

I'm drowning

Posted by UpAndDown - 16 May 2023 14:56

Guys,

I can't reach out for help on chats because I can't stay at my computer for long...

Life is crazy. Wife is depressed. Many children with lots of energy.

And now Tahara issues!! Been assured for many weeks. I have been on a roller coaster...

I am trying so hard not to give in (49 days clean as of today) and just wish I could release all the stress by acting out, but ?????? ??? ?? ???..

I feel so stuck.. ??? ?? ?????? ??? ?? ???????..

I can't anymore..

Thanks for listening, I have no one I can speak to..

Upanddown

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