

New to GYE

Posted by serinetrotter - 21 Aug 2018 23:02

Hello Everyone,

I'm new to this website/forum. I've never reached out for help like this before...This habit basically dominates my life when I'm in the midst of it. I realize I do it to not feel the painful feelings I carry around due to family issues growing up. I more or less have been doing this since I was a young child and then when the internet became accessible and what it is today, I became hooked. I suffer from anxiety and depression and this is definitely a coping mechanism and takes my mind away from everything. It's difficult for me to stop. I've basically gone a week without it but it was so difficult. I don't know what to do with myself when I'm not engaged in this activity. I pretty much don't know how to fill my time with other things or stay away from this. Anyways, that's about it for me. I'm here looking for support so I can make it through this journey and hopefully discover more of myself, and grow.

Thanks,

Spike

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Re: New to GYE

Posted by cordnoy - 21 Aug 2018 23:42

Welcome,

Read the handbook, peruse the forums, see the tools, chat with the oilam; decide what might work for you.

Keep us posted,

Godspeed to you!

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Re: New to GYE

Posted by Hashem Help Me - 22 Aug 2018 00:31

You can get better iyh. What you describe is exactly what I went through. Stay connected. Keep posting and read people's advise. Realize you are a good person who is struggling with an issue that **many** good people struggle with.

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