

**ITS TIME TO RECOVER!!!!**

Posted by bestrong - 16 Apr 2017 19:57

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I cannot begin to explain how bad I feel. My neshama is so ruined I don't even know if it's possible to recover. I keep getting passed my filters and now I can't stop watching por\*. It's killing my brain it's killing my body it's killing everything!!!! I have been on this site started many dif topics and I really have gained a lot in my struggle but recently started getting really bad worse then ever before and I don't know how to deal with it!!!! Any eitzas???

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**Re: ITS TIME TO RECOVER!!!!**

Posted by Singularity - 19 Apr 2017 08:45

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BS: I can't stop my life is over everything sucks all is naught please help me

GYE: Have you considered x y z?

BS: no x is just not for me.. y is not my thing.. z isn't my favourite color but i'm suffering please help me I'll try anything

GYE: okay, I hear. Have you considered a b c?

BS: Just not up to a, don't think b will work for me, c would just cost too much but PLEASE guys I can't let this suck my life dry any longer

**BREAK THE CYCLE!!!**

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**Re: ITS TIME TO RECOVER!!!!**

Posted by GrowStrong - 19 Apr 2017 08:51

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Therapy + Rigorous Honesty has helped me beyond measure over the past few months.

I cant wait for my weekly sessions.

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Re: ITS TIME TO RECOVER!!!!

Posted by Shlomo24 - 19 Apr 2017 13:45

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[GrowStrong wrote on 19 Apr 2017 08:51:](#)

Therapy + Rigorous Honesty has helped me beyond measure over the past few months.

I cant wait for my weekly sessions.

I can attest to the power of rigorous honesty. And therapy without honesty is a Bracha  
L'Vatalah.

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