

Searching for help *in all the wrong places*



by Christine
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The days of feeling like you are the only one suffering with a particular problem are long gone. There are many great online communities that help people feel less isolated and alone by connecting them to others with similar concerns. The value of being able to talk to someone who has been there before is immeasurable and you can find terrific advice if you know where to look.

The downside of some online forums is the participants

who are not coping well and scare newcomers with their horror stories. I remind my clients that you rarely hear about the people who get better because they move on and stop visiting the group. This explanation is usually met with a big sigh of relief. While it's great to know that you're not alone, it's even better to hang out with the crowd that has figured it out.

More disheartening are businesses that capitalize on the fears of a particular group. My practice focuses



how do I know if he likes me

how do I know if he likes me

how do I know if I have bedbugs

how do I know if I'm pregnant

how do I know if I have a yeast infection

You can always count on Google to help you feel like you're not alone in this big world. It can also point out good investment opportunities.

on treating anxiety and OCD and many of my clients have spent huge sums of money on online programs that don't deliver what they promise (one program in particular is extremely outdated and ridiculously expensive). My intention for creating the free online anxiety classes on www.wiredtoworry.com has not only been to help people but to provide an alternative community of support and good information. I want to contribute to a continuing discussion of how good life

can be once you figure a way out of worry.

I would love to see more therapists find their cause, start speaking out and building (or supporting) healthy communities for the people we serve. The only way to fight some of the darkness that you find online is to be a light. My own experiments in online community building have been fun and rewarding in more ways than I can count. If you have something important to share, I would

encourage you to take that first step and see where it leads you. Your future tribe is ready and waiting for you to show up!

ABOUT THE AUTHOR/ ILLUSTRATOR:

Christine Korol, Ph.D. is a cartoonist, psychologist in private practice in Calgary, Canada and the host/producer of a podcast on WiredToWorry.com that provides free online anxiety and stress reduction education videos.