

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar.d. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by strugglingguy - 23 Oct 2016 17:08

I m"d once last week, but since then have been ok.

Have a great rest of Yom Tov.

May Hashem remove our illicit desires and bad temptations.

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Re: Back on the Site

Posted by cordnoy - 27 Oct 2016 13:27

[strugglingguy wrote on 23 Oct 2016 17:08:](#)

I m"d once last week, but since then have been ok.

Have a great rest of Yom Tov.

May Hashem remove our illicit desires and bad temptations.

He might, but I doubt it.

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Re: Back on the Site

Posted by strugglingguy - 11 Nov 2016 01:20

For first time in couple weeks, I had a fall.

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Re: Back on the Site

Posted by Markz - 11 Nov 2016 02:44

I'd like to suggest a Taphsic

Every time you fall, it's a page out of the book of your life, so you should promise to read 1 page in the GYE handbook

So for the last 3 falls read 3 pages.

I hope you never have to read further, but if it happens that your Taphsic obligates you in future
Bad news then do it

Deal?

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Good news is you made a few weeks

Re: Back on the Site

Posted by strugglingguy - 23 Nov 2016 05:00

Hi - Ok, yes I can do that. Currently I am reading R' Twerski's book, Teshuva and Recovery; does that count for now?

I had a fall tonight with my phone. I pushed it off for a little while but eventually fell. Went to play basketball afterwards.

I need to do a few things to help myself:

- a) Keep phone away from me
- b) Give App store password to wife
- c) SA meetings - I actually left a message with my local SA to see where a meeting is.
- d) Make more consistent calls to GYE people - I actually spoke to a guy tonight for 40 minutes.

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Re: Back on the Site
Posted by Markz - 24 Nov 2016 04:48

Rabbi Twersky is awesome!!!

Your progress is likewise!!

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Re: Back on the Site
Posted by strugglingguy - 25 Nov 2016 16:30

Thanks.

Gd willing I will be attending an SA meeting on Sunday morning near my area.

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Re: Back on the Site

Posted by strugglingguy - 28 Nov 2016 01:04

I have officially started my 12 step program process.

went this morning to my first meeting - saw a few frum guys (one i knew already) ...

i am officially working the first step. i will be reading the white book and using step into action booklets. I also have a temporary sponsor for now and numbers of guys to call.

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Re: Back on the Site

Posted by Shlomo24 - 28 Nov 2016 01:26

[strugglingguy wrote on 28 Nov 2016 01:04:](#)

I have officially started my 12 step program process.

went this morning to my first meeting - saw a few frum guys (one i knew already) ...

i am officially working the first step. i will be reading the white book and using step into action booklets. I also have a temporary sponsor for now and numbers of guys to call.

You know that I'm really proud of you.

Re: Back on the Site

Posted by Markz - 28 Nov 2016 04:40

SG - awesome progress!!!!

KUTGW and Keep us posted

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Re: Back on the Site

Posted by strugglingguy - 08 Dec 2016 00:13

Went to my second meeting on Sun morning. Getting more comfortable with it.

Going to read from the Big Book now a little and be in touch with my sponsor.

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Re: Back on the Site

Posted by Markz - 08 Dec 2016 00:29

[strugglingguy wrote:](#)

Went to my second meeting on Sun morning. Getting more comfortable with it.

Going to read from the Big Book now a little and be in touch with my sponsor.

Awesomeguy

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Re: Back on the Site

Posted by strugglingguy - 12 Dec 2016 16:32

I did not really read since last week and it snowed Sunday so I missed (my 3rd) meeting

I have been busy with things so not much working the steps

Had a fall today - just reading with my phone -- no watching but still, I don't want to go backwards

then i davened and listened to a shiur. it's my birthday today and my wife is home too. hopefully itll be a good rest of the day, week.

maybe i should post my thoughts from the big book/r twerski everyday if i can

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Re: Back on the Site

Posted by Shlomo24 - 12 Dec 2016 16:41

HAPPY BIRTHDAY!!!!

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