

Burning anxiety/procrastination

Posted by Serenity123 - 23 May 2018 01:01

Hi,

I am 22 and on my way to graduate university. I am in SA for 5 month and experiencing the light of recovery and healing, I have been sober since I joined with hashem's help. I am posting because I am struggling today. I oversleep to try and go through the days without living them and it changed my sleep cycle, I wake up at 12pm with low motivation. I have a lot of studying to do and I stand to lose a bit of money if I dont pass some tests at the end of this month but I cannot be productive. When I start studying my heart hates it and my whole body goes out of balance, and my mind goes to lust. For some reasons I am powerless over studying, I cannot study like other people and my negative trait of character of laziness kicks in to take advantage of it. I am grateful to be sober and I am grateful to not be alone. When I was in active addiction I would push myself to study/work and cram through it until it was too much and I needed to escape into lust. I cannot do this anymore, I am willing to give up the potential of earning more money even though I am capable of it to avoid risking my sobriety because if I lose my sobriety I will not have money for a long time, my addiction cost me a lot of money to date and a lot of crippling guilt and shame. I want to be free and loved, not hiding in my own darkness. I am grateful for this forum and all the lights it brings into my life, I am not alone anymore and it makes me feel understood, I am learning to receive love. I love you my dear brothers in recovery may Hashem help us all

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Re: Burning anxiety/procrastination

Posted by lifebound - 23 May 2018 02:09

Sounds like a real tough situation...

I hope you get the clarity and courage soon to make the right decision, whatever it is.

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Re: Burning anxiety/procrastination

Posted by grateful4life - 23 May 2018 02:39

[Serenity123 wrote on 23 May 2018 01:01:](#)

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So sorry to hear about your pain.

I know that there is a fellowship of **Oversleepers Anonymous** that currently holds meetings once a week by phone.

It would be worthwhile to try it out.

I will PM you with the info.

Hatzlacha with all your endeavors!

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Re: Burning anxiety/procrastination
Posted by Serenity123 - 23 May 2018 03:12

Thanks a lot for your encouragements, I am grateful and even though it is sometimes hard I feel a million times better these days than when I was alone, thank you so much.

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Re: Burning anxiety/procrastination
Posted by yiraishamaim - 23 May 2018 20:51

[Serenity123 wrote on 23 May 2018 01:01:](#)

Hi,

"I am 22 and on my way to graduate university. I am in SA for 5 month and experiencing the light of recovery and healing, I have been sober since I joined with hashem's help. I am posting because I am struggling today. ..."

My good man - look where you are holding!

5 months ODAAT is nothing to sneeze at. Do what it takes to get over the hump of laziness etc. When you were acting out you went with the surge of lust even though you knew all too well that it would be a painful fall, and not worth it.

Now, you know what to do.

DON'T THINK SO MUCH.

Just start studying and say no break for 10 minutes. You will see that once you start, it ain't as difficult.

Maybe some rigorous exercise at set intervals might take off the edge.

Keep on truckin'

You are a living a greater success story than you are giving yourself credit for.

Ashrecha!

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Re: Burning anxiety/procrastination
Posted by Singularity - 25 May 2018 09:57

[grateful4life wrote on 23 May 2018 02:39:](#)

[Serenity123 wrote on 23 May 2018 01:01:](#)

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When are the phonecalls? at 7 AM? :D

Yeah, studying sucks, I hated it. I got through it. But I was also still in active addiction I guess.
huh.

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