

I'm done

Posted by aaron73 - 29 Dec 2015 23:47

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I'm done. I fell again. I'm so tired of this. I also realized that it's been 2 years since it all started to get out of control. I don't wanna spend 10 more years like this. So that's why I'm done. I've tried everything that's in my mind to try to stop it, but now I realize that I always tried to keep a little control over the situation, always tried to manage things my way...but now I just understand this: we are addicts in recovery we can't fight it, we can't play around with it, WE JUST CAN'T It's only about surrendering. I can't heal if i keep giving in little sips of my drug. I can't heal if I'm holding my breath until the next triggering situation. Only by surrendering to Hashem I'm gonna be able to heal, not to fight lust or to become superman, just heal from all the garbage I'm dragging, and through that, be at peace with myself.

If you are struggling or about to fall, give this a thought, I hope this could help someone

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Re: I'm done

Posted by markz - 29 Dec 2015 23:50

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Welcome

Let's truck together!!

Hatzlacha

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Re: I'm done

Posted by doingtshuva - 30 Dec 2015 00:12

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[aaron73 wrote:](#)

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If you feel done, then do every thing it takes to get sober.

It's a good siman and don't give up

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Re: I'm done

Posted by Shlomo24 - 30 Dec 2015 00:31

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WELCOME! there is hope for you, as there is for everyone. i relate to those feelings.

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Re: I'm done

Posted by Keepclimbing5 - 30 Dec 2015 01:28

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Sometimes it's also about if and how we get up after we fall... Stand tall and put one foot in front of the other:)

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Re: I'm done

Posted by Bigmoish - 30 Dec 2015 06:19

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Welcome

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