

dont really know what to do next

Posted by shimshon26 - 26 Feb 2015 06:40

hi everyone hum yeah first time writing overehere im currently having a hard time im clean since 45 days now for me its the longest time ever the thing is that in the last three days i feel that its coming back a little by a little and its horrible i feel its going to happened and i wont be able to stop it...

i hope sharing it is gonna help me a little...

i read the emails sometimes but a few days ago i was reading the news and oh a nice picture came up and thats how it all started whats ennoying is that you feel like even if you work on yourself they are always gonna be there to run after you

anyway i hope i will overcome this nisayon

just the fact of writing helped me gain the time i will wait for the answer i will not act out!

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