

don't want it don't need it .....

Posted by mggsbms - 19 Sep 2011 21:57

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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 mggsbms - 28 Oct 2011 17:21

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thanks

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

Posted by mggsbms - 30 Oct 2011 21:19

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The shul was packed

I came in as a guest

Close to four hundred people standing in awe

It was the last moments of a month with the divine

The air was electrified, coming in from the street it hit me like a wall

I wasn't ready being transformed from the mundane to the sublime

The chazzan finished the aleinu and the whole congregation roared

It was the last time to say “hashem is my light and my savior”

To say it when the king is here so close up

For another months eleven we shall only live in its shadow hopefully in its glow

Oh the cry “hope to hashem strengthen your heart and hope again”

It as if the young and old are seeing the future, our survival.

Traversing the road that winds

Through the dark nights of winter

The rebirth at spring

The summer heat and its travails

It is with the hope to hashem, with the clarity of the last day

That we strengthen our heart

And hope again

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

Posted by mggsbms - 06 Nov 2011 06:46

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Feeling a lift in the wings b"h, lets hope it continues, it might be the real thing once and for all. will a day come when i will look back at this as somekind of bump in the road ? or if i keep on falling i might even look back at these struggles as the good old days when things werent so rough yet. kind of scary when you not in control.

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

Posted by alexeliezer - 06 Nov 2011 13:51

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I look back on my decades of acting out as part of what makes me who I am today. This is my pekl.

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

Posted by JackAbbey - 06 Nov 2011 15:07

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why not go on a diet and loose those extra pounds that you are shlepping in that pekl

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

Posted by mggsbms - 10 Nov 2011 12:27

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Day 25, feeling good, but nervous, cause i have been through this before, so lets hope that i

can keep them coming.

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

Posted by JackAbbey - 10 Nov 2011 15:33

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no point of being nervous, it only makes you shakey, what's going to happen tomorrow is non of our business, we always need to keep clean FOR TODAY ONLY!

good luck

noce to see you trucking along route

by the way, is that silver shiney moster truck pushing thru traffic, yours?

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

Posted by alexeliezer - 10 Nov 2011 16:10

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You've given up lust before?

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

Posted by mggsbms - 10 Nov 2011 17:24

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Thanks shmeichel, BTW its 1995 windstar ....

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

Posted by mggsbms - 10 Nov 2011 17:26

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"Alexeliezer" i think i have cant you give it up and pick it up again

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

Posted by alexeliezer - 10 Nov 2011 18:01

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I suppose so. But giving up lust is a huge step further than just trying to quit the shmutz.

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

Posted by mggsbms - 11 Nov 2011 18:43

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[alexeliezer wrote on 10 Nov 2011 18:01:](#)

I suppose so. But giving up lust is a huge step further than just trying to quit the shmutz.

i get your point

i had a few struggles the last day, almost slipped.

didn't, due to a stronger filter

a good filter is a most !!

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

Posted by mggsbms - 22 Nov 2011 01:28

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I had a fall last sunday thats 9 days ago and was able to get right back up using the taphsik method. usualy when i fall i fall again and again, but this time was different. then i had a story with a phone, i needed a new phone so i go to the phone store and come home with what i thought was a simple touch screen, but it was really an android. so first i had to check out if it really is that bad... the next morning i returned it and got a even simpler phone, but im still obssesing cause i want a fancier gadget but cant have one cause im an addict.

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

Posted by alexeliezer - 22 Nov 2011 16:11

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MG,

Sounds like you're making great progress.

Dumb phones for smart addicts ;D

Shteig on!

Alex

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