

After almost dying...

Posted by aaron73 - 13 May 2014 04:24

Shalom my friends

I hope you are all doing well ... I would like to introduce myself a little bit.

I have been struggling with lust since my early youth, but lately it's been a big big problem because I'm dealing with a depression, so pornography and drugs became my hiding place (stupid thought). I hit bottom a some days ago, because I almost died of an overdose. All of a

After that sad episode, I have decided to fight for my life, I don't wanna die like that, but above all that, I don't wanna live like that... and I believe HaSHem is the only way out, if I'm alive is

So my friends, Let's fight against everything, there's always a way out ... We Can do it!

Shalom!

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Re: After almost dying...

Posted by mr.clean - 13 May 2014 05:11
sudden I found myself all alone and dying

Hey Arron welcome!

Wow I applaud u and am totally awed and floored by ur guts. I got a pretty scary taste of depression recently (which I'm attributing to withdrawal) which was not pretty... It's terrifying. So i can only imagine what ur going through So the fact that ur posting is amazing.

because of him ... plus, this program is a really great tool I'm gonna use for helping myself I know I'm not one to give advice, wait for the big posters here but first I would say this can be a very tough road to go alone or even with just Gye, u may find it useful to find a sponsor not for 12 steps necessarily but for constant support bec u will be battling 3 wars at once with ur dopamine levels at dangerous lows which there is a good chance will not allow u to even think straight at times and further ur depression till it may feel unbearable. Maybe a therapist who can

steer u through this would be a good idea... Just a thought.

2nd def hook up with the night calls it can really be a help simply bec of the night chevra we got email groups text groups etc. ISOLATION IS A KILLER.

3rd I don't mean to pry so dont answer if u dint feel comfortable (but don't worry this is all anon) how have u been handling the depression are u getting help or fighting alone etc.?

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Re: After almost dying...

Posted by Pidaini - 13 May 2014 05:32

Welcome aaron!!

What do you know about your problem? How does it come into action? What actions can you take in prevention?

Don't be a stranger, we're all in the same boat!!

KOT and KOP!!!!!!

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Re: After almost dying...

Posted by cordnoy - 13 May 2014 06:22

Welcome.

B"H!

that's some turnaround!

Let the oilam know how they can help.

b'hatzlachah

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Re: After almost dying...

Posted by gibbor120 - 13 May 2014 19:09

Welcome Aaron! Who knows about your drug and porn problems? Are you getting any sort of help? Do you have family support?

It sounds like you need more than this forum, but this can be a good place to vent, get encouragement, and just hang out to keep busy and away from depression.

WELCOME!

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Re: After almost dying...

Posted by dms1234 - 13 May 2014 23:54

WELCOME!!!! You have come to a great place!

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Re: After almost dying...

Posted by aaron73 - 13 May 2014 23:59

Thanks Mate!...I'm glad I came here

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Re: After almost dying...

Posted by cordnoy - 14 May 2014 00:08

Are you doin' anythin' else besides postin'?

It's good to start interaction, but you wanna make real progress when the momentum is strong.

b'hatzlachah

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Re: After almost dying...

Posted by aaron73 - 14 May 2014 00:10

Hi mate, thanks for your message. Right now im kind of going through what you said about dopamine, sometimes I feel like I can't think straight and It is affecting some other areas of my life so I'm giving it a thought like a lot ...

I would really like to join a group, because isolation is one of my biggest enemies...

About the depression I'm kind of handling it on my own, Im trying to get really deep into torah observation and it's helped me a lot, but sometimes it gets really really terrible, so I'm thinking about some other ways, besides observation, like sports,a therapist, music

Nice to meet you mate, I would really like to keep in touch...shalom!

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Re: After almost dying...

Posted by aaron73 - 14 May 2014 00:20

Thanks everyone for the messages and suport,

I've been clean for 7 days so I'm a little happy, even though the battle gets really hard sometimes

Right now im kind of going through what mr.clean said about dopamine, sometimes I feel like I can't think straight and It is affecting some other areas of my life so I'm giving a thought to going to a therapist ...

I would really like to join a group, because isolation is one of my biggest enemies,...

About the depression I'm kind of handling it on my own, Im trying to get really deep into torah observation and it's helped me a lot, but sometimes it gets really really terrible, so I'm thinking about some other ways, besides observation, like sports,a therapist, music

I haven't tell anyone yet about my problems, so I'm not getting any support, just from here ...

I would really like to keep in touch with everyone, It has been a really great help for me...not to

Shalom my friends and thanks for the messages

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Re: After almost dying...

Posted by cordnoy - 14 May 2014 00:46

7 days is a great start!

Keep it up!

Keep postin' and then you will learn here (from da guys) other tools and resources that work for them.

feel alone in this fight is really nice

b'hatzlachah

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Re: After almost dying...

Posted by aaron73 - 14 May 2014 00:50

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Thanks mate, I'll try to keep posting, It has been really helpful
Re: After almost dying...
Posted by godhelp - 20 Jul 2014 21:37

Can we have a update

How are you doing how are you dealing with your struggles.

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Re: After almost dying...
Posted by aaron73 - 21 Jul 2014 21:38

Hi! I've been doing really well ... I'm not consuming any kind of drug anymore, 34 days clean
B'H !! with lust I've been a little bit more troubled but I've learned how to manage it and not feed
it

...I learned that most of my struggle comes from keeping all inside my head, so I'm working on
been more extroverted and share with the world all I can, I think most of us addicts have the
same problem, so practice trying to keep things out of your head guys, there's a lot of people

That and all the GYE tools (forums, books, 90 days chart) and Hashem and friends and family
have helped me dealing and defeating addiction problems...

The Almighty has given us the oportunity to fight and overcome this problems so we can
discover the real beautiness of life...

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Shalom to you all and thanks for the worrying

Re: After almost dying...

Posted by cordnoy - 21 Jul 2014 21:47

Great news!

Keep it up!

So nice to hear.

And yes, openin' up, especially in a real way, is a vital tool.

b'hatzlachah

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