

Finding affordable therapy

Dear Annie: I want to do therapy, but I don't think I can afford it right now. I've done a few sessions in the past, but I don't want to keep hopping from doctor to doctor; I want to find someone I vibe well with and stick with that person. So, my problem is this: How do I afford a good therapist?

In my experience, the cheaper therapists aren't as good at their jobs (or at least haven't worked for me). I know there are lots of online counseling options, but they don't feel as effective as meeting with someone in person. I figure I'll just have to see which therapists have availability and take my insurance, but I'm hoping there's some way to make that process easier. — *Thinking of Therapy*

Dear Thinking of Therapy: Your decision to have face-to-face therapy is a great one. If you live near a medical school, you should check to see whether it offers counseling from student residents and interns. Many medical schools offer such services at reduced rates. If you

have a specific problem that you are dealing with, you could ask the psychiatry department for recommendations to help you with your issue. Instead of online groups, you could also try to find group meetings with people who are facing challenges that are similar to yours. Keep trying and a solution will appear.

Dear Annie: Your response to "Holding the Chair Down," the gentleman who recently lost his mother and is finding himself depressed and uninterested in his old hobbies, may have missed something. He mentioned that he no longer has many friends whom he keeps in touch with, and you said that his old interests and friendships will come back in time.

It may be that the loss of his mother has affected him more profoundly. Caring for his mother may have filled his retirement and given him meaning that he is now looking for. It may be that his old solitary hobbies do not give him the social interactions he needs. I would suggest that he make an effort to

find a couple of places where he could volunteer his time in the company of other people. He also could take some classes in new subjects. Political parties always need help at the polls, and he might find like-minded souls that way. He could volunteer at his house of worship. And are there local libraries that need someone to volunteer time with student groups? Are there tutoring or literacy groups he could help? Maybe he could volunteer at a hospital. Maybe he could teach a continuing education course in car repair or assist in an ongoing course. He could try dance lessons; many clubs are always looking for men willing to learn.

He should try to do something soon, and he should make a commitment to himself to stick it out for at least three months before quitting. There are many places where he could make new friends and feel useful again. I wish him success and happiness. — *Esther*

Dear Esther: Thank you so much for your wonderful suggestions. I think "Holding the Chair Down" will appreciate them, too.

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

FRANK AND ERNEST



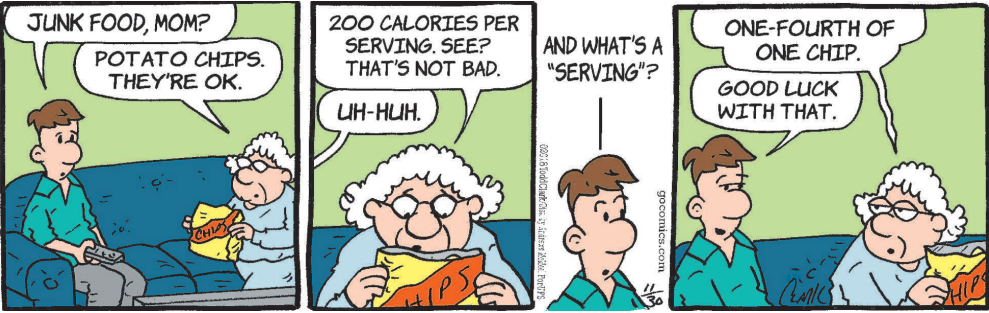
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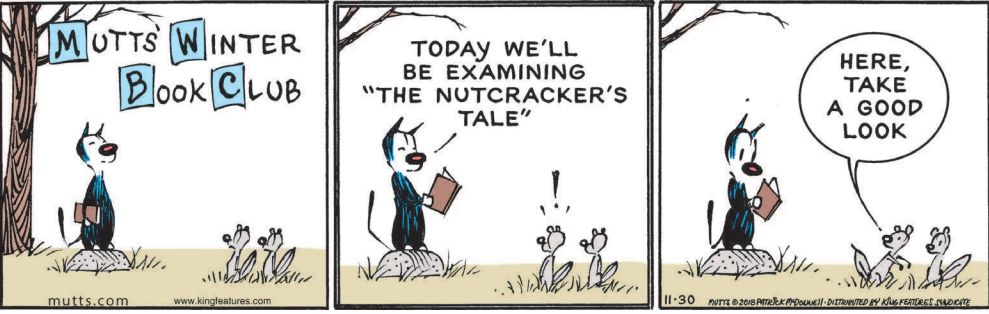
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TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Happiness gives you so much, including improved health, vitality and self-control. So it really is powerful to know and gravitate toward happiness and all of its fortifications.

