

Still Suffering

Posted by wellworthit - 16 Oct 2017 10:52

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Hi

B"H doing well the last 2 years been to therapy and on meds but still find it hard Bein Hazmanim when the day is a boring day i manage to restrain myself but it is not easy and itg disturbs my sleep the worst is when im up myself at 3am in a dark room

Thanx

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Re: Still Suffering

Posted by Hashem Help Me - 16 Oct 2017 11:20

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Welcome. It should be with continued hatzlocha. Sounds like you have had quite a bit of success. Maybe share with us what has worked for you. If i may ask, what are the meds for?

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Re: Still Suffering

Posted by Markz - 16 Oct 2017 12:39

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Welcome wWi

I didn't want to spell it to resemble WW1 of course, unless you have a battleplan...

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Re: Still Suffering

Posted by wellworthit - 16 Oct 2017 13:39

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The psychologist i saw was baffled by what i went through and he was sure it was a chemical imbalance in the brain

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Re: Still Suffering

Posted by ColinColin - 16 Oct 2017 21:57

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3AM and all alone.

It is very hard at night, when the normal social barriers disappear.

But this Forum is awake then, so I advise you to try it.

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