

a new start

Posted by mggsbms - 24 Jun 2015 14:48

After being here for many years and succeeding sometimes more then others, I have left GYE. im trying to start this thing again with renewed motivation hopefully with good results.

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Re: a new start

Posted by mggsbms - 09 Jun 2016 00:51

Going on day 30

It's been a month of sobriety b"h. Some great moments and some great challenges. Every minute in sobriety was worthwhile. I ask you hashem to Please continue to guide my way towards sobriety, together with the whole chevrah.

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Re: a new start

Posted by mggsbms - 16 Jun 2016 00:52

Day 36

I thank you hashem for another day in sobriety, it is truly unbelievable that I've been sober for five weeks. Many of the cravings have subsided, however I can't become complacent, and need to be mindful that a fall is a click away. A extremely vital factor to this streak is the fact that I've opened up to some special "real" people that are struggling and overcoming one day at a time.

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Re: a new start

Posted by mggsbms - 19 Jun 2016 15:44

Day 40

B"H for another sober day. It's been close to two years since I had a forty day sobriety streak. I ask Hashem for continuous guidance, and I should continue to realize that I can't go it alone.

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Re: a new start

Posted by Watson - 19 Jun 2016 16:19

Gevaldig!!

Old actions got results you didn't like. So you changed the actions and now you're getting results you do like. Perfect!

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Re: a new start

Posted by mggsbms - 28 Jun 2016 00:52

Day 48

B"H I'm doing fine, With the help of Hashem. I hope progress will continue.

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Re: a new start

Posted by mggsbms - 05 Jul 2016 11:03

Day 56

I've been having some strong cravings the last few days, reaching out helps to an extent b"h. I try to let it wash over me and not get pulled in, which is quite uncomfortable at the moment, but well worthwhile after the moment. There are times that I can't even relate to the cravings they are beyond, and times that it's all encompassing. I ask hashem for continued help in overcoming this addiction.

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Re: a new start
Posted by mggsbms - 24 Jul 2016 23:13

Day 75

I haven't updated in a while. I am making some progress in recovery b"h. There are some rough days where going it alone would be impossible, but by reaching out and connecting to others I'm able to stay afloat.

Sobriety has opened up new vistas. I have time and willingness to pursue important things in life that have been stagnant the last couple of years. Lust addiction has totally contrived my thinking and bottled me up to no end. This truism is invaluable something I ask hashem to please keep in the forefront. My life with lust is worse then just unmanageable, it's not life. It's a sad substitute for it.

Not to say that lust isn't tempting at times, and the feeling that just a little lust would solve so many problems. These feelings are only in the moment of a lust attack. When overcome the clarity of sobriety is priceless.

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Re: a new start
Posted by mggsbms - 03 Aug 2016 09:17

Day 85

I have been thrown some curve balls that are making it a rough ride. Three months ago I would be escaping to my security blanket. Now b"h it's almost not an option and for that I'm extremely grateful. I have to deal with all rawness head-on and its raw. But I believe that this is the yad hashem and all that is happening is for a greater good.

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Re: a new start

Posted by yiraishamaim - 03 Aug 2016 14:10

[mggsbms wrote on 24 Jul 2016 23:13:](#)

Day 75

I haven't updated in a while. I am making some progress in recovery b"h. There are some rough days where going it alone would be impossible, but by reaching out and connecting to others I'm able to stay afloat.

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Thank you for that. You have articulated the issue so well. Especially "My life with lust is worse then just unmanageable, it's not life. It's a sad substitute for it."

May Hashem help us all to "Have a life" a truly meaningful one.

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Re: a new start

Posted by eslaasos - 09 Aug 2016 14:11

MAZEL TOV!

ON REACHING 90!!!

This is not actually the fulfillment of a goal, it's just the beginning of a new life.

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Re: a new start

Posted by Markz - 09 Aug 2016 14:36

Laasos - good to know you logon GYE on PC

Im always on mobile and Day count doesn't show :-(

MAZEL TOV mggsbms!!

Your success is our joy!

Laasos - Is the beginning of a new life not the fulfillment of a goal?

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Re: a new start
Posted by eslaasos - 09 Aug 2016 14:48

I just know it in my bones.

Sorry, I should have included the word "only" as in - This is not *only* the fulfillment of a goal, far more importantly it is *also* the beginning of a new life.

Happy?

Quote from Wikipedia:

Pedantry can also be an indication of specific developmental disorders. In particular, people with **Asperger syndrome** often have behaviour ..
He hasn't updated his day count

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Re: a new start
Posted by cordnoy - 09 Aug 2016 15:12

Seldom can testosterone and *pedantry*
have come together in an American political debate in such
electrifying marriage.

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Re: a new start
Posted by mggsbms - 23 Aug 2016 06:59

Day 105

A dear friend wrote today (you know who you are..) "I don;t have any clue how to make things different, all I can say is that it seems if you keep fighting long enough and hard enough to do what's right, at some point Hashem will make it easier and you might just find yourself living a completely different life". Amen.

I've been too busy to lust but also too busy to work on recovery, which is no good. I ask Hashem to help me realize that I am where I am today due to his helping hand, and far be it from my mind that I'm at all healed from this addiction.

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