

I am Afraid

Posted by Strugglingtomakeit - 16 May 2016 02:19

I am afraid for myself tonight, I have this bad feeling, I'm stressed out, I encountered someone while I was at work this week and I can't seem to get them out of my head (person in my head is not sexual although I don't know why I can't shake em not like I haven't encountered people like this before) and I know you can't forget by trying to forget, but I can't help it, and it'd really stressing me, I have that feeling, the one where you know you want it, but you are conflicted inside because you know you don't really want it, so it eats you up inside, causing even more stress, and a great build up of stress gets an even bigger release. It's one of those nights I'm feeling down, maybe a bit depressed. I just want it to be over, the one thing I have going for me right now is how tired I am from not sleeping in 28 hrs. but what if I wake up in middle of night and can't go back to sleep, I might do it then just to go back to sleep. As you can see I am afraid

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Re: I am Afraid

Posted by markz - 16 May 2016 09:34

The conversation is moved here

guardyoureyes.com/forum/43-SSA-Forum/262446-A-Problem?limit=15&start=45#287945

whether or not I should is a story for another time.

I appreciate if you can try keep your story and struggles to 1 thread, as I do for my story -
Thanks

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Re: I am Afraid

Posted by Strugglingtomakeit - 17 May 2016 02:28

So, I ended up having a good night, ended up falling asleep till morning.

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Re: I am Afraid

Posted by markz - 17 May 2016 02:31

Good to hear!!!!

That person you're referring to

was that man or woman

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Re: I am Afraid

Posted by Strugglingtomakeit - 17 May 2016 03:46

It was a male, I encounter alot of people while at work usally older, but this was different, I think most of the stress I had, and still having but not to that extreme, is trying to figure out why he is still on my mind. I work as an EMT, but there was no trauma, ni cars involved just not feeling well. Hes jewish, had some hard times, I think it may be something spiritual that's eating me up inside.

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Re: I am Afraid

Posted by markz - 17 May 2016 10:04

I can relate to such a struggle

Is that not a SSA topic?

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Re: I am Afraid

Posted by Strugglingtomakeit - 17 May 2016 13:53

There is no physical or sexual attraction to this person, I don't really remember what he looks like exactly. So no I don't think it's an ssa problem I think its more situational, what was going on, on this particular call in this field of work you are told some calls stick with you, for unknown reasons

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