

don't want it don't need it

Posted by mggsbms - 19 Sep 2011 21:57

i've been here for some time, ups and downs, twice 120 days and once 90, but i am still falling. i need your help. i so wish i wouldnt have this struggle it is something i so don't want, i just get these cravings and not able to control myself, is it addiction who knows, got to run now hope to be posting more often.

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Re: don't want it don't need it

Posted by JackAbbey - 19 Sep 2011 23:38

you need to pull up your socks sir

keep posting your situation daily we want to help you

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Re: don't want it don't need it

Posted by mggsbms - 20 Sep 2011 21:07

today i am fine i have been so since last week, the thing with me is that when i don't have cravings it is not even a struggle its a smooth ride, it could go on for months, but if i have to fight i am a loser, the question is how do i know whats causing the ups and the downs. no real rhyme or reason nothing that i could really point to, maybe somebody has some input.

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Re: don't want it don't need it

Posted by JackAbbey - 20 Sep 2011 21:23

everybody has to fight, that doesnt make you a loser, that makes you a winner

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Re: don't want it don't need it

Posted by kidushashem - 20 Sep 2011 21:29

I think that a mistake you could be making is not having appropriate fences.

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Re: don't want it don't need it

Posted by tryhard - 21 Sep 2011 01:08

one trick is never to think you won no matter how long its been also remember when you are having trouble in life you need to be more careful

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Re: don't want it don't need it

Posted by Yossi.L. - 21 Sep 2011 01:38

Can you write some very specific details of your last fall. Alot of times when i write specific details things become a lot clearer.

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Re: don't want it don't need it

Posted by gibbor120 - 21 Sep 2011 17:37

It's like cancer. Just because it's in remission, doesn't mean that it's not there. Yes, It's hard to keep that in mind when things *seem* just fine. I can relate.

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Re: don't want it don't need it

Posted by alexeliezzer - 21 Sep 2011 17:55

[mgsbms wrote on 20 Sep 2011 21:07:](#)

today i am fine i have been so since last week, the thing with me is that when i don't have cravings it is not even a struggle its a smooth ride, it could go on for months, but if i have to fight i am a loser, the question is how do i know whats causing the ups and the downs. no real rhyme or reason nothing that i could really point to, maybe somebody has some input.

Really? Not even a struggle? No stray thoughts you need to deflect? No temptation to look at women?

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Re: don't want it don't need it

Posted by mggsbms - 21 Sep 2011 20:09

"Really? Not even a struggle? No stray thoughts you need to deflect? No temptation to look at women?"

nothing out of the realm of normal, i would say that in the up times i am pretty careful about "shemiras einaiyim". i am in my upper thirties and this whole problem only started about three - four years ago. before that i was what you would consider very carefull, never mas.... or looked at anything unappropriate, and i mean never not even once. so in my up times i get back to my old self. i wish i could just get back there for good.....

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Re: don't want it don't need it

Posted by alexeliezer - 21 Sep 2011 20:23

What have you done in the past to get yourself out of it? Raw self control, or have you tried working the steps?

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Re: don't want it don't need it

Posted by mggsbms - 21 Sep 2011 20:55

do the steps have to be done in a group ?

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Re: don't want it don't need it

Posted by mggsbms - 21 Sep 2011 21:05

"I think that a mistake you could be making is not having appropriate fences"

i have filters, and more, to no avail.....

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Re: don't want it don't need it

Posted by mggsbms - 21 Sep 2011 21:08

"everybody has to fight, that doesnt make you a loser, that makes you a winner"

what i meant is that when it gets to a fight i lose

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Re: don't want it don't need it

Posted by alexeliezer - 21 Sep 2011 21:10

[mggsbms wrote on 21 Sep 2011 20:55:](#)

do the steps have to be done in a group ?

B"H I have had success working the steps on my own. I know that others here have done so as well.

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