

Prozac works for me

Posted by ontheedgeman - 14 Sep 2011 16:56

Hey I gotta be honest. Was prescribed Prozac for another personal issue - not related to anxiety or addiction - and it seems to help me focus and not obsess about addictive things. It's a small amount of Prozac, but combined with improved prayers, meditation, reading the right books, shmirat aynayim, and the morning phone-ins, I haven't acted out in almost a month! Eventually I'll discuss weaning myself off these happy pills with the doc, but for now they seem to help. For those who might say I'm cheating the programme, well, think what you will.

For those who don't want to try medication, have your read the Slonimer Rebbe's, ztl, work Netivot Shalom? That also helps wonders. "A Jew who can't find strength pray to H" after committing the worst sin in the world, hasn't even reached the entrance of Jewishness" Quoting R. Moshe of Kobrin.

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Re: Prozac works for me

Posted by struggler - 23 Sep 2011 02:52

I glad to hear that Prozac is helping you. I do not think it's cheating, whatever works is great as long as it gets you back to to the road to recovery.

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