

Need feedback

Posted by struggler - 10 Oct 2011 02:48

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Hi Everyone,

Last couple of weeks I have not being doing so well w/my P & M addiction with strong urges and frequent falls after going 30 days clean, which for me was longest streak in a while. I have decided to switch gear a little bit & focus on treating my depression / stress issues first and put my P & M battle on hold for now and fight it at a later point once I am doing better with depression. I just want to hear what you guys think.

Thanks in advance for your feedback.

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Re: Need feedback

Posted by JackAbbey - 15 Mar 2012 10:13

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the idea of live groups are the ideology that p&m are a direct result of bad character traits

and when you alter those traits then its a lot easier to stop p&m

these groups work on the 12 steps which is cleaning your traits

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Re: Need feedback

Posted by mifatfait - 15 Mar 2012 10:24

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I read Dov's ideas on this thread. It hit me strong, I'm starting to connect to the idea. I feel my reservations slowly shrinking. Thanks.

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Re: Need feedback

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Posted by Dov - 04 May 2012 13:27

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Wow, thanks!

How's it all going nowadays, Mefatfeit?

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Re: Need feedback

Posted by mifatfait - 06 May 2012 05:43

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Welcome back, Dov.

Thanks for asking.

B"H I've succeeded in starting to surrender, I sometimes think that all the work in "one day at a time" layed the groundwork - when I make life small I can then make myself small.

The chevra here have been and continue to be a tremendous help, ecpecially a specific few who know who they are.

I still sometimes have falls, but I try to learn from them how much I need Hashems help, and to get up right away, because only the present really matters.

Can't wait to hear more from you...

Hope your vacation was rejuvenating.

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Re: Need feedback

Posted by YeshivaGuy - 14 Dec 2020 23:08

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How u been buddy?

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