

Struggler

Posted by Black hole - 15 May 2015 13:42

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Every time I decide to take control of my life it seems like I get going strong, but then my problems come back even stronger and worse than before. This happens every time. Any time I try to stop, I end up worse off than I was before.

I am starting a 90 day cleanse today, the first time I'm trying with a support group. I hope this helps.

Welcome to my life.

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Re: Struggler

Posted by cordnoy - 15 May 2015 15:30

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Welcome,

It is tough, but it is worth it!

b'hatzlachah

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Re: Struggler

Posted by Bigmoish - 15 May 2015 15:37

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Welcome!

So what have you tried so far?

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Re: Struggler

Posted by tzafnas - 15 May 2015 16:56

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Hi everyone

I am tzafnas chose this name bec of yosef hatzaddiks amazing success in overconing challenges that remind me of the ones i face today. I need help and support i cant stand it anymore!

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Re: Struggler

Posted by cordnoy - 15 May 2015 17:04

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Welcome

[Where were your other three posts?]

So, you can't stand it!? [Me neither....(most of the time).]

What you plannin' on doin' about it?

b'hatzlachah

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Re: Struggler

Posted by Black hole - 17 May 2015 05:19

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The psychiatrist diagnosed me with some form of ADD and prescribed adderal. That was a few months ago. I just decided today to actually try it. I don't usually like taking synthetic drugs, but I like lying to my wife even less, so hey. Right?

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Re: Struggler

Posted by yiraishamaim - 17 May 2015 05:25

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Good Luck but do yourself a favor and check out the side affects.

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Re: Struggler

Posted by serenity - 17 May 2015 07:50

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"Every time I decide to take control of my life it seems like I get going strong, but then my problems come back even stronger and worse than before."

I had the same problem, so I decided to stop trying to take control. I decided to let go and let others who had found recovery guide me. I surrender to something greater than me. Eventually I tried and try to "let go and let God.". My ideas, will and desires had to be set aside. I read in the SA Whitebook "All this was scary. We couldn't see the path ahead,except that others had gone that way before. Each new step of surrender felt it would be off the edge into oblivion, but we took it. And instead of killing us, surrender was killing the obsession! We had stepped into the light, into a whole new way of life."

Lust is only a system to an underlying spiritual sickness. Attacking and controlling lust is like treating an infection without anti-biotic. Maybe you can control the symptoms, but you need to get at the root cause.

So let go and let God.

Hatzlacha!

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