

Triggers & headaches Crazy-Meshuge Stories here

Posted by ddm11219 - 15 May 2014 17:15

Am I the Only 1?

With All Respect, People come on here, post and tell their stories, they sound not more like fantasies, then real stories, makes me nauseous, trigger, and headaches.

am i selfish, or i have a point??

please advice?

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Re: Triggers & headaches Crazy-Meshuge Stories here

Posted by cordnoy - 15 May 2014 18:58

There has been more of that lately.

you (if it bothers you) should be more careful as to which thread you read, and which to ignore.

Somethin' that triggers you should be avoided.

There are monitors on this site that remove blatantly triggerin' posts, and you can inform them of those by clickin' the "report to moderator" button.

There is nothin' wrong with you....you're like many of us addicts who are constantly gettin' triggered by stuff.

Some will say that we are not goin' about it right if we are still strugglin' or battlin'.

While there might be some truth to that in some situations, I know you, and you are well on the road of recovery.

Keep on that road....no peekin' at that house on that block and you'll continue to be fine and a holy source of inspiration for the rest of us.

KOT!

b'hatzlachah

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