

need a little strength

Posted by needsomehelp - 30 Jun 2009 01:28

i am freaking out ...i need a littl help here.....

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Re: need a little strength

Posted by hoping - 30 Jun 2009 02:23

Welcome Home!

I am a fellow addict and I would like to welcome you to our forum. Now take a deep breath and relax, you have taken many important steps already.

- 1) you decided you had enough and needed to change.
- 2) you decided to seek help (ie posting here)
- 3) you took definitive action.

These 3 steps are more than a day's work. Keep posting here about your struggles and you will receive tons of Chizuk. Change will not happen instantly,(many people fall in the process of getting better) but here you will receive hadracha on how to slowly implement the change you clearly desire so strongly. The Guard (who is in Israel where it is 5 am) always advises people to read the Handbooks (which are BTW amazing and help me immensely). We look forward to joining you on this journey and having you join in our's. I personally look forward to hearing more about you and will BLN read everything you post.

Wishing you a lot of Hatlacha

With much love,

hoping

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