

To whom this can inspire

Posted by Izzyredy4 - 26 Jul 2017 20:42

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Im a man who struggles with addiction!!Every time after I fall I tell my self I will stop forever and again I'm telling my self IM DONE!! I just signed up for the 90+ day streak "I WONT QUIT THE FIGHT BUT I WANT TO QUIT THE FALL!!!" May hashem see my desire to stop and use the angle it creates to assist me in this battle!!! And let us together stay strong!!!!

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Re: To whom this can inspire

Posted by bb0212 - 28 Jul 2017 03:39

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[Izzyredy4 wrote on 26 Jul 2017 20:42:](#)

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Have you notice any specific reasons for the falls? You are definitely able to stop, keep believing that!

How can I help you reach your goal?

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Re: To whom this can inspire

Posted by gibbor120 - 28 Jul 2017 14:54

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Welcome! Check out the handbook. What have you tried? What has worked/helped? What are your triggers. What is your acting out history? Did it start when you were young? Do you have family issues that may contribute? Have you spoken to anyone about it?

Keep posting.

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