

On the Path Journey

Posted by onthepath704 - 28 Jan 2018 23:04

I begin with both trepidation and excitement. Trepidation about how hard I know this will be.
And excitement for what comes with success...

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Re: On the Path Journey

Posted by Hashem Help Me - 29 Jan 2018 01:51

Welcome. It should be with hatzlocha. Maybe share some more details. Challenges, triggers, history.....

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Re: On the Path Journey

Posted by yiraishamaim - 29 Jan 2018 03:10

Once you begin to share the trepidation will start to melt.

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Re: On the Path Journey

Posted by tzomah - 29 Jan 2018 12:33

welcome recovery should be with hatslocho

i second the above whats your story we are here to help

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Re: On the Path Journey

Posted by onthepath704 - 29 Jan 2018 19:05

The nighttime is tough because I'm so used to going to sleep with a TV/computer in the room, leading to a fall. Sometimes I have the strength to read a book instead, but it does take that inner motivation which is always there for someone who has a habit. Keeping busy by day and being in contact with people make you forget about the struggles and allow you to focus on accomplishing.

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Re: On the Path Journey

Posted by Hashem Help Me - 29 Jan 2018 20:17

Can you simply take the tv/computer out of your bedroom?

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Re: On the Path Journey

Posted by tzomah - 29 Jan 2018 21:39

if i had a tv in my room i don't think i would ever sleep

thank god i don't (as it is i don't get enough sleep)

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