

**JIP'S Trucking Progress**

Posted by jewinpain - 19 Nov 2010 19:43

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hello buddies, here i am back, it's been a few months since i last posted here on my thread, where should i start & what should i say , i am emotionally too weak to say anything when it comes to talking about myself, got b?h 298 days clean, some days are cleaner than other but according the terms here on GYE I am clean, of course we always gotta strive for the better but we gotta go baby steps, almost had a flat this week, but I was saved , hashem had mercy on me & made me reach out to our 2 holy brothers Reb Yechida & Der hieliger bardciiver who gave me some good chizak, so I came to realize that the road is very bumpy & we gotta learn how to jump up when there is a bomb on the ground or bend down when there is bullet fired above you, constant fighting & of course lots of prayers to hashem cuz after all he is the 1 & ONLY who can help us get cured from this terrible daisies, all of you guys here on GYE have been awesome to me , I got lot of chizak here from ur stories & u are just keeping me afloat , when I feel stronger I will iy?h write a longer post with more specific details as to what happened & what we can do to KOT, & if it helps even 1 yid it's all worth my time, I may not be very active on the public forum over the next few weeks, but my inbox & email and Google talk are always open for anyone who needs an ear, ( I am sure it won't last long I will not be able to refrain from peeking in here

Be safe guys & have me in mind pray for me & I will for you

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**Re: JIP'S Trucking Progress**

Posted by ben durdayah - 05 Jan 2011 21:53

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or a 'possom.

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**Re: JIP'S Trucking Progress**

Posted by ur-a-jew - 05 Jan 2011 23:36

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at least once a day, after all I am a addict  
JIP hang in there we are all davening for you.

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Re: JIP'S Trucking Progress

Posted by jewinpain - 06 Jan 2011 19:09

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Thank u all for davening for me,

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Re: JIP'S Trucking Progress

Posted by 1daat - 09 Jan 2011 06:24

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JIP. I get depression too. Like the lust addiction it feels like we can't stop it. Personally, sometimes I *can't* stop it. But I've posted about it, and the chizuk and suggestions I've gotten have helped a lot. There are some things I do that help. Number one is that I know this heavy hopeless feeling is not what HKBH wants us to live with. Number two, I am *feeling* depressed. *I* am not depressed. I am "H's child, and when I suffer, He suffers. I feel depressed and I am His little son. Number three, I found a good psychiatrist and take medication. My Rebbe is very strong on us using what medicine has to offer us, knowing that ultimately it is His refuah. Number four, I use a light box every day for half an hour. Number five, I make myself stay in touch with all these Ganseh Yiddin at GYE.

Depression is something that happens to us. It's not who you are. Every Refainu I will daven for you. Stay close. Talk to Him a lot. You can stay clean through it all. Do you have people to call? You are not burdening us when you talk about how you're feeling. Would you feel we were burdening *you* if the foo was on the other shut?

Isolation is terrible when we are depressed.

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Re: JIP'S Trucking Progress

Posted by jewinpain - 09 Jan 2011 16:18

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Thank a lot 1daat

B"h I recharged a bit over shabbos and I'm looking forward for a week of staying b'simcha, I am going to force myself to focus on the good things in my life that could have been bad, not to say that the bad things are gone, just not gana dwell on it as in the past & hopefully this will help

Thank u guys

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Re: JIP'S Trucking Progress

Posted by chaimhelp - 09 Jan 2011 16:31

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I am very happy that you are happier

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 11 Jan 2011 06:16

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[chaimhelp wrote on 09 Jan 2011 16:31:](#)

I am very happy that you are happier

me too!

the whole JIP truck looks better when the driver smiles

the chrome wheels sparkle

the subwoofers woof better

the spoiler doesn't get spoiled

the Noam Elimelech stays on the dashboard

the cool shades are right where you left them when you need them

the air horn sings happy lively tunes...

payos flying in the wind...

tzitzis billowing..

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Re: JIP'S Trucking Progress

Posted by bardichev - 11 Jan 2011 06:25

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Jip

Geb a shmaychilll

Keep on trucking!!

B

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Re: JIP'S Trucking Progress

Posted by jewinpain - 11 Jan 2011 13:12

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Tnx zemmy & the rebba, here is a smile for both of u

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Re: JIP'S Trucking Progress

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Posted by ZemirosShabbos - 11 Jan 2011 15:00

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right back at you

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and if you need more...

[www.guardyoureyes.org/forum/index.php?topic=3159.msg83819#msg83819](http://www.guardyoureyes.org/forum/index.php?topic=3159.msg83819#msg83819)

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Re: JIP'S Trucking Progress

Posted by jewinpain - 11 Jan 2011 15:05

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That's too much for now, its in the wrong time

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 11 Jan 2011 15:21

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sorry JIP

was just glad to see you smile

got a little carried away

maybe put some in a doggy-bag for later...

keep on keeping on trucking

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Re: JIP'S Trucking Progress

Posted by bardichev - 11 Jan 2011 15:23

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[ZemirosShabbos wrote on 11 Jan 2011 15:21:](#)

sorry JIP

was just glad to see you smile

got a little carried away

maybe put some in a doggy-bag for later...

keep on keeping on trucking

a possum bag would be more appropriate

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 11 Jan 2011 15:25

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