

Break isolation

Posted by aaron73 - 26 Jun 2014 19:35

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HELLO

Hi my friends...I've been clean for 11 days so far. I left all the drugs I was using (pornography one of them) and I told my family about my struggles, I'm getting a lot of help and support from them

I fell more aware, controlled and calmed.

I have a question for you:

I've been able to manage the acting out and lusting problem, now I can control myself when I feel attacked, but in the last few days I'm struggling with some mental barriers, like all of a sudden I find myself in isolation and all inside of my head and is kind of hard getting out of there, I'm trying to fight against that, because is one of the main problems that leads us to addiction. I don't wanna just stop acting out, I want to change everything and destroy what lead me to addiction in the first place...

Have you gone through something similar? how do you break those mental barriers?

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Re: Break isolation

Posted by lavi - 26 Jun 2014 19:55

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hi aaron

you are asking a BIG question.

and i am aware that i'm just posting a few lines, and it doesn't do justice.

first of all you already did a good step by posting.

i want to encourage you in your struggle. at the same time please be aware that the whole process may take some time. you will win some battles and you may lose, but keep focused and be patient.

welcome aboard.

your friend lavi

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Re: Break isolation

Posted by Pidaini - 26 Jun 2014 21:38

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Hey there aaron!

What help have you gotten? How are they supporting you?

Do you talk to people who truly understand you? Do you verbalize your feelings to someone who has been there and learned how to validate them and continue to live Life?

That's the only way I'm able to get out of my head, by getting it out of my head!!

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Re: Break isolation

Posted by dms1234 - 26 Jun 2014 22:32

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WELCOME!!!!

This may help: [Skep's tips](#) especially #3. We have to remember that WE CAN DO IT! As in we can CHOOSE! We can choose what we do and how we feel. If you want to be happy, you could be happy. We can choose how we react to situations.

Hopefully this helps a little

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