

Tryingsohard's 90 day journey

Posted by tryingsohard - 17 May 2014 02:36

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I have never tried this before, but I'm hoping it will help me. I have been a serious addict for 5 years. The one issue that I have though is that when I fall, I get REALLY, REALLY depressed. Yesterday I stayed in bed until 8:30pm I was so sad. I just don't feel like seeing the world after I fall. But maybe this forum will help me.

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Re: Tryingsohard's 90 day journey

Posted by tryingsohard - 19 May 2014 16:21

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dd - thank you! Last night was actually very difficult for me. I literally picked up my laptop 2 or 3 times struggling with my feelings. Finally, I just went to sleep and went to the mikvah this morning as an added precaution and just to ask hashem to purify my neshama from these thoughts that keep trying, and succeeding at times, to invade my mind. Today makes day 3! May Hashem give me a good one.

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