

need support

Posted by dave186 - 14 Oct 2010 02:59

hey everybody i havent posted in a while, been on a low , i really want to start today. i sent in the form for a sponsor\partner but didn't recieve a reply. so i hope people are reading this, i will keep u posted and dont hesitate to comment. one day at a time!

=====

Re: need support

Posted by ToAdd - 14 Oct 2010 06:03

Hey Dave

I've been on a low too - one thing effects the other. I found that I became quite vulnerable.

Share your thoughts with us, we're here to help

=====

Re: need support

Posted by kutan - 14 Oct 2010 12:28

[dave186 wrote on 14 Oct 2010 02:59:](#)

hey everybody i havent posted in a while, been on a low , i really want to start today. i sent in the form for a sponsor\partner but didn't recieve a reply. so i hope people are reading this, i will keep u posted and dont hesitate to comment. one day at a time!

Welcome!

Please share your past and present here... you'll be helping everyone else, and by some magic, yourself too!

k

=====
=====

Re: need support

Posted by dave186 - 14 Oct 2010 18:58

thanx guys. i've been struggling for about 15 yrs. i've developed anxiety and tension headaches which i think came from the inner struggle of trying to call myself frum at the same time. i've been living in a cloud for about 10 yrs. it caused me to get married to girl that i didn't even like, which of course ended in a divorce. thank god there is no kids. now hopefully i'll be able to work on myself with you guys help

=====
=====

Re: need support

Posted by ToAdd - 15 Oct 2010 10:36

I have a theory that headaches and lack of peace of mind are often caused by the conflict between the person we know we can be and the person we show the world.

Actually resolving that conflict has been my challenge for the last six months.

just a warning, don't try take on too much at once - it's a trick of the yetzer hora to try make you fail under the pressure.

At least here you can be honest and open. It may not be easy but it really helps and starts the recovery process. But as you said, One day at a time.

=====

=====

Re: need support

Posted by kutan - 17 Oct 2010 01:26

Dave... this is the place!

Best place to work on yourself is here!

Make sure to join one of the 12 step phone groups when the cycles starts over again (only a couple of months...)

=====

=====

Re: need support

Posted by dave186 - 18 Oct 2010 17:51

i agree with u toadd , both are excellent points i feel that if i overcome this i will be one both outside and in. anyway i'm desperately trying to get on the chart but i was on the third day and was trying to fall asleep at night, was having to much tension (plus slept alot on shabbos) after 3 hours i just caved in and finally fell asleep. so i'm trying again and on my second day hopefully better results this time!

=====

=====

Re: need support

Posted by ur-a-jew - 20 Oct 2010 03:59

Welcome Dave. If you haven't already you should sign up for the daily emails and read through the handbook. There's something for everyone there. Hatzlacha on the journey.

=====

=====

Re: need support

Posted by DesertLion - 20 Oct 2010 18:26

Hey Dave,

If you're still looking for a partner, I'd be happy to team up with you. The past few months have been bad for me in terms of falls, so I need to start on a long clean stretch again.

Please let me know what you think.

=====
=====

Re: need support

Posted by kutan - 20 Oct 2010 19:36

[DesertLion wrote on 20 Oct 2010 18:26:](#)

so I need to start on a long clean stretch

Rebbe R' Dov,

Any comment on that?

=====
=====

Re: need support

Posted by dave186 - 20 Oct 2010 23:53

kutan whats ur comment on that? desert gye already sent me a partner ,i'm new to this but if

you want we can keep up.

=====
=====

Re: need support

Posted by kutan - 21 Oct 2010 15:28

All I meant is that Dov's mantra is that a day at a time is best, and leave the mathematics up to Hashem.

But as Dov says often, that's what works for *him*. Whatever works for you is fine!

PS: he has been clean over 4745 "day-at-time"s... straight.

=====
=====

Re: need support

Posted by DesertLion - 21 Oct 2010 23:36

Hey Dave,

If you already have a partner then I guess you won't be needing another one, but I don't see any reason we shouldn't reach out to each other over the forum if the need arises.

To Kután: I'm taking things one day at a time as Dov suggests, but I'm also making strategic goals. By trying to 'live correctly' every day, I hope to attain my long-term objectives.

Thanks guys and I hope all is well.

DL

=====
=====

====

Re: need support

Posted by kutan - 22 Oct 2010 12:46

Desert Lion, you remind me of Kedusha!

He is by the way 515 days clean, or so.

kutan lost count!

=====

====