

Long time struggle

Posted by samhadenough - 16 May 2017 16:18

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Hi,

My name is Sam and I am 35years old. I have been struggling with this addiction for over 20 years but new to this site.

I have never been able to stay clean for longer than a month and half except twice when I made it to 3 months. I truly hope I could get my life normal. Looking forward

Sam

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Re: Long time struggle

Posted by bb0212 - 16 May 2017 16:23

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Welcome! Many people have been helped here.

Where do you keep getting stuck? What was different the two times you got to 3 months?

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Re: Long time struggle

Posted by GrowStrong - 16 May 2017 17:05

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Welcome Sam,

You are not alone, there is a group of guys here going through very similar issues for many different reasons.

You can breathe easy, you will find most of the answers you need, right here on the site.

Find some free moments to read through the [GYE handbook](#) if you have not yet already done so. Take some extra time to go through the [30 Principles of GYE](#)

Of the many tools you will find here on this site, bringing the problem out into the open, out of isolation and sharing it with others in a similar boat is a great first step.

Read up on the various ways that many here have managed to stay clean for amazingly long periods of time by participating with us in the forum.

If you are dedicated to stopping, know that it is possible.

Most importantly.

Keep on Trucking.

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Re: Long time struggle

Posted by Markz - 16 May 2017 17:15

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[samhadenough wrote on 16 May 2017 02:18:](#)

I am hoping this will help me finally get rid of my addictions.

I have had enough of it

Keep us posted brother

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Re: Long time struggle

Posted by cordnoy - 16 May 2017 17:33

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Sam I am.

Hi

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Re: Long time struggle

Posted by Shivisi\_Hashem - 16 May 2017 18:41

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Sam, welcome to the GYE community, you are at the right place, just hang around, you are not alone,

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Re: Long time struggle

Posted by mikestruggling - 16 May 2017 19:52

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welcome i'm exactly where you are maybe even worse (except around here there's no worse because we're all getting better and stronger every day)

i've been here for about three months and what can i say my attitude toward this changed i'm definitely doing better

and the best thing about this sight is that there's something for everyone

so hop along and as they say here KEEP ON TRUCKING

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Re: Long time struggle

Posted by yiraishamaim - 16 May 2017 20:41

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Welcome. So happy you joined us.

Stay connected.

Most important be honest and humble.

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Re: Long time struggle

Posted by gibbor120 - 18 May 2017 21:25

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Welcome! I can relate. Check out the handbook. Keep posting. Many have been helped here. You can get help too.

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