

Group 196

Posted by the.guard - 09 Dec 2016 12:50

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Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch\_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

**??? ?? ?????? ?????? ?????? ????? ???**

Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com).

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Re: Group 196

Posted by stillgoing - 19 Jan 2017 15:48

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[Singularity wrote on 19 Jan 2017 10:38:](#)

[will Succeed Beh wrote on 19 Jan 2017 10:31:](#)

Hi Brothers, I had another fall yesterday morning,

I spoke to my sponsor yesterday night for about an hour (i introduced myself with my real first name!).

Did help me alot, he said i should go to live meetings, and gave me the number of someone in my town thats on the meetings.... i took the courage and called him up - a nice Heimishe guy, i told him my first name and he told me his, he said he'll put me in contact with the guy who is in charge of the newcomers.

I am nervous about going and meeting real live people, but i feel that im not my control any more, so i'll do what it takes me to be sober! and after all we are all in the same boat anyway!

I've also learnt from speaking with my sponsor and as well to that guy, that there is nothing to be ashamed that i've got this addiction / disease, its something that Hashem gave me, and he'll help me fight this as well.

LOL thanks for all your support!

as in Laugh Out Loud or Lots of Love?

Either way, I really hope you grow in the meetings. They are my chemotherapy. I hope you have similar experiences.

Most people dread chemo. Do you find meetings that hard?

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Re: Group 196

Posted by stillgoing - 19 Jan 2017 15:50

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That word should have been DREAD. it was a bad typo to make... and I'm sorry.

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Re: Group 196

Posted by Singularity - 20 Jan 2017 07:52

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[stillgoing wrote on 19 Jan 2017 15:48:](#)

[Singularity wrote on 19 Jan 2017 10:38:](#)

[will Succeed Beh wrote on 19 Jan 2017 10:31:](#)

Hi Brothers, I had another fall yesterday morning,

I spoke to my sponsor yesterday night for about an hour (i introduced myself with my real first name!).

Did help me alot, he said i should go to live meetings, and gave me the number of someone in my town thats on the meetings.... i took the courage and called him up - a nice Heimishe guy, i told him my first name and he told me his, he said he'll put me in contact with the guy who is in charge of the newcomers.

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LOL thanks for all your support!

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Most people dread chemo. Do you find meetings that hard?

Interesting insight. OK. Chemo with a good hit of morphine.

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Re: Group 196

Posted by shua73 - 22 Jan 2017 20:47

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HHi everyone. How's everyone doing? Thread isn't dead I hope

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Re: Group 196

Posted by shua73 - 22 Jan 2017 21:02

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SO I'll share my day with you. My kid fell asleep in my bed last night and was shifting around for a while. Hence I didn't get much sleep. After waking up early, learning with chavrusa, and davening, I came home and watched my kids. After .... I was super tired so instead of doing work on my computer (didn't want to risk slipping, almost slipping, falling or any other similar thing.) After waking up and still being tired I decided to daven mincha before working. After mincha I read stuff from the other threads .. and now started working. **I haven't worked much and the days almost done but I succeeded. That's what's most important to me.**

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Re: Group 196

Posted by Yosef Tikun HaYesod - 22 Jan 2017 23:29

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Thread is not dead.

I may fast tomorrow and call Dovid Chaim during his group call.

Everyone needs to find their way. I get that.

But there still must be a short list of less than 10 things that people have done

which have really helped them succeed long-term. Not sure why people are

not freely giving me their list. Someone suggested that not everyone thinks in terms of lists.

Not really an answer...but whatever.

You can rest assured, that when I finally succeed, I will tell you exactly what things helped.

!

(Shua I responded to your Sharei Teshuva reference, and great job succeeding so far today)

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Re: Group 196

Posted by shua73 - 22 Jan 2017 23:34

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[Yosef Tikun HaYesod wrote on 22 Jan 2017 23:29:](#)

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Everyone needs to find their way. I get that.

But there still must be a short list of less than 10 things that people have done

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Not really an answer...but whatever.

You can rest assured, that when I finally succeed, I will tell you exactly what things helped.

!

(Shua I responded to your Sharei Teshuva reference, and great job succeeding so far today)

TThank you. Also I may write strongly but it's just bc I feel strongly about what I'm writing. It's nothing personal. I'm still rooting for you to succeed.

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Re: Group 196

Posted by LifneiHashem - 22 Jan 2017 23:35

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I actually did provide a list in my Quiet's email last week.

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Re: Group 196

Posted by Yyy - 23 Jan 2017 00:57

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Your current streak is 7 days, maybe share the list how you got to 7 days so people will understand what list you looking for. Meanwhile make sure to get to 8 and 9 and further even without a list:cool:

**Warning: Spoiler!**

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Re: Group 196

Posted by will Succeed Beh - 24 Jan 2017 10:50

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Hi brothers

A lot has been the past few days, (i had off from work, so i couldnt post!).

I've started the *12 Steps* program, reading the *white book* and the *big book*, going to *meetings*, calling my *sponsor* every day, *sharing* with other members.

12 Steps = step zero, admitting i'm powerless... its a hard thing, i already admitted i'm a full fledged addict (took some time) the more i read in the white book the symptoms of an addict, i identified myself!

Meetings = WOW so powerful, a room full of people understanding me, havent got to be ashamed of myself, and somehow not even ashamed that i'm an addict, i'm simply a sick person (same as someone with a physical illness). and i can listen to other people's experience and grow from it.

*To much to write in one post, will probably follow up.*

Thanks g-d for, getting me in to the program, and for meeting / talking to such amazing people.

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Re: Group 196

Posted by will Succeed Beh - 25 Jan 2017 10:51

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Hi seems to be *quite* over here.... so here's something.

I came to realise from the *white book*, if i want to recover, there is no way of doing it gradually...

Meaning first no adult content and after that no exposing picture/video and only after that Shmiras Einayim on the street, because for an addict every sight that generates / feeds lust, keeps the addiction going, although not as much as pornography and so, but it feeds the addiction - "**there is no half measure**" its either all the way or nothing *{for an addict}*.



Its like an alcoholic saying im just going to drink liquor and wine - as they've just got 10-20% alcohol, but no whisky, what he is doing is feeding his addiction... (a normal person can say it, but not an alcoholic).

same is to me as a sexoholic, if i let myself watch even 10% lust (even if its my own wife) - im back into my addiction.

Yes its hard work, but i just have to learn to surrender it to G-d, as he gave it to me, and he is the only one that can help me as i'm powerless!

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Re: Group 196

Posted by Yosef Tikun HaYesod - 25 Jan 2017 11:45

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interesting. It's like they say: do whatever works for you.

I wish you success.

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Re: Group 196

Posted by shua73 - 25 Jan 2017 17:13

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hey people, I fell today. Will give input on my fall and all the things that I'm doing to prevent it in future after I'm back to normal and not in just fell mode. I'm probably addicted to some extent (i.e. not every day but every two weeks). So gonna read some white book and some of another book that i've got... Just trying to be matter of fact about it. TTYL

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Re: Group 196

Posted by Yosef Tikun HaYesod - 25 Jan 2017 19:28

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I'm sorry to hear that.

We are all after long-term success.

What works for one of us may VERY well be different  
than what works for another of us.

We need to find that set of things that works for us.

I wish you success.

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I just wrote what works for Gibbor on my thread. It was very helpful to me.

Maybe take a look.

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