

help

Posted by ambiguous1 - 19 Apr 2015 00:51

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im trying to break free. as hard as i try i keep falling back in to my old habits as im doing it i know i shouldn't & i even tell myself that while im doing it but for some reason i cant control myself & afterwards i feel like garbage & i get depressed.

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Re: help

Posted by serenity - 19 Apr 2015 01:25

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Welcome to GYE! You're not alone. Many of us, including myself, can relate exactly to what you're saying. So stick around, utilize the tools here and learn what others have done to be free of the obsession.

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Re: help

Posted by TriggerMeNot88 - 19 Apr 2015 02:47

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Oh I can SO RELATE! Just backin up Serenity on this one. Read up! There's a lot of good help here. Your def not alone. Stick around. Keep posting your feelings. It helps tremendously!

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Re: help

Posted by yiraishamaim - 19 Apr 2015 03:28

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Everyone here on the forum has been there too, done that as well, and felt the same awful way.

You have come to the right place.

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Re: help

Posted by godhelp - 20 Apr 2015 13:34

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You came to the right place & Welcome.

I think it would help if you would share some more, like what kind of situation are you in, & what triggers you ETC:

The main thing is stick around and keep posting & b'ezras hashem you will break out of it in no time.

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Re: help

Posted by gibbor120 - 20 Apr 2015 16:00

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Weclome! Your story is very common. Read the handbook, keep posting. We are all in this together.

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