TAURUS (April 20-May 20). While you like a good mystery, you also note that there's a difference between a mystery and a vat of confusion. Mysteries have elegance and the potential to stretch out and be known. Vats of confusion are more like garbage.

GEMINI (May 21-June 21). There are those who are happy to take whatever personal power and resources you hand over. Don't! Remember that you are equally entitled to living a good life as anyone you may be employed by or obligated to serve.

CANCER (June 22-July 22). You'll be in a position to create a system of doing things. It starts with you figuring things out for yourself, and soon you'll realize that there are others who need to know, too. That's when things get clearer.

LEO (July 23-Aug. 22). As you've already done a certain kind of work, you can appreciate what it takes for another person to do the same job. It changes how you interact and increases the amount of respect flowing through your scene.

VIRGO (Aug. 23-Sept. 22). Humor is a shortcut to connection. To make a person honestly laugh, or even just smile a little, is to skip 10 steps toward rapport. But it's a risk, because eliciting a false laugh or causing an offense is 10 steps away from rapport.

LIBRA (Sept. 23-Oct. 23). It's a strange day when you actually sustain a high level of productivity by doing very little. This has to do with knowing when to be quiet and when to let

people fill in the blanks and do the work they want to do.

SCORPIO (Oct. 24-Nov. 21). The conflict is a part of life and life could not be without it. But the level of engagement will be up to you. If you steer away from dramatic situations, you'll still have enough conflict to keep things interesting.

SAGITTARIUS (Nov. 22-Dec. 21). You've been touched by the efforts of people you don't know, but you don't have to have a personal interaction to derive meaning and to get real value from someone's work.

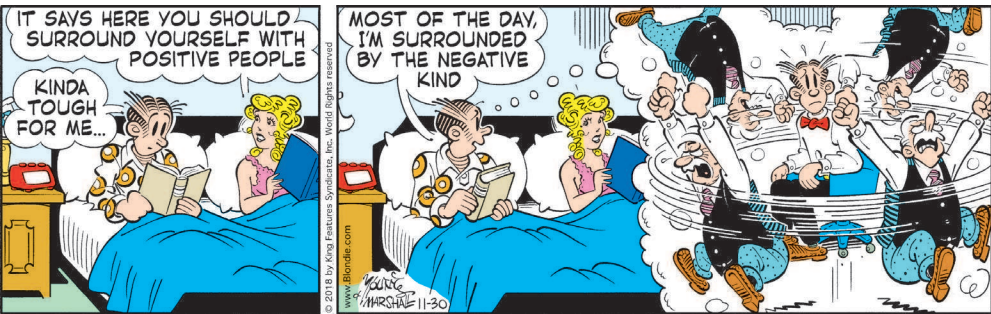
CAPRICORN (Dec. 22-Jan. 19). Redundancies are fine when you're learning something or when you must double-check things for safety reasons. But unnecessary redundancies are boring and cumbersome. You'll get rid of something like this today.

AQUARIUS (Jan. 20-Feb. 18). You will learn so much about people by observing what they default to, do by accident or talk about when there's not much else going on. You're "people," too, of course.

PISCES (Feb. 19-March 20). The robin's song may sound sweet to us and to other robins, but it's not even close to the sort of honk that a goose prefers. Whatever your "song" today, there's someone out there who will appreciate it over the others.

TOMORROW'S BIRTHDAY (Dec. 1). Each solar return you become wiser, more loving and more powerful. Some years this happens in a natural, easy flow. This year, it's more of a rocket ride where you get out in an entirely different world from the one you started in. Also featured: a key aesthetic choice, a memorable celebration and a career twist. Cancer and Aquarius adore you. Your lucky numbers are: 9, 13, 25, 1 and 11.

