

up to day 48

Posted by Joeirezman - 20 Jul 2015 23:49

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Its hard, because i feel like i want to act out to satisfy all the pain and stress i am going thru, but at the same time i know it is not the answer. IT is only a momentary pleasure and afterwards i ll feel worse and will get distracted from the real part of life. but i need to feel love and support. anybody out there to give me support?

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Re: up to day 48

Posted by Changing - 21 Jul 2015 00:13

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YES!!! we are all here for you and love you!

Dont do it! You are so right... the moment of pleasure is not worth the pain after.

Thinking of you!

Behatzlocho robo!!!

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Re: up to day 48

Posted by Bigmoish - 21 Jul 2015 00:15

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Re: up to day 48

Posted by polar bear - 21 Jul 2015 00:47

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You are not alone, hang in there!

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Re: up to day 48

Posted by abd297 - 21 Jul 2015 02:05

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I have had the same feelings and thought process multiple times today. It's just not worth it. I can't deal with knowing that I feel so bad afterwards and I don't want to start the whole process over again. Hang in there. Feelin' for you. KOP

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Re: up to day 48

Posted by newlife - 21 Jul 2015 07:29

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Totally understand how you feel. We can give you ideas of solutions from today till tomorrow but sometimes all we need is a little understanding. Stay strong!

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Re: up to day 48

Posted by TalmidChaim - 21 Jul 2015 13:16

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You definitely have my support. And by asking for support, you're giving me support, which should give you back some more support. So, support dividends! We're all here for each other, and you're definitely not alone. And your accomplishments so far are inspirational to me. Remember all the people you're inspiring just by being here and talking to us.

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Re: up to day 48

Posted by lamplighter - 21 Jul 2015 13:41

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describing your struggles might be a big help to overcome it!

tell us more!

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