

Withdrawal

Posted by iwillnevergiveup - 23 Jun 2019 23:20

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Has anybody experienced withdrawal symptoms such as jitters, irritability, waking up in the middle of night?

How long did it last? What did find that helped?

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Re: Withdrawal

Posted by ColinColin - 24 Jun 2019 00:29

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I have experienced the following (self diagnosed) withdrawal symptoms:

Irritability

Inability to concentrate

Depression

Lethargy

I found they can last up to six months from the time I start my clean streak, but rather than being constant, happen for a few days and then subside, only to happen again a few weeks later.

As for waking up in the middle of the night with a need to urinate, I find this is something that has happened a few nights per week after the age of 40.

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Re: Withdrawal

Posted by tzemach - 24 Jun 2019 04:36

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See more on this here:

<https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/341493-Withdrawal-symptoms-on-90-day-challenge#341824> (and the post below it)

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Re: Withdrawal

Posted by Markz - 24 Jun 2019 04:48

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I don't know about you, but for me, the moderators name is virtually illegible because of the name color and the background color. Old story, which I mentioned long time back...

Can a moderator please report this problem and mod the mod names?

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