

Introduction

Posted by Vekam! - 20 Dec 2016 23:24

---

Very tired. Addiction is for the dopamine rush. Same with addiction to news sites, you tube etc. Struggling on and off 10 years. Maybe longer.

=====

Re: Introduction

Posted by avreich1988 - 20 Dec 2016 23:48

---

Hi! welcome!!

=====

Re: Introduction

Posted by 360gye - 21 Dec 2016 00:39

---

Welcome,

nice post. stick around and see what helps you. we are here to help

=====

Re: Introduction

Posted by Singularity - 21 Dec 2016 08:23

---

Dopamine can be used for good, at the right times. Then it won't be so tiring anymore.

Hatzlocha! Another member I can recruit to help me bomb youtube's servers.

=====

Re: Introduction

Posted by gibbor120 - 21 Dec 2016 16:40

---

Welcome! Check out the handbook. Keep posting. Why not share a bit more about your struggle?

=====

=====

Re: Introduction

Posted by Vekam! - 21 Dec 2016 17:20

---

Thanks so much everyone for reaching out. Its difficult to talk. Am also diagnosed with GAD, and ADHD

=====

=====

Re: Introduction

Posted by Shlomo24 - 21 Dec 2016 17:40

---

Is it possible for you to use a larger font? I can barely read it. I have ADHD also. I don't have GAD but from what I've learned about it (I'm a psychology major) it sounds tough.

=====

=====

Re: Introduction

Posted by Markz - 21 Dec 2016 18:56

---

Welcome!

I imagine your main porn image struggle is with small thumbnails so all you need to do is find the right nailpolish and you're fixed ~~nailed~~. We should add this to the gye tool list #51

=====

=====

Re: Introduction

Posted by Vekam! - 21 Dec 2016 20:07

---

Sorry for the small font!

=====

Re: Introduction

Posted by cordnoy - 21 Dec 2016 20:09

---

Welcome,

What tools have you used in your past attempts?

B'hatzlachah this time.

=====