

14 days

Posted by Hopeforallofus - 07 Mar 2020 20:40

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Any suggestions for moving forward with my life especially when I have problems enjoying things. How do I practice enjoyment. My dopamine has been all over the place what I wouldn't give for some peace. I'm 14 days clean relapse for 2 and now 8 days clean.

I will attend a survivors of children holocaust support group in a couple of weeks.

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Re: 14 days

Posted by Hashem Help Me - 08 Mar 2020 13:37

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Welcome. Without identifying yourself maybe give some more info about your struggle so the chevra can respond. In the early days of stopping, withdrawal is normal and to be expected. Don't panic. Hatzlocha moving forward!

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Re: 14 days

Posted by ColinColin - 09 Mar 2020 01:57

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Hopeforallofus

What things trigger you?

Stress?

Depression?

Lust?

Once you tell us, we can advise.

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