

New Beginnings

Posted by higherjourney - 05 Jun 2017 16:47

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I anticipate working hard to break free of a longstanding problem. Along the way, I hope to preempt challenging situations with forethought, tune in to my emotions and thoughts when they want to be heard, and remind myself that tomorrow will be even better.

I look forward to doing this together with this community that is united by its mission of self-improvement in this daunting area.

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Re: New Beginnings

Posted by Markz - 05 Jun 2017 17:08

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Welcome Brother!

[What ya' daunted about?](#)

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Re: New Beginnings

Posted by higherjourney - 05 Jun 2017 17:33

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I am daunted by the damage that has been done, by the prospect of resisting during the tougher times, and by the fact that this will be a lifetime struggle.

I am still bewildered over how I can realize how bad and self-destructive this behavior is, yet continue to do it.

I know that this is not unique, but this is something I have struggled with for a very, very long time on my own, with varying degrees of commitment and often to the point of hopelessness. I realize that this is not just an intense physical battle, and that it is not just an intense

psychological struggle: it demands attentiveness and strength on both fronts.

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Re: New Beginnings

Posted by LifneiHashem - 06 Jun 2017 17:13

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Welcome! Agreed I find it daunting as well.

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