withdrawal symptoms
Posted by paltibenlaïsh - 15 Jun 2023 01:57

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One of the main problems with this struggle, is when you feel fine, your brains work perfectly and you can do pretty much anything you want and know is good for you.

But the problem start when you experience those withdrawal symptoms. Your brain shut itself down, you feel like you want kill yourself, and you will do anything juste to ease your pain even a little.

I forgot to describe the pain. You are shaking. You can feel your whole body at the same time, in a hurting way. Everything become meaningless. You are scared. Scared to relinquish your own pleasure. Scared from the world. Ashamed that the great you actually have such low and primal desires. You want to kill yourself but you know you will just be punished, and maybe reach the chance to reincarnate to the same situation again. Everyone think you are a looser.

How in hell are you suposed to survive that? And the main question wich answer can actually help is how much time it takes to fade away? And what happen to you after that? Are you the same?

I hope someone can answer that...

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Re: withdrawal symptoms
Posted by iLoveHashem247 - 15 Jun 2023 04:10

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Been there after stopping prescription meds cold-turkey instead of stepping it down slowly with Dr.

It really sucks, but you will survive one day at a time; using again will only delay your exit from the withdrawal tunnel.

can take 3-4 weeks to stabilize.

One day at a time, my friend. And don't forget that time takes time.

Healing hurts, but if you're already feeling the really bad symptoms you must be at least a few days into your first week. It gets better, slowly.

You can do this!

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Re: withdrawal symptoms
Posted by paltibenlaïsh - 17 Jun 2023 23:06

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Oh god, it started again. Tired, imcapacitated to do anything, bored, stuck, i want to cry but i cant, i dont know what to do, i am dying, i have to keep my will but i almost loosing sight of it

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