

One giant step

Posted by iguardme - 18 Mar 2012 05:25

I have just recently joined the community. I am a bit nervous, but glad to make this step. I have been "sober" for 7 months, but recently was dismissed from my school (for other reasons) and am without what to do. I am afraid of a relapse and would appreciate any support you can give me.

Hatlacha to everyone!

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Re: One giant step

Posted by obormottel - 18 Mar 2012 09:37

Welcome, friend!

Glad to have you join us. Do tell how you've succeeded to stay sober for seven months and why you think its not going to work for you any more...

Don't forget to pray for help to not relapse, and stay here with us.

Much love,

Mottel

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Re: One giant step

Posted by Eye.nonymous - 18 Mar 2012 09:53

Iguardme,

Welcome to the forum.

Very smart of you to be thinking of preventative medicine!

Check out this page with all sorts of ideas for coping with this struggle:

www.guardyoureyes.com/breakingfree/first-time-here

Most importantly, keep posting!

--Elyah

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Re: One giant step

Posted by kidushashem - 18 Mar 2012 19:46

hey, welcome to the forum.

From my experience, I know that if you're not going up, you're going down. If you're not doing something to work on actual recovery (recovery means change, not abstinence), you won't be able to hold on forever.

Good luck!

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