

"You guys need therapy!", The Therapy:

December 18, 2022 | 45 upvotes | by [Antisocial_Nihilist](#)

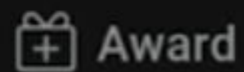
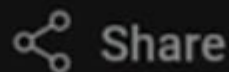
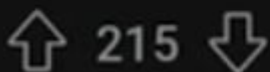
my therapist basically told me it's over

At our 5th session together he told me that being completely alone for more than 2 years is very bad for your mental health (no surprises there). But went on to say that getting to 22/23yo and still being a virgin despite deeply desiring a partner will put anyone at a disadvantage in their mid to late 20s and if you fail in your late 20s that the "damage is essentially permanent" I'm turning 32 this year a kissless touchless virgin.

After talking about everything I've tried over the last decade to escape this hell he says that I've done everything that I could have which was nice to hear for once, and that I was "understandably battle weary"

He said "I can only help you with 1 of 2 things, either I can help you get back out there and keep trying or I can help you live a life of celibacy, it's up to you"

Is this therapy? Is this really worth \$400 a session.
What a joke



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Comments

FortniteAbobus • 22 points • 18 December, 2022 04:35 AM

Image pay \$2000 to be told "It's over". This dude need to visit some incel forum, they give such advices for free.

Antisocial_Nihilist[S] • 13 points • 18 December, 2022 04:38 AM

He could have saved up another thousand or so and went to Las Vegas for a few days, had some fun, and slept with a legal escort.

That would have been way better for his mental health than this bullshit.

ScrimmyBingusTwo • 7 points • 18 December, 2022 05:01 PM

At least the therapist was honest with him.

Most would just gaslight him into thinking his "confidence and personality" are the issue.

tired_hillbilly • 17 points • 18 December, 2022 02:36 AM

The startling statistic from the research showed that of those men who had taken their own lives and had actually sought help and were assessed for suicidal risk in 2017, 80% had been assessed by clinicians as having low or no risk of suicide; this is troubling and an issue that must be addressed. These men are talking but who was listening?

[deleted] • 5 points • 18 December, 2022 02:39 AM

What the fuck.

Gomdofthefall • 12 points • 18 December, 2022 01:06 AM

He doesn't need a therapist

He needs a patriarchy

[deleted] • 9 points • 18 December, 2022 01:18 AM

He needs to save his money for SEAmassing instead if he wants a gf

Wide-Illustrator2906 • 7 points • 18 December, 2022 04:50 AM

☐ He wasted all that money when all he needed to do was book a flight.

NotARussianBot1984 • 6 points • 18 December, 2022 02:28 PM

Fyi everyone, if you save enough, and buy \$50k of Philippines govt bonds, you can early retire there by 35!!

A professional will make like 3k USD a year there, that's like 100k USD invested to match that!

If you want to live a life where the girls chase you, maybe 300k USD is better. That's 25k/yr since 18, doable with decent market returns. Play the long con

Gomdofthefall • 3 points • 18 December, 2022 01:30 AM

Modernity will be everywhere soon enough

[deleted] • 3 points • 18 December, 2022 01:40 AM

Exactly. He either has to live in a third world country (which will succumb to degeneracy in <10 years) or bring her here. Either way, its inevitable.

Gomdothefall • 1 point • 18 December, 2022 01:41 AM

Hookers ☐ ♂ ☐

[deleted] • 2 points • 18 December, 2022 01:42 AM

Westworld-esc transhumans*

infinitofluxo • 6 points • 18 December, 2022 03:52 AM

\$400 for therapy, I would rather use drugs, prostitutes. Even if it fixes you, you have to be rich or you are becoming poor after it.

SDW137 • 6 points • 18 December, 2022 02:55 AM

Lol...he should have just spent that \$400 on an escort.

House-MDMA • 3 points • 18 December, 2022 04:36 AM

Yeah at least an escort will make him more comfortable and can teach him some skills he'll need on actual dates.

jasonology09 • 3 points • 18 December, 2022 08:56 PM

I'm not seeing the problem here. Those are the only options for all of us. Either keep trying by improving our skills, and hope for the best, or find a way to be content living life out of the game. All a therapist or anyone can do, is try and help someone take either path in a mentally healthy way.

The only crime here that I can see is that it costs \$400 to get told what should be painfully obvious. But that's not the therapist's fault. He's just making a living.

Gomdothefall • 1 point • 18 December, 2022 09:35 PM

Money would've been better spent on a hooker ☐

sparklyyblueberry • 3 points • 18 December, 2022 09:48 AM

What's the big issue?

decoy88 • 2 points • 18 December, 2022 09:37 AM

It really depends on how long it took for him to finally be honest with the therapist. Often people take ages to open up in the first place.

The therapist gave him options, therapy ain't a fucking instant miracle cure. Seems good to me.

RedditsOlderBrah • -4 points • 18 December, 2022 02:35 AM

Ok. There is no way on this earth a mental health professional would tell you that there's a deadline for virginity. That is a massive, obvious lie.

