

Why

Posted by TenMitzvot - 21 Mar 2019 18:00

Why do we do things we don't really want to do; What is the background on this; Any thoughts on the matter?

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Re: Why

Posted by ColinColin - 22 Mar 2019 00:19

Perhaps this series of articles on Self-Destructive Behaviour will explain?

Usually it is the lack of a suitable outlet for expression...this can be creative/artistic, or can be caused by one-sided relationships, where one partner is not genuine.

www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior

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Re: Why

Posted by Here - 24 Oct 2019 14:18

How are you doing?

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