 9, 2021


 57

Nov 30, 2022

  #12

I am older than you. I'm in my 40s. Asking for help is not a sign of weakness and there is plenty of hope for you. I have used medication, psychotherapy, and self-study very successfully, to overcome many issues. We can't know everything in life, so it is smart to capitalize on the knowledge of others. It takes typically 10 to 12 years to get a doctorate in psychology, and then a psychologist will accumulate years and then decades of experience helping people. That is a lot of knowledge. Find a good one and it will be well worth it.

Another relationship is possible and if you don't find another one there is still plenty of happiness to be found in solitude. Your hobbies and interests can be a source of joy and also provide another opportunity to meet someone. There are girls into programming, etc. I would take up reading nonfiction books, particularly self-development books. You've got the raw material for a good life. As for being avoidant, we've all got issues of some type. Just about anything can be overcome.

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