The next but is probably true though, offering to help you become more sociable to alleviate the loneliness or help you to be happy in self imposed isolation sounds like literally the only 2 ways you can go. What is this moron lying and whining about?

House-MDMA • 3 points • 18 December, 2022 04:39 AM

I don't know man I personally heard an addiction doctor in the USA that their parents were justified in violating them as a child because they did drugs (that they only started as a means of cope with the trauma which continued)

Rook_Cross • 2 points • 18 December, 2022 05:22 PM

Was it actually a doctor or someone who worked at some kind of addiction rehab? Often those people aren't actually properly trained. People think they're medical staff when they're often just former addicts who wanted to help people. Actual doctors do sometimes say messed up stuff to people, they are humans after all and not perfect. But if it's something as awful as that, they should be reported.

House-MDMA • 1 point • 20 December, 2022 06:16 AM

Yes it was an actual MD who has his own rehab, with one other physician. Part of the thing that happened is they were the 2nd doctor since the patient moved, well the previous doctor prescribed two cns depressants and so the new doctor carried on the prescription only in different doses. The 2nd appointment with him he claimed that they must have stolen the rx pad because he would never prescribe two depressants like that even though he did and I guess it made him mad and when I told them that I saw you write down the drugs in the pad he was using too take notes on he refused to check getting angrier that I'd even suggest he turn the page to see his own handwriting the drugs that were Rxed by the previous physician and subsequently continued (in different doses) by him. There was more he was angry that it had been 4 weeks since the last appointment (which we didn't know was apparently supposed to be scheduled next week figuring you gave a one month rx then the next appointment is supposed to be about one month down the line). In fact we actually tried to schedule 2x before the months end in the tail end of the 2nd week and beginning of the 3rd week but he went canceled both dates, so we just came in right before the rx ran out which made him even angrier. He was a real jerk even the other patients said he absolutely hated questions and was a mean son of a bitch.

RedditsOlderBrah • -1 points • 18 December, 2022 04:46 AM

That very real thing that happened is called 'medical malpractice'. Health professionals are not allowed to offer treatment for diagnoses that are not backed by scientific evidence.

Further, whatever 'violating' means, that's advising people to commit crimes, which is another crime.

So I'm not saying your lying. I'm just saying a medical professional risked his job and a jail sentence casually so you could overhear it.

Gomdofthefall • 5 points • 18 December, 2022 03:53 AM

What is this moron lying and whining about?

Captain Recovery over here is aggrieved that the OP's recovery isn't progressing as quickly as his highnesses' is

RedditsOlderBrah • -2 points • 18 December, 2022 04:27 AM

Ah. You're right. I remember at the start of my journey where I lied about the professionals treating me and was dissatisfied with literally the only two ways the professional can help.

Oh wait, no I didn't.

Gomdofthefall • 5 points • 18 December, 2022 04:37 AM

His highness is so magnificent and superior, look at him bringing his extremely helpful and totally not self aggrandizing wisdom to bear on the lowly, deplorable mere mortals who couldn't possibly hope to compare to his highness' perfect, impeccable recovery

RedditsOlderBrah • -2 points • 18 December, 2022 04:46 AM

Lol

Gomdothefall • 5 points • 18 December, 2022 04:53 AM

Oh my goodness his highness is so deeply modest and self effacing too, we must all bow and prostrate ourselves at the feet of his beneficent, totally selfless, not-at-all motivated-by-gloating- at-the-misery-of-others-in-a-misguided-and-futile-attempt-to-stuff-down-his-tRaUmAs-when-he-and-everyone-he-knows-are-fully aware-the-world-would be-a-much-better-place if-he-resorted-to-a-more-permanent-solution that-rids-those-around-him-of-the-annoying- inconvenience-of-having-to-put-up-with-him magnificence

Rook_Cross • 1 point • 18 December, 2022 05:20 PM

A bad therapist might tell him that. Too many bad ones out there. There is some research suggesting older virgins have more sexual problems, but it's not definite. The point is to help him find ways to improve his life and they are there and it is possible and he can chose to be happy as is or get back out there. but \$400 seems way too much per visit and for this crappy a therapist.

ElectricBugs • -2 points • 18 December, 2022 03:21 PM

Agreed. No therapist says that kind of shit. Time to stop giving lies the energy shown here

Rook_Cross • 3 points • 18 December, 2022 05:23 PM

Plenty of therapists say messed up stuff. There's a lot of bad therapists out there who aren't trained properly, or, aren't following their training. i can believe the op.

ElectricBugs • 0 points • 18 December, 2022 10:13 PM

Sure some do but not this kind of thing. It fits too nearly into the victim mentality about virginity. Very clearly made up. No therapist thinks being a virgin in 20s is a death knell

Constant_Ad6906 • 1 point • 7 March, 2023 02:13 AM

You don't know that.

[deleted] • 1 point • 20 December, 2022 04:30 PM

Dude, go out and exercise some toxic masculinity - you will feel better.