

sorta new here

Posted by humble - 06 Aug 2015 23:21

Hey guys just need to get out of isolation, figure I might as well introduce myself. I am 25 years old single been on and off with GYE for close to 5 years now. maybe some guys rem me from Shlomo's 10pm call on GYE6, whatever. ive tried alot of different things to get better did phone meetings live SA for about a year therapy etc. had some good times and some better times right now I guess is a good time because im taking the action i need to not act out. long story short i acted out yesterday and I'm really triggered and tense right now. right now I'm in a safe place but later tonite I'm going to be in a situation where i will be able to act out and i dont want to so i figured id share this with all of you. i have some pretty big life decisions to make that i keep pushing of hoping that they will disappear which helps with me feelings tense:) i dont know if anyone can relate but i feel like i just really need to cry sorta get all this tension out. that's my immediate story just wanted to reach out

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Re: sorta new here

Posted by humble - 06 Aug 2015 23:31

wont always have access to this site so if anyone wants to PM me or email at humblechizuk@gmail.com i would appreciate it. be great

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Re: sorta new here

Posted by cordnoy - 07 Aug 2015 01:00

Welcome,

Lots of recovery time there, and some nice actions.

Keep at it now; b'hatzlachah

thenewme613@hotmail.com

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Re: sorta new here

Posted by serenity - 07 Aug 2015 01:28

Come visit the 10PM call tonight and say hello!

Welcome back! Yakov

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Re: sorta new here

Posted by humble - 11 Aug 2015 21:01

thanx Yakov maybe ill join tonite. Actually I'm gonna comit to trying my best to join tonight. thanx for reaching out.

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Re: sorta new here

Posted by serenity - 12 Aug 2015 01:39

I'll be there.

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Re: sorta new here

Posted by serenity - 12 Aug 2015 02:48

Thanks for joining and sharing!

My email address is below.

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