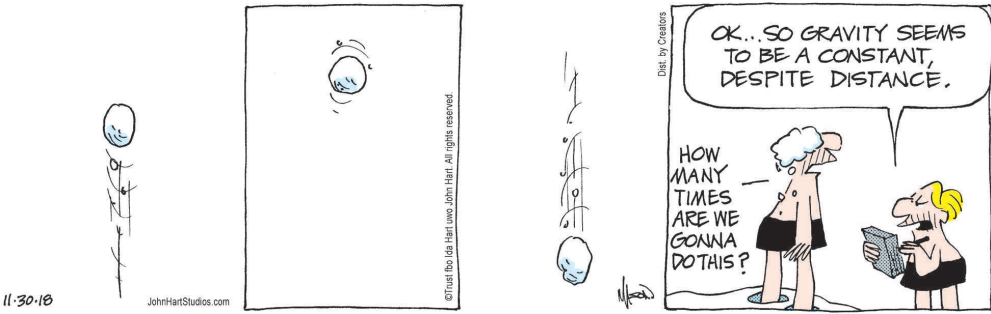
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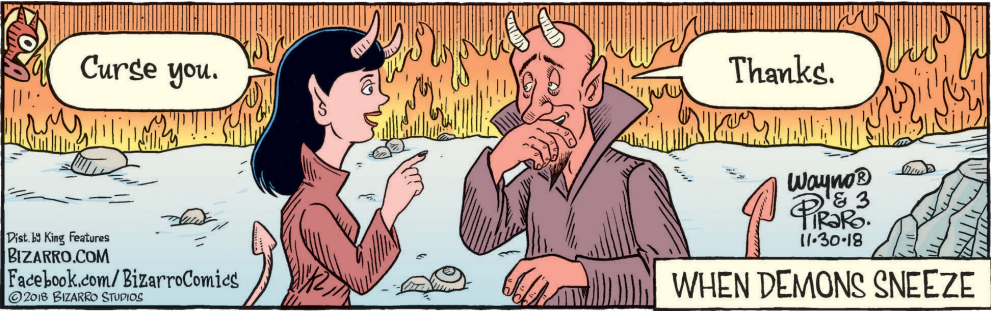
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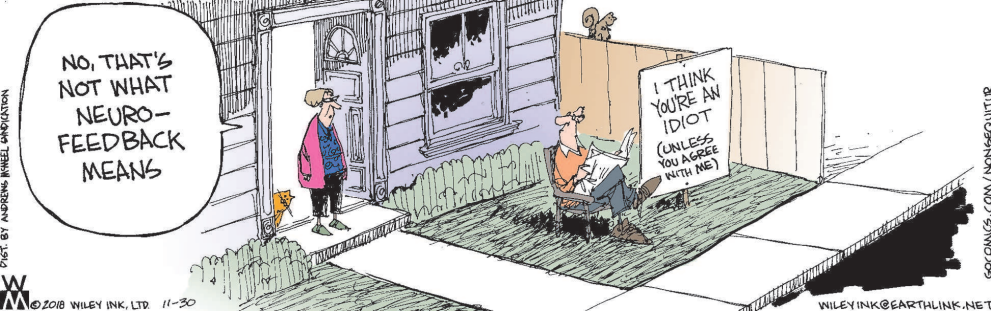
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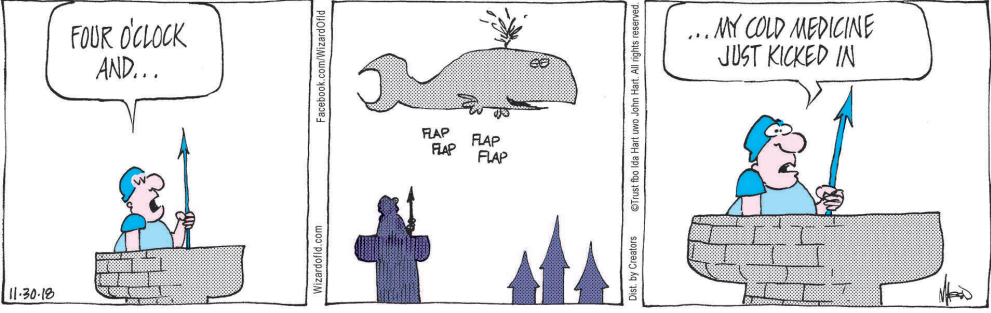
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WIZARD OF ID



ROSE IS ROSE

