

Still Gotta Work on Myself

Posted by skeptical - 12 Jun 2013 23:45

After 183 days and 3 hours (6 months, 1 day and 3 hours) of working really hard on myself and staying clean, I had a fall this afternoon.

I am posting this here because I had made up that in the event of such a situation, I would be open and honest with my wife (unthinkable a short 6 months ago!) and everyone here. I will post more of my thoughts here after I tell my wife.

As I have encouraged others and will continue to do so, I am picking myself up, not getting down about it and continuing on with my life.

More Soon.

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Re: Still Gotta Work on Myself

Posted by dd - 22 Feb 2015 03:22

Thanks Skep!!!

Your attitude is amazing and so are your posts!!!

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Re: Still Gotta Work on Myself

Posted by Dov - 16 Mar 2015 00:20

My wife and I are reading your sleep posts again. Thanks! We r having a good time of it, too. The Bradbury guy writes in a funny and very clear style.

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Good night!!

Re: Still Gotta Work on Myself

Posted by Moshe271 - 01 Nov 2015 14:52

Skeptical,

I am in awe. I have several of the posts in your thread and they are filled with honesty and humility. I especially appreciated the announcement of your fall in 2013 and your wife's response. I have a similar story in that way. When I joined SA, I was on the phone constantly with people my wife didn't know. She got very nervous, and thought I was having an affair. I was just 3 months in the program and conventional group wisdom is don't tell your wife too soon. She was going crazy. The therapist told me she was worried about an affair. I talked it over with experienced SA members who said I need to tell her. That lei Shabbos, we went to sleep and I told her that I've been mastu***ting since 7 years of age and that I was still acting out, and that I'd joined SA. I got a note from her a few days later with some of sweetest word of encouragement. I carry that note with me all the time, and when she gets critial and I get resentful, I read it.

I hope that one day we get to meet each other. You have touched my heart.

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Re: Still Gotta Work on Myself

Posted by skeptical - 12 Sep 2016 16:31

I'm Imperfect - Ari Goldwag - Am Echad

My eyes are not the same size

My ears could bring you to tears

My nose is as red as a rose

My face some would call a disgrace

I'm imperfect, I'm imperfect

But I want you to know that I'm trying to grow

I'm not perfect, I'm not perfect

But one day you'll see I'll be all I can be

Sometimes, I blow my fuse

Sometimes, I cry from the news

Sometimes, yeah, I can get down

Other times, I act like a clown

I'm imperfect, I'm imperfect

And I try to improve, yeah, I'm starting to move,

I'm not perfect, no, I'm not perfect,

But I know that one day, it will all be OK

I've been told I space out

Got my head lost way up in the clouds

And though it don't make me too proud

I know somehow I'll work it all out

Life's a work in progress, that's reality

We're all under construction, it's not always nice to see

Moving up the mountain, I think we can agree

Nobody is perfect, that's how it's supposed to be

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Re: Still Gotta Work on Myself

Posted by Gevura Shebyesod - 12 Sep 2016 16:47

I like this one...

Choices - Ari Goldwag - The English Album

When there's a choice you're contemplating

You've got to be discriminating

We'll make you any flavor that you crave or

that you savor

So be braver and don't waver - just choose

You hear so many different voices

Urging you to make your choices

We'll tempt you, tantalize you,

we'll entice you, we'll surprise you

If you're wise you'll see we'll size you up

To see if you're a spender

So choose your vendor

But don't surrender your free will to...

Chorus (one):

Make the right choice, know what you'll get

Be sure it isn't something that you'll later regret

As long as you're living, don't wait to be given

Another chance to make the right choice

So, make the right choice,

'cuz you're gonna pay

And you're the one to eat it

at the end of the day

As long as you're living,

make sure that you're driven

To think it out and make the right choice

You'd like to sample something more now

Not just what you've had before now

But it's a risk that you'll be taking, 'cuz you

might just be mistaken

Disappointed, really shaken up

You gravitate to something newer

But what's been tried is surely truer

Be careful, be suspicious,

what may seem to be delicious

May not really be nutritious at all

And you've got to be clever, It's now or never

To choose whatever you like best so...

Chorus (two):

Make the right choice, don't be a fool

Before you play the game

make sure you know all the rules

As long as you're living, don't wait to be given

Another chance to make the right choice

So, make the right choice, and then don't be swayed

Ignore the one's who tempt in an attempt to persuade

As long as you're living, make sure that you're driven

To think it out and make the right choice

Chorus (one - repeats)

This life that you're living is all the you're given

To think it out and right make the right choice

So think it out and right make the right choice

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