

The Long Walk

Posted by WeWillWalk - 22 Apr 2011 10:02

Because every road to recovery is a long walk. Especially when suffering of depression and anxiety. I'll keep you posted on my thoughts and my recovery. Day 1: Recovering after a fall I had yesterday. Felt like crap afterwards. Want to get better.

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Re: The Long Walk

Posted by WeWillWalk - 10 May 2011 02:06

I fell again,two days in a row. Now I feel more depressed,again. When will this battle end?

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Re: The Long Walk

Posted by DesertLion - 10 May 2011 12:44

Hey WWW,

We all fall at some point or another so please don't despair. The main thing is not to let a couple of falls degenerate into a vicious downwards spiral back into the addictive cycle.

This battle will never end in my opinion. The YH will always be there lurking in the shadows waiting to pounce on you. All we can do is to try and use this struggle in the right way: to help us become stronger, better people by working as hard as we can and never losing hope.

KUTGW,

DL

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Re: The Long Walk

Posted by Dov - 10 May 2011 21:33

[WeWillWalk wrote on 10 May 2011 02:06:](#)

I fell again,two days in a row. Now I feel more depressed,again. When will this battle end?

Excuse me for interrupting the tzoress, but did you read my post back to you, and does what I wrote have any meaning to you?

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Re: The Long Walk

Posted by WeWillWalk - 12 May 2011 19:22

It has a lot of meaning,but right now I am trying to get back up after another fight with my family. Our fights are a major source of depression for me.

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Re: The Long Walk

Posted by Dov - 13 May 2011 02:35

I sympathize. Though I might add that some of those fights will probably stop once you are sober for six months or so.

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Re: The Long Walk

Posted by WeWillWalk - 19 May 2011 20:07

Last couples of days have went well,B"H. I've been able to have a couple of deep insights,but I am wondering to you Dov,reading your post,I realise that it's easy to slip away in pure theory,but I wonder,what are some basic steps I can do in my everyday life,that are practical and not only theoretical?

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Re: The Long Walk

Posted by Dov - 19 May 2011 22:09

Make real living, however you define that, the absolute most important priority in your life, instead of whatever you are used to doing. If you are an addict, you may not beable to do that w/o some recovery first.

Are you an addict?

In my post that starts with a quote from you below ("definitely your post") and then my words, "Easy does it, sir", lays out specific actions you can take if you believe that you are essentially a hopeless addict. If you believe you are not, then you are really going to have to ask somebody more normal than me. I am serious, not kidding nor facetious.

Hatzlocha!!

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