

At Day 23 but alone and bad thoughts are coming

Posted by Mynewresolution - 15 Apr 2022 00:17

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Hi. I am struggling right now. I am at day 23 and struggling now because I am feeling extremely tempted. I don't know what to do right now or what has helped you in these states but any help is appreciated. I am panicking because I feel like I'm on the cusp of breaking like I'm not strong enough to resist.

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Re: At Day 23 but alone and bad thoughts are coming

Posted by Vehkam - 15 Apr 2022 00:28

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Do you have someone you can call? Where are you?

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Re: At Day 23 but alone and bad thoughts are coming

Posted by Mynewresolution - 15 Apr 2022 00:42

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I'm at home. That's a really good idea. I will call a friend.

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