

So who gives me a warm welcome??

Posted by itonlygetsbetter - 12 Aug 2018 11:25

Hi to all!! - I just joined now, Not being the only one helps a lot!,

I have been struggling for a long time, I generally manage to stay away for about a month or so, but then i fall back and it really hurts, I thought there is no way out.

But I have hope now!

Looking for some chizuk and some assurance that this will work

Hatzlocho to all!!!

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Re: So who gives me a warm welcome??

Posted by cordnoy - 12 Aug 2018 11:56

[itonlygetsbetter wrote on 12 Aug 2018 11:25:](#)

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Hatzlocho to all!!!

Welcome,

It (your recovery journey) should be with hatzlachah.

You ask for assurance that THIS will work. We don't know what "this" is. Postin' on the forum is generally not a recovery method. It can lead to one, however.

As you post and let us know what you have done in the past, what you're doing now, what works, what doesn't, there are many on the site who can provide tidbits of help, assistance and guidance.

Many are in recovery stages.

Godspeed to you.

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Re: So who gives me a warm welcome??
Posted by itonlygetsbetter - 12 Aug 2018 12:00

THANKS!!

So far i subscribed for the daily emails, printed my 90 day chart, sent 3 partner requests, and committed to spend 30 min a day reading the material here.

I am going through the taphsic method now and will read the handbook in the next couple of weeks.

do you think that i am on track? my struggles are not daily and not even weekly, it go easily go through a month or more that i dont have any falls, but then it suddenly comes and i have 1-2 days of real struggle, this pattern has been going on for quite some time, and i hope that it will stop soon

Thoughts?

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Re: So who gives me a warm welcome??
Posted by Hashem Help Me - 12 Aug 2018 18:47

Welcome Do you recognize what triggers you? Is it something you see in the street? Is it boredom/rejection? Identifying triggers helps us plan. Keep posting.Welcome.

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