

Successful Recovery

Especially for New Posters

Submitted 03-19-2004

Richard - successful-Wed Mar 10

When I first started web based discussion of paruresis, RECOVERY was unheard of. Now, we daily hear from posters who have made great progress and consider themselves in recovery or recovered.

I hope this fact will give hope and encouragement to the many new posters who come here to express their frustration, depression, anxiety, hopelessness.

IT AIN'T HOPELESS.

Recovery is possible. Recovery happens. And while working on recovery there are ways to deal with the voiding that make living life more normative. We are collectively way ahead of where we were just 3-5 years ago.

It is possible to live a normal life with paruresis. It is possible to reduce the suffering. It is possible even to recover to functional normalcy.

There is no need to dwell on a gloomy hopeless future. It is a different world now--thanks to Steve, and to Carl, and to Howard.

Re: Successful Recovery--especially for new posters

ChrisWDC
Wed Mar 10

And don't forget all the people who have posted here, many telling and sharing their stories for the first time. It's not easy to share the secret of AP, but it's definitely the first step towards recovery.

Amen to "It Aint Hopeless"

Chris

Giving credit where credit is due - Thanks, Richard

Carol
Wed Mar 10

Richard,

As a long-term poster, I certainly agree with you that a lot of people have made considerable progress in the last 3-5 years.

I certainly am one of them, having transitioned from being a moderately severe paruretic to one who is almost fully recovered. The road to recovery was arduous, yet an accomplishment I'd rank as one of the highest in my life because I had suffered for over 40 years.

Like you, I continue to delight in others' success stories and share the journey with those who are just beginning it.

But when you write "it is a different world now--thanks to Steve, and to Carl, and to Howard", you have forgotten to include YOURSELF.

For those new to this Discussion Board, it was Richard who initiated this discussion Board - probably around 1996 -- before the IPA as we know it was created.

Up to that point I thought I was the ONLY PERSON in the world who had this mysterious condition -- until I found your website.

Please accept my appreciation for all the work that you did to get the ball rolling.

Carol
Women's IPA Coordinator

Re: Giving credit where credit is due - Thanks, Richard - I second the motion.

BradK
Wed Mar 10

Thanks to all the great friends of APers and to all the APers who post here. Thanks.
Brad K.