

I Love You!

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You might say “come on now snap out of it before reality gives you a swift kick in the kneidlach” but I know I’m right and either you can continue down the path you’re going down or you could just believe me now.

on that note let's begin:

When it comes to PMO, I tend to get really caught up in shame and depression, I’ve noticed that we all tend to do. It takes over my life and it clouds my vision and the only thing I could think about is And getting clean and and the ups and downs and the withdrawal and it drives me crazy and makes me lose my mind! Every day I read people's stories and read forums trying to grasp for stability. I feel that I messed up relationships with my friends, my family and even with g-d. I feel like I’m in the dumps, I feel like there’s no hope there’s nothing to do. There’s nothing I can do and I get stuck. The burden of my addiction weighs down on me so much.

What I wanna share is that let’s say hypothetically we did mess up our relationship with our friends, our family, even with God (if that’s even possible) **we still have ourselves!**

Something I’ve been doing is telling myself **I love you!** Whenever I’m feeling down or if I’m ever having a struggle, if I’m ever in a really bad mood, I picture myself from somebody else’s view and I think of all the positive things about me despite my really ugly addiction, and from the most genuine place I can muster. I tell myself I love you and it’s profound! whatever I’m feeling no matter how terrible, when I tell myself **I love you** it’s like everything dissolves...

That's what works for me and I believe this is also something that can work for all of us. We totally forgot that **humans are deserving of love** and even if we mess up and if we can’t get love from our family or friends for whatever reason, whatever our crazy situations are! **there is** one person who can always say i love you.

Do you know who that is?

It's yourself.

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