

wondering

Posted by thenewme49 - 13 Jul 2017 15:59

It has been 2 weeks since I told my wife and rebbi about my problem. Since then I have been very careful with my eyes and thoughts and I find that I haven't been having a very hard time as I thought I would. but being on this site and seeing the struggles others are having I am wondering if... (I can't figure out what how to word this)

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Re: wondering

Posted by GrowStrong - 13 Jul 2017 16:56

[thenewme49 wrote on 13 Jul 2017 15:59:](#)

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I will tell you a secret but don't tell anyone....

I am still not having a very hard time...

But thats because i am working a full time program.

Do i see triggers? ALL the time... Check out my last post in my personal journey in the BB section...

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Re: wondering

Posted by Hashem Help Me - 13 Jul 2017 18:41

Welcome. Super that you have shared with your wife and rebbi. They will iyh be there for you if you feel challenged. Every person is different and so are their challenges. Don't despair by hearing that some of us still have it rough even after long periods of being clean. Instead take note that they don't give up. Thank Hashem that you have had an easy start. Probably that means you were not entrenched to the level many others unfortunately were. Keep doing

whatever works for you - and share good ideas with us. Hatzlocha.

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