

Posted by Shivisi\_Hashem - 23 Apr 2017 16:49

Thanks *Chevra*

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Posted by Shivisi\_Hashem - 25 Apr 2017 13:19

lets focus again today only for TODAY.

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Re: My Upcoming Dilemma

Posted by Shivisi\_Hashem - 26 Apr 2017 14:51

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I had a great and clean night, my wife is coming home tonight, so I can close for now my [My Upcoming Dilemma](#) , I would like to thank you all for your support, especially Markz, with his when my wife is away It used to be my **lowest** time, with no control at all, not thinking a bit what it will feel after the act, but now, as a GYE member, I had my **highest** time, I'm soooo happy for that, I feel so good.

what it help me overall, Might help others in time of need, support from all of you, the Handbook, Reading forums, and at once when I was in an emergency situation, I went out on my porch and wrote 50 times a slogan..... LoL..... that cooled me down.

next time home alone? in the summer, 8 full weeks, will discuss then..

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great links at his signature, that saved me, not to mention my punishment,

Re: My Upcoming Dilemma

Posted by MayanHamisgaber - 26 Apr 2017 18:12

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Beautiful job

?I think the greatest part was that youwere not afraid/embarrassed to reach out and find the help you needed

A real inspiration

KOMT

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Re: My Upcoming Dilemma

Posted by bb0212 - 27 Apr 2017 04:57

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[MayanHamisgaber wrote on 26 Apr 2017 18:12:](#)

Beautiful job

?I think the greatest part was that youwere not afraid/embarrassed to **reach out and find the help you needed**

A real inspiration

KOMT

That is so important!

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Re: My Upcoming Dilemma

Posted by David26fr - 27 Apr 2017 08:30

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A very very great inspiration !

And like others said, the most important was to seek for help and not being blocked by addiction saying : "You can do it alone ! It's a big shame to talk about it with others !"

And one day at a time too.

Hachem may see all your efforts with a big warm smile, and keep these clean days into your

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