

## How Can We Deal With Withdrawals??

Posted by forhashem613 - 23 Apr 2013 01:13

---

i am starting this journey with little knowledge of what i am up against... i never even imagined that there would be withdrawals!!!

when i felt them i didnt know what was wrong with me, and they just got werse and werse.

now i am afraid of it happening again, it scares me to even think of the pain it will cause me!

has anyone been able to overcome this??

how did you do it?

even if i were to hold out it feels like i would lose my mind...i know that i wont actually lose my mind but, how can i go through my normal day with such a burden??

=====

=====

## Re: How Can We Deal With Withdrawals??

Posted by gibbor120 - 24 Apr 2013 00:19

---

Withdrawal is normal. It will subside over time.

=====

=====