

TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by Chasdei Avos - 24 Aug 2011 02:42

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SO HERE I AM. THIS ELUL WOULD HAVE BEEN MY TWO YEAR ANNIVERSARY OF FREEDOM from !@#\$\$%, other than a few slips along the past few months. Until last week that is. now i am feeling very vulnerable. the only reason I am on this sight right now is because i figured I'd turn on my computer and see whether I can find stuff to enjoy (despite my k9 filter which i noticed just does not seem to work). This past week and one half, I fell several times. Its a freaking slippery slope with no avengence. i mamesh felt like a free man finally. i am trying nopt to be depressed. mmore scared witless that now hes got mne around his finger and im doomed. Right now, i struggle not to close out and switch sites..... please help ii owe my life to guard and this sitre, back when it was brand new. please chizuk chevra i need despeartely please please. thanks

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by tehillimzugger - 25 Aug 2011 17:04

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u don't ask questions on the holy barditchiver

he is our rebbe afilu al yemin shehu smohl!

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by Chasdei Avos - 25 Aug 2011 17:09

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Salachti. My sincere apoligies

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Re: TURMOIL HELLLLLLLLLPPPPPPPPPPPPPPPPPLEASE

Posted by alexeliezzer - 25 Aug 2011 19:40

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Chasdei,

Thanks for the wake-up call !

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I'm into my third year of sobriety, B"H without a major slip or fall.

You confirmed what we keep repeating, "once and addict..."

This means that one drink puts us on the hyperspace express back to the old ways.

It's scary. But we need to remember this. To be vigilant till our last day.

You will get yourself out of this the same way you did before. By practicing shmiras eynayim like your life depends on it. And by crying to Hashem for help when lustful thoughts and ideas come.

And by taking it one day at a time, one nisayon at a time.

May we all learn never to become complacent in our sobriety. We might feel cured, like "this little bit won't hurt." But we know better. It hurts like \_\_\_\_.

Confusion and turmoil are favorite tools of the Y"H. Fortunately for us, we have a mapped path to get out. So start with step one and climb!

Alex

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