

dealing and overcoming the struggle
Posted by jay123 - 19 Jun 2016 17:17

Hi

I have been dealing with the struggle on and off I can go weeks without acting out.

Since I discovered gye a few years back I'm more aware and more able to manage the struggle most of the time but it's still there it always creeps up on when u don't expect it and it's a continuous struggle.

Please if anyone could shed some light on staying sober and living a better life for good.

=====

=====

Re: dealing and overcoming the struggle
Posted by markz - 19 Jun 2016 17:22

How about joining one of the weekly calls, you can listen in, or speak up if you like

Also check out the gye GPS (in my signature), perhaps there's something different you can use...

KEEP ON TRUCKINGGGG

=====

=====

Re: dealing and overcoming the struggle
Posted by cordnoy - 19 Jun 2016 17:22

Welcome,

There are lots of good ideas all over this site. Don't be a stranger and pick one or two that work

for you.

B'hatzlachah

=====

Re: dealing and overcoming the struggle
Posted by mggsbms - 19 Jun 2016 18:01

Welcome aboard !

Keep it here post away, and help will come your way. Try not to isolate, we all share the same fate. With Hashems help indeed, you will find here what you need.

=====