

12 years of pain in the room

Posted by freedomseeking - 24 Jul 2024 15:33

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I'm 12 years in the rooms of recovery but so far I'm still ocasionely actingout on my sickness. Is there still an hope for me?

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Re: 12 years of pain in the room

Posted by vehkam - 24 Jul 2024 15:38

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so sorry for your pain. 12 years of recovery is amazing. even if you occasionally feel like you are falling. What methods have you used so far? There is hope for every single yid no matter what....

best wishes

vehkam

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Re: 12 years of pain in the room

Posted by freedomseeking - 24 Jul 2024 15:53

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I practiced the 12 steps program and also went to therapy, I also frequently attended meetings and was in touch with program members.

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Re: 12 years of pain in the room

Posted by chosemyshem - 24 Jul 2024 16:03

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There's always hope, and ashreicha to you for putting in all that work.

How often does occasionally acting out mean? Have you seen improvement over 12 years?

Have you ever spoken to Dov?

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