

M is my drug for anxiety

Posted by PaulONeill21 - 16 Jul 2024 12:25

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Being someone who has suffered from anxiety for years I now see my drug has been P&M. It definitely brings my anxiety down and then it comes back and we start the same cycle again. I really want this to stop. I keep telling myself u are using it as a drug stop! But to no avail. What can I do instead? I have started exercising but that's more like a long term solution than something to help ASAP. I have my phone and internet blocked to the extreme but my mind keeps coming up with new ideas. If anyone has any ideas I'm all ears. Thank you

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Re: M is my drug for anxiety

Posted by chosemyshem - 16 Jul 2024 13:52

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Thank you for the share. Very relatable.

Someone here said something like "porn is a bad answer to a good question".

And you're 100 percent right that filters are (important but) an incomplete solution.

Have you been talking to a therapist about your anxiety? Have you opened up about this poor solution?

There are some excellent mindfulness tools on this site that you may find helpful for responding in better ways. You can learn them through doing the [F2F program](#) or in the [Toolbox](#) (try [this SOBER](#) exercise).

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