

fell for the 1st time since joining this forum. really, really, depressed

Posted by tryingsohard - 07 Nov 2011 03:21

I fell twice today. hard. really, really, hard. am feeling really depressed about it. its the first time that ive fallen since joining the forum a week ago. Its only a week but it was the best, cleanest week ive had in...years, probably. I was doing so well... I guess I got too relaxed. Im crying...I just cant seem to break this damn thing...please pardon the language. It is destroying my life. now i cant go to shul tomorrow because I cant face god after falling. and of course its at the absolute worst time because I have a huge test that i need to study for and after I fall i can never sit and study. and i have a reunion with friends soon and i wanted to be more than a week clean soooo badly for that. i just dont know what to do... ive already smashed one laptop over the summer and Im either on the verge of smashing the next one, which is a total of about \$1200 down the drain, or maybe just giving up with religion entirely...I just cant keep these standards... I know this may seem extreme to some, but its truly how i feel...obviously im not going to do that, im just venting. but i feel like breaking something, im so angry and sad. i feel broken myself, actually.

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Re: fell for the 1st time since joining this forum. really, really, depressed

Posted by kidushashem - 08 Nov 2011 11:29

[yoni wrote on 07 Nov 2011 11:49:](#)

guh, it's so corny and so difficult to get used to this phrase, but it's 100% true:

keep on truckin...

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