

intro

Posted by tommybegood - 31 Jan 2018 03:38

Hi,

Ive been struggling with this almost all of my life. Since I was a kid, as long as I can remember, maybe from age 7 or so.

30 years later I still struggle and hope to someday completely break free.

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Re: intro

Posted by lifebound - 31 Jan 2018 04:34

Hey tommybegood, welcome!

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Re: intro

Posted by tzomah - 31 Jan 2018 10:28

welcome maybe share more of your story struggles background we are here to help

recovery should be with hatzlocho

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Re: intro

Posted by Singularity - 31 Jan 2018 10:34

[tommybegood wrote on 31 Jan 2018 03:38:](#)

Hi,

Ive been struggling with this almost all of my life. Since I was a kid, as long as I can remember, maybe from age 7 or so.

30 years later I still struggle and hope to someday completely break free.

Welcome! Gosh, 30 years is a lot of reversing to do. What tools do you want to use?

Warning: Spoiler!

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Re: intro

Posted by Hashem Help Me - 31 Jan 2018 12:21

Welcome. It is advisable to keep posting. Without identifying yourself, share some more. What is your struggle? How often? What triggers it? What have you tried? Stay connected. Reach out to the chevra here. Thats what worked for me b'ezras Hashem, and it can work for you too. Hatzlocha!

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Re: intro

Posted by bear - 01 Feb 2018 01:31

Hey Welcome!!!

Wishing you much Hatzlacha, you can do it!

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Re: intro

Posted by iampowerless - 01 Feb 2018 04:24

Welcome aboard, and most importantly remember a lot of people in your situation managed to get sober, so you can as well

Love Yankel

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Re: intro

Posted by ayidel - 04 Feb 2018 17:03

Hi its great to see someone so determined not giving up even after so many years

try writing more as people here have wonderfull advice and a great sense of humor

i found that by reading different threads seeing people struggle and acheive their goals is one of the biggest shoves i get to head in the right direction

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Re: intro

Posted by Yerushalmi - 04 Feb 2018 19:09

I have been struggling since the age of 13. Almost 25 years. Over the years there were times when it wasn't even a struggle, I simply gave in to my desires. The fact that you are fighting means a lot. Even after so long you still haven't given up!!! Very impressive!

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Re: intro

Posted by serenity - 04 Feb 2018 21:02

Some say break free and others say surrender and let go.

Hatzlacha friend.

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Re: intro

Posted by gibbor120 - 06 Feb 2018 20:39

Welcome! Check out the handbook. Keep posting.

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