

Help!

Posted by pomegranate - 15 May 2025 05:39

I've fallen 3 days in a row after 65 clean days because I can get access to google maps on someone else's device. I'm sorry for letting down my family and everyone here.

I'm trying to understand why somewhere along the line on the way to a fall, my mind gets convinced even without any physical urges that this is something I have no control over and that I have to give in to. At the same time I know this isn't true. What is going on with me?

Hope to share good news with everyone tomorrow and wish everyone Hatzlocho but I don't know how this is going to change at the moment.

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Re: Help!

Posted by pomegranate - 10 Jul 2025 21:34

Thank you, I've briefly started the book, and I have a bit of a connection with HHM Shlita, but I'm on uk time so it's hard to gain more from him. I'm interested in trying to have someone to call in "the moment" but not sure how to organize it. I think it's also a matter of working myself out in order to prioritize the right strategy otherwise it feels like "tofasto merubo, lo tofasto". Do you agree?

Anyway, I'm on my way to day 1 bs"d.

Bessuros tovos to everyone.

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Re: Help!

Posted by proudyungerman - 11 Jul 2025 02:38

[pomegranate wrote on 10 Jul 2025 21:34:](#)

Thank you, I've briefly started the book, and I have a bit of a connection with HHM Shlita, but I'm on uk time so it's hard to gain more from him. I'm interested in trying to have someone to call in "the moment" but not sure how to organize it. I think it's also a matter of working myself out in order to prioritize the right strategy otherwise it feels like "tofasto merubo, lo tofasto". Do you agree?

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I think that makes sense. I think a good phone call with another mentor might be helpful in figuring out which strategy would be smart to start with.

Have you considered connecting with anyone in EY, UK, or any other area in that time zone-ish? What about the west coast of USA? Is that far enough behind that it could work?

Looking forward to hearing from you!

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Re: Help!

Posted by someone123 - 11 Jul 2025 03:29

Hey pomegranate!

I'm by no means at all a mentor but if you're still looking for someone to be able to call you can be in touch with me if you want and we can see how we can work that out.

I'm EY time zone so we only have 2 hours apart.

Feel free to send me an email if you want.

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Re: Help!

Posted by pomegranate - 16 Jul 2025 20:52

I am on day 6 bh but right now I am absolutely furious with 2 people who have been undermining my attempts to be good behind my back that I can't even describe. I don't know what's stopping me from going somewhere with a week filter and misusing it...

I'm going on sos now if the pressure I'm putting on the keys doesn't break my pc.

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Re: Help!

Posted by upanddown - 16 Jul 2025 21:09

Hey pomegranate... Hang in there!!

You are feeling furious. Tell me please in what way will acting out help you?

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Re: Help!

Posted by pomegranate - 16 Jul 2025 21:14

You're right, it will just make the problems worse. It's just that my logic is telling me that it's something I'm entitled to right now.

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Re: Help!

Posted by upanddown - 16 Jul 2025 21:19

It's during these special moments and through this Nisayon that you are becoming a great person!!

But the feelings are real: you are feeling furious. Full stop. Is there any kosher activity you can do to help with those feelings?

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Re: Help!

Posted by pomegranate - 16 Jul 2025 21:23

Yes I'm going to maariv. I'll let you know when I get back that I haven't been anywhere else

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Re: Help!

Posted by upanddown - 16 Jul 2025 21:26

I'll be following up....

Btw this is a ?? ???? for you as you're overcoming this huge challenge..

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Re: Help!

Posted by pomegranate - 16 Jul 2025 22:09

I'm back, and I didn't go anywhere wrong bh and I think i'll be ok till tomorrow. Thank you. (i'm still angry though).

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Re: Help!

Posted by upanddown - 16 Jul 2025 22:10

What's doing, my friend? How are you feeling?

EDIT: Just saw you already updated. Happy to hear. Feel good, and hopefully a new day will come with new strengths!

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Re: Help!

Posted by pomegranate - 16 Jul 2025 22:19

Thank you, thanks for the chance to express myself genuinely, it's a strange feeling, I'm not used to it.

I'm going off the pc now to hopefully get on with my life.

bessuros tovos to everyone

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Re: Help!

Posted by 2448 - 17 Jul 2025 06:14

hey pomegranate,

I just read thru this entire thread randomly and I just wanted to say I am inspired and proud of you for keeping your head up and staying in the fight. Keep up the good work. May you be matzliach in your journey.

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Re: Help!

Posted by goal2beabainoini - 17 Jul 2025 06:52

What is this skin tone feature?

does it work on iOS?

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