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### Beyond Abuse, Beyond Therapy, Beyond Anything Archives Available

**March 07th 2017: Seeking Signs: The first step to recovery is discovery.**

Often time's people want to find a fast track route to self-improvement, yet this fixation on a rapid recovery tends to get in the way of actualizing progress for the individual. What we must remember is that to improve anything, whether it be yourself or a situation, you must be able to identify that there is an issue at hand and/or what you're specifically trying to alter first. Have you encountered something in your life that you desire to innovate? Are you lost on the path to recovering, YOU? Are you even aware of negativity that might be lurking in your environment, fueling mishaps in the

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