

On the Path Journey

Posted by onthepath704 - 28 Jan 2018 23:04

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I begin with both trepidation and excitement. Trepidation about how hard I know this will be.  
And excitement for what comes with success...

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Re: On the Path Journey

Posted by Hashem Help Me - 29 Jan 2018 01:51

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Welcome. It should be with hatzlocha. Maybe share some more details. Challenges, triggers,  
history.....

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Re: On the Path Journey

Posted by yiraishamaim - 29 Jan 2018 03:10

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Once you begin to share the trepidation will start to melt.

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Re: On the Path Journey

Posted by tzomah - 29 Jan 2018 12:33

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welcome recovery should be with hatslocho

i second the above whats your story we are here to help

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Re: On the Path Journey

Posted by onthepath704 - 29 Jan 2018 19:05

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The nighttime is tough because I'm so used to going to sleep with a TV/computer in the room, leading to a fall. Sometimes I have the strength to read a book instead, but it does take that inner motivation which is always there for someone who has a habit. Keeping busy by day and being in contact with people make you forget about the struggles and allow you to focus on accomplishing.

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Re: On the Path Journey

Posted by Hashem Help Me - 29 Jan 2018 20:17

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Can you simply take the tv/computer out of your bedroom?

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Re: On the Path Journey

Posted by tzomah - 29 Jan 2018 21:39

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if i had a tv in my room i don't think i would ever sleep

thank god i don't (as it is i don't get enough sleep)

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