

I'm Back!

Posted by DeterminedtoWin - 04 Jul 2019 23:25

Hello everyone,

It's been a very long time since I've posted or even looked at the forums. The time has come that I've decided I must get involved again if I want to really break free from the addictive and destructive behaviors that keep returning no matter how much better I think (or wish) I am doing.

I joined the GYE program almost a year and a half ago and have grown tremendously from it. I was zoiche to experience the taste of freedom with a streak ending in the 150's. However, once I broke my streak a bunch of months ago it has been off and on ever since. I think that I've been telling myself, "Look, now I know that I can stay clean if I want to and that this doesn't count. I will go back to leaving it all behind one day again, but for now just this once." I still tried to stay clean but would keep falling every few weeks and began to care less and less, always telling myself that I can get clean again and that one day I'll go back to it for real. I've been suffering from a serious case of doing these things so often "na'asa lo k'heter".

I'm not sure what clicked, but now I finally decided that I want to go back to it for real. I very much want to go back to really making it happen and working hard on getting and staying clean for good. I know that when I was involved on the forums it was much easier. I didn't feel as alone. Yes, I do have a partner and a sponsor but I have been feeling too ashamed to give them) and I've come to realize that at the end of the day, "ein hadavar talui elah be."

The problem is that life is so busy and it's not easy to find the time. I am now determined to find the time at least once a week or every other week to visit the forums and get involved again. Also, now that I am being more open with my partner and sponsor it can be easier to stay more in touch with them. It's not easy to admit that I haven't managed to really stop these behaviors but I think it's worth the embarrassment. I also feel bad and hope that I'm not making them meshuga with all my updates and check ins. Life is busy for all of us.

Bottom line - I hereby am reigniting my determination to get clean and be"H will be zoiche to kick the destructive habits once and for all!!

Thank you all for being there,

Determinedtowin

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Re: I'm Back!

Posted by DeterminedtoWin - 28 Jan 2021 23:27

Thank you IMG! I'm honored that my success is a part of your day.

B"H going strong! Had another great day. Looking forward to wrapping up a another solid week tomorrow be"H.

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Re: I'm Back!

Posted by DeterminedtoWin - 29 Jan 2021 20:03

Chasdei Hashem another shtarka week!! It feels so good and I am so grateful. Looking forward to another one next week be"H!

Gut Shabbos,

Determinedtowin

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Re: I'm Back!

Posted by DeterminedtoWin - 31 Jan 2021 17:02

A freilichen Tubishvat!

Back for another super solid week be"H! Ready to stay committed to not going anywhere on my computer that I would not want my wife to see and to stay connected and to keep posting daily. Can you believe this coming Shabbos is already Shabbos Mevorchim Adar! Purim here we

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Re: I'm Back!
Posted by Realestatemogul - 01 Feb 2021 06:32
come!!!

You got this! Hatzlacha!!

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Re: I'm Back!
Posted by DeterminedtoWin - 02 Feb 2021 01:58

B"H another great day! Super busy, but feels good. Like a good work out...

See ya tomorrow be"H!!

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Re: I'm Back!
Posted by DeterminedtoWin - 03 Feb 2021 01:02

21 days - 3 weeks!!

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Re: I'm Back!
Posted by DeterminedtoWin - 04 Feb 2021 00:58

Another great day! Thank you Hashem!!

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Re: I'm Back!

Posted by DeterminedtoWin - 04 Feb 2021 22:58

B"H doing great! I had a lot of free time and used it productively (for the most part). Chasdei Hashem there was no pull to go anywhere or do anything that would have been problematic. Thank you Hashem that I am in this place and please help me that is should only continue!

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Re: I'm Back!

Posted by DeterminedtoWin - 05 Feb 2021 20:01

Thank you Hashem and my GYE chevra for another beautiful week of living b'kedusha!! See y'all next week!

A gutten Shabbos!!

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Re: I'm Back!

Posted by DeterminedtoWin - 07 Feb 2021 18:47

B"H another beautiful Shabbos and on to a new week. Feeling good b"H!

Again, reminding myself to stay away from anything that I would not want my wife to see and to stay connected and keep posting daily.

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Re: I'm Back!

Posted by DeterminedtoWin - 09 Feb 2021 01:23

B"H off to a great start! Had a great day today and looking forward to more up ahead be"H!

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Re: I'm Back!

Posted by DeterminedtoWin - 10 Feb 2021 01:01

B"H for another great day! 28 days, almost 30 be"H!

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Re: I'm Back!

Posted by DeterminedtoWin - 11 Feb 2021 01:05

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Re: I'm Back!

Posted by DeterminedtoWin - 11 Feb 2021 23:07

B"H finishing up day 30! Be"H when I log in and update my count tomorrow morning I will have made it to 30 days in the kedusha zone!

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