

PLEASE HELP ME

Posted by iwillbefreeoneday - 01 Apr 2025 22:39

I'm at a point where I feel I'm reaching a dead end. I've tried to stop many times, but with no success. I'm on the internet pretty much all day, and it's affecting me tremendously. It just keeps getting worse with each passing day. I'm at a dead end. I've been here for a little while, but I haven't found anyone even close to my story. I feel like I'm the only one in the world struggling on such a large scale. I don't know what to do anymore; I just try to embrace the minutes or hours when I'm not online. I feel trapped. This fight is so much bigger than me that I feel like giving up. I don't know what to do anymore; it has literally taken over my life during the hours that I'm not asleep.

Anyone who has ever been in this situation and could help, please come forward.

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Re: PLEASE HELP ME

Posted by aryeh1 - 03 Sep 2025 04:16

Wow! Keep it up!

If I may, I would suggest you reach out to the main mentor here, HHM at michelgelner@gmail.com. He has been a lifesaver for me and many others. Reaching out to a real human is key in this fight.

Loads of Hatzlacha, you can do it!!

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