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I enjoy your show and I've been trying to get through for quite
a while.
Well, We're glad you kept trying
Umm. I have this problem. Last July, I was assaulted...sexually
and ever since then, I've been having trouble sleeping.
How old are you?
I'm 22 going on 23
Medicine Counseling Anxiety Sleep Programming
Medicine Sleep Programming
Anxiety Counseling Medicine Sleep
Programming Depression Anxiety Well, they told me, when I have
these bad dreams, to try and put
endings on the
dreams, like I come out a winner. But everytime i try to do tha
just...don't get anywhere. It
seems, I keep having the same dream over and over every night,
and
that's why I'm up so late.
And I watch one soap opera a day.
And if he happens to walk in the house, I'm paranoid.
I just jump up and turn off the TV. Except he says, "Is that
all you're gonna do all
day, just sit around and watch TV?" And I love to travel, so I'
mentioned traveling to him.
And finances are no problem. But he says that he did all the tr
aveling
that he wanted to do while
he was in the service.
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