

Introduction

Posted by Huyishmoreini - 08 May 2017 00:20

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hi I struggle with viewing inappropriate movies when I get frustrated.

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Re: Introduction

Posted by Markz - 08 May 2017 00:41

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[Huyishmoreini wrote on 08 May 2017 00:20:](#)

hi I struggle with viewing inappropriate movies when I get frustrated.

Welcome brother

I really like your choice of username. As you progress, you'll surely appreciate it more

There are 2 roads ahead and people consider both as Trucking lanes

2 roads - You choose!

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Re: Introduction

Posted by shmiraashachaim - 08 May 2017 01:21

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Welcome.

Your struggles should be gone

Your movies should be gone

And your frustrations should make you stronger

Good luck

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Re: Introduction

Posted by Singularity - 09 May 2017 10:07

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[Huyishmoreini wrote on 08 May 2017 00:20:](#)

hi I struggle with viewing inappropriate movies when I get frustrated.

Short n Sweet.

What do you struggle with when trying to view it? Are you using VLC media player? Sometimes Windows doesn't have the proper codec pack and the playback is messed up.

Jokes aside, welcome to the forum! Browse, read, learn, digest!

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Re: Introduction

Posted by gibbor120 - 18 May 2017 21:38

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Welcome! It's nice to have you with us. You have identified frustration (anger) as an emotional

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trigger to you acting out. What can you do to manage that frustration? How can you channel it to something positive?

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