

Please G-D Help Me!!!

Posted by rebdovid - 08 Jul 2011 14:02

---

Guys I need your help here, I feel like my insides are dying, when will I stop falling, I love G-D Love the Torah, But hate what I am doing for myself.

There is so much guilt, pain, and just endless shame, at one point I was clean for 203 days, WOW. i couldn't believe I made it, now I pray for a week perhaps two weeks of being clean, I just want some of that pureness that I tasted for a short time in my life, I want that innocence back, I believe I can have it back, but it seems to elude me, to run away from me.

right now I am sober for a few minutes, I will check in every once in a while and keep you posted on my progress.

the next check point is right before shabbos today, in around 6-8 hours. please pray for me i need all the support I can get.

Thank you from down under.

=====

Re: Please G-D Help Me!!!

Posted by mnman415 - 08 Jul 2011 14:06

---

welcome reb dovid!, you came to the right place for help!

i believe that you can have it back also!\

im davening for you.

=====

Re: Please G-D Help Me!!!

Posted by rebdovid - 08 Jul 2011 14:54

---

---

Just an hour clean. thank you guys for your help.

i know to some of you this may be a small thing being clean for such little time, but I am desperate so i am counting minutes and hours.

=====

Re: Please G-D Help Me!!!

Posted by alexeliezer - 08 Jul 2011 18:28

---

Reb Dovid,

It sounds like maybe you need a larger repertoire of things to do with your life and your mind.

You've been sober before, you'll do it again. Starting with today.

Rooting for you,

Alex

=====

Re: Please G-D Help Me!!!

Posted by rebdovid - 08 Jul 2011 18:50

---

Thank you Alex for your support.

I am not sure what you mean by a larger repertoire of things to do with your life and your mind.

Please explain.

=====

Re: Please G-D Help Me!!!

Posted by helpfyi - 08 Jul 2011 21:17

---

i have had such a relapse, you can break free much easier bec you know how good it feels, just do it and dont look back and don't worry (for now) about the fall!

=====

=====

Re: Please G-D Help Me!!!

Posted by rebdovid - 08 Jul 2011 22:53

---

Going through some real rough time, had a slip not a fall. thank G-D caught myself right away.

I need help.

Thank you for your support.

=====

=====