

Hi, I'm new here

Posted by navyseal - 24 Jan 2013 05:08

Hi, standard struggles... any advice or tips welcome

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Re: Hi, I'm new here

Posted by reallygettingthere - 24 Jan 2013 07:30

Welcome Mr. Navyseal,

My name is Eli.

There are many amazing people that take part in this forum that are working on getting a handle on their addiction.

You will find though that the ones that have had the most success are the ones that have been the most open with the group about what exactly their problems are.

Dont be afraid to articulate your specific issues.

(It's gonna be hard for someone to give advice if they dont have any details about uour struggle)

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Re: Hi, I'm new here

Posted by Blind Beggar - 24 Jan 2013 12:45

Hello Navy Seal,

I like your user name. A SEAL fights with his brain as much as with his body and weapons. I assume this is what you plan to do and that is why you called yourself Navy Seal.

Advice? Post your specific problems and see what everyone's reaction is.

Hatzlacha.

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