

Myself: 3 short paragraphs

Posted by Griff - 01 Mar 2017 20:52

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I'm 25, addicted from 12 yrs old. I'm in the earliest stages of recovery at the time of writing, and I'm a total mess. I guess I'm on level 2, because the first one involved admitting that I need help, and seeking it. I have sustained many traumatic brain injuries; my concussion count is now reaching 25-30(est.).

Most of my recent struggles have been insomnia and headaches, but deep down I know I'm truly whole,; to separate my addiction from my injuries is counterintuitive. I used porn as a painkiller of emotion I was avoiding expressing: love, empathy, forgiveness, kindness. Love in my ability to touch people, and be nurtured in return. Empathy in seeing myself in others. Forgiveness, in crying; weeping for forgiveness towards myself, and receiving joy. Kindness, to sparkle.

All of these things I am afraid of. I am afraid that I will never heal, physically, mentally, emotionally. But I intend to. I just cried a lot and I'm feeling optimistic

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Re: Myself: 3 short paragraphs

Posted by MayanHamisgaber - 08 Mar 2017 10:41

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Re: Myself: 3 short paragraphs

Posted by cordnoy - 09 Mar 2017 23:42

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[MayanHamisgaber wrote on 08 Mar 2017 10:41:](#)

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