

There is both positive and negative feedback.

Positive feedback seeks to increase the event that caused it...a self-reinforcing loop.

Negative feedback seeks to cancel the event that caused it.

Young students will often look up to instructors as experts and take to heart the things instructors say. The response this "instructor" gives to an impressionable student can make all the difference in the world as the student moves forward in their life. The same is true of adults.

Everyday we're given feedback by friends, spouses, television, radio, co-workers, bosses, etc. and how we're spoken to and treated reinforces specific behaviors and attitudes, or pushes them to the shadows. One goal in becoming a fully-realized human being is to be the biggest and best YOU you can be, not the regurgitated ideas of someone else.

When we go through life-changing events, it is important to realize this is a great opportunity for change, for the better. Sometimes we need a neutral person to give us feedback, instead of re-hashing old patterns. To this end, developing a relationship with a counselor is one option for a direct, efficient path to wholeness. At some point, if we intend to grow into our fullest potential, we need to drop the chains of sadness, anger, guilt, frustration, etc. All of these emotions are fear-based, not love-based and by retaining services of a qualified professional we can initiate and nurture self-love first which will propel us to greater heights.

If you feel this is something you'd like to explore, please see our section on [Counselors](#) , under the [Re](#)
[source](#)

menu. Either way we encourage you to "Get it Out".

AngelGroup

will soon be offering a forum where you can communicate with others who are travelling a similar road.

AngelGroup does not advocate one counselor over another; however, we provide information and opinions that may help you make your decision, and much of this is provided by people just like you, who once stood in your shoes.

***"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."
~ Eleanor Roosevelt~***