

Help me please brother!

Posted by wannachange - 28 Mar 2025 03:05

Hi all! Feeling down now....I was up for a long time going strong...fell recently again and again....help me please! Could use some chizuk. SSA fantasies drive me nuts, I dont even have a smartphone or an unfiltered computer but still manage to fall....ugh feeling horrible now. Sorry not sure where the right place to start posting is but I guess here is a good place to start. Married with kids BH. Succesful job, making money. Learning solid. I managed a very long streak for a while but now my mindset sort of shifted that whatever this is the way I am get over it. I want OUT and never to return to this nutty SSA craze. Help me please. Could use some chizuk. Going to start recounting, Tomorrow is a new day, Day 1 BeH!

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Re: Help me please brother!

Posted by wannachange - 16 Jul 2025 04:22

OK oilam truckin to 13 BeH!

Spoke to mentor for a while tonight. Hes great BH really helping me.

Its ok to be hurt sometimes and not react with anger. Its OK to feel hungry sometimes and not run to eat something. Its OK to feel a need to relax and not turn to p&m even though I want to. Its OK to get triggered to feel bad and not react with the false pacifier of p&m.

Step 1 is recognizing that I am a good, great person with many positive qualities and not beat myself up every time something wrong happens.

1 step at a time BeH.

Thank you to this special family for being there for me.

Until next time brothers.

Love,

WC

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