

Exposition therapy, Courage and when choosing Pain

Post by "Cassius" of January 14, 2026 at 1:59 PM

Good topic Matteng but please edit your first line:

[Quote from Matteng](#)

In the past I often read/here:

I it looks like you mean to say " read / hear "

because you've included a lot that I don't think you read *HERE!* 😊