

The Truth

Posted by wilnevergiveup - 09 Sep 2020 19:13

Hi guys, I am starting a new thread to post about my journey moving forward. In my other thread I kinda write inspirational thoughts and maybe some vague somethings about me struggling.

The truth is however that I really do struggle, even now at 140+ days clean. I Don't struggle as much and I have pretty much figured out (for the most part) what my "triggers" are, but when they come they can still freaks me out.

It's not a far fetched idea in my mind that I will someday have a full relapse and this too freaks me out. I don't expect it anytime soon but I don't imagine it as a non-possibility. This may be good or may not be, this thought process may keep me focused or it may give me ideas that I really don't want to think about.

Basically I want to use this thread to post only my struggles and all other inspiration and stuff I will post on my original thread. This way I hopefully will be able to be more aware of myself and my struggled and wont be hiding behind a mask of "oh I'm doing great, just look at my count..."

The other thing is that I never really opened up about what I actually am going through and over the next little while, hopefully I will be able to do a little of that.

Your thoughts and input are welcome.

All the bast,

Wilnevergiveup

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Re: The Truth

Posted by Sapy - 26 Dec 2022 18:26

So so sorry to hear. It really pains me deeply. I hope things get better quickly. You deserve it.

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Re: The Truth

Posted by Hashem Help Me - 26 Dec 2022 21:00

May you be zoche to menuchas hanefesh and yishuv ha'daas. Therapy should help b'ezras Hashem.

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Re: The Truth

Posted by Human being - 26 Dec 2022 22:33

Sounds painful. here's a hug. Feel free to share your story if you want a listening ear. Id love to hear it Nonjudgmentally.

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Re: The Truth

Posted by Grant400 - 21 Jun 2023 19:34

Missing you, WNGU.

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Re: The Truth

Posted by wilnevergiveup - 19 Jul 2023 19:22

[Grant400 wrote on 21 Jun 2023 19:34:](#)

Missing you, WNGU.

At least I didn't run off halfway through a serial about a Kollel guy's sexual fantasies...

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Re: The Truth

Posted by Grant400 - 20 Jul 2023 00:59

[wilnevergiveup wrote on 19 Jul 2023 19:22:](#)

[Grant400 wrote on 21 Jun 2023 19:34:](#)

Missing you, WNGU.

At least I didn't run off halfway through a serial about a Kollel guy's sexual fantasies...

Warning: Spoiler!

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Re: The Truth
Posted by Lchaim Tovim - 16 Aug 2023 19:21

[Grant400 wrote on 20 Jul 2023 00:59:](#)

[wilnevergiveup wrote on 19 Jul 2023 19:22:](#)

[Grant400 wrote on 21 Jun 2023 19:34:](#)

Missing you, WNGU.

At least I didn't run off halfway through a serial about a Kollel guy's sexual fantasies...

Warning: Spoiler!

Time to start disseminating the rest via email to those who want it (myself included).

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