

getting over the obstacles

Posted by abieham - 08 Jun 2014 07:36

---

hi i am 18 years old. i've been struggling since im 14. ive definitely been improving but the hardest time is usually a week after my last fall. i get so stressed and anxious that it kills me. i get such a desire to act out just to rid the anxiety and even when i do and im not happy at all. what should i think of/ do when im going through these times. it is usually over the weekend especially at night time.

=====

=====

Re: getting over the obstacles

Posted by dd - 08 Jun 2014 08:54

---

welcome abieham!!!

i'm sure you have many more questions about these struggles besides for the last post of yours,

so make yourself at home and read through the forums and keep on posting,

the chevrah here are amazing!!!

looking forward to seeing you around!!!

=====

=====