

I'm Powerless!!!

Posted by ???? ???? - 26 Feb 2013 22:42

Ok. What the chidush? we are all!!

but when i'm on my 84th day (if not mistaken - maybe one day +/- but this is not the point, just to be honest) while "googleing" for some "triggers" **(SICK!!!)** all results blucked by fileter, but here it
HO NO!!! & this is something i didn't know about before fnging "Asro
Kadisho Hodein". before starting recovery. I CAN'T DEAL WITH THIS!!! HELP!!! **I NEED HIGH
POWER**

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Re: I'm Powerless!!!

Posted by ???? ???? - 28 Feb 2013 22:57

Chevra, I must share with you how yesterday I was in the library reading posts on the forum but than, after maybe Hlaf hour 45 min i left the forum & strated googeling... & looking for youtubes.... & i asked my self Ribono Shel Olom! what am i doing here! I just left GYE! how can I look for this again! I can't do it to myself! but i could'nt stop! & than i went back to GYE to write about this. (it was all in the hebrew forum, as i mentching before i feel there more at home as it is my language) when i came to work this morning i called a freind for help! i can't do it anymore! I'm @ work for 2-3 hours & searching the web for the rest of my "working" hours. i come home after 8 hours of "work" when only small part of it i do my job. that what happening in te past few day. today i told mysel i'm not opening the internet before i finish 1 2 3 & 4. meanwhile i did part of it & when i needed to open the internet for work porpuse i was scared of what will be.

now when it's open I'm here

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Re: I'm Powerless!!!

Posted by alexeliezer - 01 Mar 2013 03:28

Welcome!

I would highly recommend not using the internet at all, except for honest work-related purposes, and to come here. Filters or not. Just stay away. You will feel better and the struggle will be so much easier. Otherwise the Yetzer Hora will start you off with some "innocent" surfing and googleing, and quickly slide you into your drug -- every time. While your at it, guard your eyes in other settings as well.

Hatzlocha!

Alex

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Re: I'm Powerless!!!

Posted by ???? ???? - 04 Mar 2013 20:44

it was so hard for me to admit it. to face the pain. the pain was so strong. i wanted & looked for some "slips" without falling. but is not posible. that heat me thing. i went head & opened onther "new usser" (in the hebrew GYE) & "hide" behind it.

yesterday i relize that my only way to recovery is stopping this "running away" and face the pain. which was the main reason for me not to come to recovery. as the only way i knew to deal with pain was just to run away. to escape it. so i told everyone there about this & it was relif for me. few haevy stones got out my shoulders.

of course i took more steps into recovery. i re-started my first step & took some other action which this place is not the aproprate place to write. hoping to relize that i'm powerless. not just say it.

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Re: I'm Powerless!!!

have had another fall last thrusday
Posted by moish u.k. - 04 Mar 2013 21:35

Thanks for sharing,
a lot. so instead i did another sick

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Re: I'm Powerless!!!

Posted by ???? ???? - 04 Mar 2013 21:49

thanks for lisening

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Re: I'm Powerless!!!

Posted by moish u.k. - 04 Mar 2013 21:54

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Re: I'm Powerless!!!

Posted by ???? ???? - 23 Mar 2013 00:29

a minute ago i had another fall!

eanough! i tought it's behind me!

???" ? - ?????, ?" ???? ?' ????" March 22, 2013

hopefully this will be the final date!!!

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Re: I'm Powerless!!!

Posted by chaimcharlie - 24 Mar 2013 11:12

Hatzlochoh, man!!

Remember that if your'e really powerless then it's only with Hashem's help that you won't fall, and that help comes one day - sometimes one minute - at a time. He is with us always, whenever we want Him to save us today. He won't remove tomorrow's temptation today, or even yesterdays - just todays.

All the best!!!

Chaim

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Re: I'm Powerless!!!

Posted by ???? ???? - 09 Apr 2013 17:51

yasher koach for the chizuk.

i came back now after not being here the gantze yom tov (& few day after) & see this "old stuff".

wow what a reminder! i thought i 'm powerful! almost 3 weeks w/o a fall.

thank you for reminding me "me-ain basi - u'le-an ani holech" if i leave the program.

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Re: I'm Powerless!!!

Posted by ???? ???? - 09 Apr 2013 21:11

enough is enough! why I had to do it to myself why go back to gehinom? why did i have to read

when will i stop it already! i gave up! let's say i re-start my counting by saying Erev Rosh
this article & "get it out"?
Chodesh Iyar is my day 1; what will be than? will i ever make it again?

I'm crying! I can't handle it anymore! ?? ??? ??? ????? ?? ??? ?????????? finish to read in ????
????? ????? & move to other places. for another "portion"

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Re: I'm Powerless!!!

Posted by Machshovo Tova - 09 Apr 2013 21:19

Calm down, dear chaver.

A good guy (perhaps in a moment of serenity) recorded the following:

I need to remember that:

I'm no a bad person; I'm sick.

I'm not Choteh. I'm Chole.

It take time & effort to stay sober but it worth it.

Best wishes for more serenity and hatzlacha

MT

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Re: I'm Powerless!!!

Posted by reallygettingthere - 09 Apr 2013 21:24

[???? ???? wrote:](#)

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????? ???? & move to other places. for another "portion"

this article & "get it out"?

I feel your pain. I had asked myself this question for more than 20 years.

but only you can answer that question for yourself.

Try to answer this in real terms:

How far your you willing to go to achieve sanity?

Much love,

Eli

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Re: I'm Powerless!!!

Posted by ????? - 09 Apr 2013 22:21

thank you. I really needed this chizuk. (& the reminder to read my signature) I feel @ this time an urge to "DO IT AGAIN" if I lost it already... what do I have to lose now???

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Re: I'm Powerless!!!

Posted by ????? - 09 Apr 2013 22:24

Thank you! I really needed this chizukim. (& the reminder to read my signature).

I do feel an urge to "do it again! if I lost it what else do I have to lose?!

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