

Forum:[Hack Forums](#)

Thread: [I feel like I'm struggling with addiction & maybe PTSD?](#)

Psychogenic - June 29, 2020, 11:31 pm

So I can't really talk to many people about it and numerous health officials have turned me down because I smoke weed and drink. I'm TWENTY FUCKING ONE YEARS OLD. I had a problem in high school with Xanax. Got fired from my job (re-hired after I got clean, was a SICK BOSS), had to do out-patient rehab, and it fucking sucked. Clearly didn't really work, as since then, I have had horrible trips on psychedelics, and then a few weeks later, I got jumped by some guy in a graveyard, as I was running through there as one of the shortcuts I take when I run. I have a route, ya know.

I was running, both earbuds in (like a dumbass) and then I just felt this body fuckin' slam me from behind. I stumbled, turned around, and he immediately hit me in the face about two times, I fell on my back, hit my head on the cement, and then he started punching my stomach, so I used the front of my arms and my elbows as blockage, and when he starts hitting my arms and elbows, he pulled out a fuckin' knife and started "slashing" at my arms? Or "hacking" maybe? I dunno, I've never seen that before but I kicked him off of me, and he ran away.

Weirded crazy ass shit. Probably the wrong place, wrong time. Who cares.
I ran to the hospital as soon as I could cause they were 1 block away lol.

I just need to find some other way to cope that not's drinking, weed, or Xanax.

I just want to be happy sober.

Wanted to just let ya'll know I'm cautious, aware of my surroundings, and I'm doing the best I can do to keep my shit together.

I'm not in the best place after getting attacked and losing my girl, but I am trying to make the best of every fucking day that I can.

Verdande - June 29, 2020, 11:47 pm

Addiction mostly occur when a person is trying to escape reality, or simply need quick-fix for emotional problems,

but all it ends up doing is prolonging the inevitable. I am a doctor myself specializing in psychiatry.

Dealing with problems from a depressed state of mind can be difficult, which is why we offer medication along-side

mandatory participation of therapy. All medication/drugs serves many purposes, one of them being altered perspective.

There is a way to combat these issues even when taking medication, but many people are like you said turned-away,

and using medication while struggling with addiction can prove to be a challenge. BUT I must note that medication for intended purposes is far different from taking drugs, the silver-lining is in the abusive nature of it.

I would consult a psychiatrist, as not only are they educated in the field of psychology, but also within the medical field.

A regular doctor is what a lot of people call "Pill-pushers", as most doctors do not have a

background in psychology

Or mental health, so their advice on the very medication they prescribe can be confusing.

Hope this helps, if you have any personal questions, just PM me.

Skrill - June 29, 2020, 11:49 pm

If you are close with your parents tell em man thats what got me clean, Use to snort a gram of blow a day and drink a 12 pack. Mom helped me get clean after I told her what was going on took some time failed twice but the third times the charm as they say. After that I just started to do things to make me happy like go for walks and hang out with friends that kind of stuff really helped keep my mind off of the fact I wanted to do rails so bad.

Its still hard to this day I think about it often and if I see it in a movie or people at a party my nose legit starts to run its weird lol,
I wish you luck man

Goods - June 30, 2020, 9:31 am

(Jun 29, 2020 11:31 PM)Psychogenic Wrote: [\[CITE\]](#) So I can't really talk to many people about it and numerous health officials have turned me down because I smoke weed and drink. I'm TWENTY fugging ONE YEARS OLD. I had a problem in high school with Xanax. Got fired from my job (re-hired after I got clean, was a SICK BOSS), had to do out-patient rehab, and it fugging sucked. Clearly didn't really work, as since then, I have had horrible trips on psychedelics, and then a few weeks later, I got jumped by some guy in a graveyard, as I was running through there as one of the shortcuts I take when I run. I have a route, ya know.

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Bro you can be happy sober. Stick to doing the right thing. Bad things happy to good people, unfortunately. You can't go back to doing bad stuff just because some bad things happened. I promise life will be more fulfilling by doing right by people.