

a new start

Posted by mggsbms - 24 Jun 2015 14:48

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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 Pidaini - 15 Jul 2015 03:51

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I don't know if lust is your right, cords, but I certainly think it's mine!!

I'm no thief, I only take what I am deserving of!! **Disclaimer: I think I am deserving off anything that I want!!!**

mggsbms, you better stay away from what's rightfully mine!!!

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Re: a new start

Posted by cordnoy - 16 Jul 2015 00:52

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[Pidaini wrote:](#)

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I'm no thief, I only take what I am deserving of!! **Disclaimer: I think I am deserving off anything that I want!!!**

mggsbms, you better stay away from what's rightfully mine!!!

There's probably enough to go around. ...even after the big gulps I've been takin'.

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Re: a new start

Posted by mggsbms - 16 Jul 2015 17:31

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It's been a hard day last night unfortunately I have to start counting again. The withdrawal was unbearable I don't know how I do this, I guess I have been drowning my feelings for too long and I can't handle my emotions.

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Re: a new start

Posted by cordnoy - 16 Jul 2015 17:57

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[mggsbms wrote:](#)

It's been a hard day last night unfortunately I have to start counting again. The withdrawal was unbearable I don't know how I do this, I guess I have been drowning my feelings for too long and I can't handle my emotions.

firstly, sorry to hear.

Secondly, your post is somewhat cryptic, so i cannot comment more, except to say that we all tend to think way too much.

b'hatzlachah

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Re: a new start

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Posted by mggsbms - 16 Nov 2015 12:20

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[cordnoy wrote:](#)

[mggsbms wrote:](#)

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firstly, sorry to hear.

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b'hatzlachah

I'm not sure whats cryptic in what i wrote.

There comes a time that my emotional pain is to hard to bare which then causes me to act out. Being self absorbed does that to people.

Sorry for the belated answer..

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Re: a new start

Posted by cordnoy - 16 Nov 2015 13:11

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[mggsbms wrote:](#)

[cordnoy wrote:](#)

[mggsbms wrote:](#)

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I'm not sure whats cryptic in what i wrote.

There comes a time that my emotional pain is to hard to bare which then causes me to act out. Being self absorbed does that to people.

Sorry for the belated answer..

Ok.

No problem.

All facets of your life should be B'hatzlachah.

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Re: a new start

Posted by mggsbms - 16 Nov 2015 13:44

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Umein!

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Re: a new start

Posted by serenity - 16 Nov 2015 15:28

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Umein Vi Umein!

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Re: a new start

Posted by mggsbms - 01 Feb 2016 00:34

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I've been doing better these last few months BH for that. I'm ever so grateful. It hasn't been straight sobriety, but I've been able to get up after falling and can keep sober for some weeks at a time. Something that was alluding me for the last several years.

I attribute this improvement to working the steps, something i have neglected in the past. Also by rejoining GYE, being in touch with some wonderful chevra, keeping up with inspirational journeys that just make me want the same for myself.

I understand now that even though I'm powerless over the addiction I'm not powerless over recovery. I just have to get my life in order, It's that simple, even though it's not easy.

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Re: a new start

Posted by mggsbms - 04 Feb 2016 16:11

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life in sobriety is sweet. Thank you Hashem for every sober day you send my way.

I want to be proactive. My wife is gono be out of town for a couple of days, not the best setup for me. Any ideas?

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Re: a new start

Posted by Workingguy - 04 Feb 2016 16:17

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[mggsbms wrote on Unknown:](#)

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I can relate. What are the specific challenges? Anything you can do to set ourself up technically not to get into trouble?

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Re: a new start

Posted by mggsbms - 04 Feb 2016 16:23

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There is the physical aspect. Then there is the extra time and opportunity. Both could lead (and have in the past) to lusting episodes.

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Re: a new start

Posted by Gevura Shebyesod - 04 Feb 2016 16:26

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Set yourself a rigorous schedule of activity, and KIT with the oilam here.

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Re: a new start

Posted by cordnoy - 05 Feb 2016 02:57

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[mggsbms wrote on Unknown:](#)

life in sobriety is sweet. Thank you Hashem for every sober day you send my way.

I want to be proactive. My wife is gono be out of town for a couple of days, not the best setup for me. Any ideas?

you have my number; use it!

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