

looking for triggers at gye

Posted by lightning - 28 Apr 2014 19:51

---

Ok guys, it may sound crazy (or not)

I just caught myself looking for triggers on the forums!

I can't believe that! I'm looking for triggers in the very place i want to get treated !!

Does someone has a rational explanation for that, can you give me an advise?

=====

=====

Re: looking for triggers at gye

Posted by Pidaini - 28 Apr 2014 20:41

---

Sounds like this is the place that you belong!!!

you might be an addict, or just in a very bad place which is causing you to want an escape, so even though you know you don't want it, there is part of us that always does, and especially when it's in pain, it wants advil.

So the stronger we are the more refined the slips are, but it's all the same thing.....looking for that oblivion.

have you opened up? do you talk to fellow strugglers?

KOMT brother!!!!

=====

====

Re: looking for triggers at gye

Posted by shivisi - 29 Apr 2014 08:30

---

[lightning wrote:](#)

Ok guys, it may sound crazy (or not)

I just caught myself looking for triggers on the forums!

I can't believe that! I'm looking for triggers in the very place i want to get treated !!

Does someone has a rational explanation for that, can you give me an advise?

**Shivisi replies:**

Welcome Lightning!

I definitely Identify! as I myself opened a thread on exactly that issue here:

[guardyoureyes.com/forum/19-Introduce-Yourself/227664-GYE-TRIGGERS](http://guardyoureyes.com/forum/19-Introduce-Yourself/227664-GYE-TRIGGERS)

Check out the comments, some of them might help you.

Anyway don't give up!

Recovery is not a quick job!

you progress, you fall, you go on, but as long as your still keep on going youre a winner!!

=====

Re: looking for triggers at gye

Posted by LazerD - 04 May 2014 07:12

---

Its one of my first times on this website and i was looking @ the dif topics and i found myself doing th same thing! i feel totally disgusted w myself but cant stop acting out

=====

Re: looking for triggers at gye

Posted by dd - 04 May 2014 10:18

---

lightning i know exactly what your talking about especially in the begining of my gye days!!!

but the more you really try to tune in with everything going on this issue is bound to settle down (i think),

and this can even be a eye opener to what extent we need to help ourselves,

so brush it off and KOMT!!

=====

Re: looking for triggers at gye

Posted by shivisi - 12 May 2014 15:32

---

[LazerD wrote:](#)

Its one of my first times on this website... I feel totally disgusted w myself but cant stop acting out

**LAZER D: WELCOME TO GYE!!!**

Why have you not posted since May 4th????!!

If you feel like "you can't stop", that's what GYE is here for!

Come-on!! post your story, share your struggles! We're here to help each other!!

Looking forward to hearing from you!

**WHERE ARE YOU, LAZER D.???!!!!!!**

[ If you dont care for posting publicly [although it's highly recommended] send me a "private message" in the GYE PM section, or email me at: [she.v.c26@gmail.com](mailto:she.v.c26@gmail.com) ]

=====  
=====