

BH BH BH

Posted by Gettinghelp2 - 04 Apr 2018 19:18

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I was here yesterday under the name wowamazing ,.Didnt like the way it looked too triggering, sorry wasn't aware till afterwards. several years ago I was a member with the name getting help. Well kit's been a very long and painful journey indeed. Bh I have. truly amazing family. Married over 20 + years BH!!!! My wife is a true tzadekes. I've tried several ways of breaking free.The only prolonged success I ever had was on this site,over 90 days!!! Well now after experiencing quite a few devastating situations in our lives I'm back here getting the help I desperately need. I'm willing to give it my all,I already lost way too much not to.I just need a break already from all the Crap . I'm literally begging HASHEM for help.My heart breaks when I look back and see al of the devastation and destruction acting out has brought into our lives(my family). I've gone from being a Baal Tzedaka to actually having to ask and beg people to lend me money just to get thru yom too and pay bills. I'm ready to change, please help me(US) HASHEM!!!!!!!

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Re: BH BH BH

Posted by Gettinghelp2 - 10 Apr 2018 20:07

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Thank you. feel better not tons but a nice amount better.Even a bit closer to HASHEM too!

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Re: BH BH BH

Posted by Gettinghelp2 - 17 Apr 2018 16:52

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Well after 2 face meetings and 2 phone conference cal sim starting to really see some success in my recovery.BH things are turning around for the good.Im having a lot of difficulty overcoming the anxiety and nervousness,any suggestions?

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Re: BH BH BH

Posted by Hashem Help Me - 18 Apr 2018 04:35

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lyh as the recovery continues, the anxiety will recede. Thats what happened with me. I hope

you get to taste true peace of mind.

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Re: BH BH BH

Posted by Gettinghelp2 - 18 Apr 2018 13:54

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Bh slowly I am beginning to have my emunahy eyes open up more and more.Its a work in progress but Im willing to put in the work.Getting started is the tough part.Im having a tremendous amount of difficulty getting up early in the m,orning. This is something thats important to me.It starts the day day off on a strong and positive note. However even getting to bed early isn't working. Im so tired all of the time,Bh not as anxious or nervous.

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