

**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 i y'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 jewinpain - 19 Dec 2010 21:45

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Rebba, de farshtist nisht kan yiddish,????

Vos hut dus mit mir

R u giving me instructions how to react if c"v I fall

Or vos ?

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at least once a day, after all I am a addict

**Re: JIP'S Trucking Progress**

Posted by bardichev - 19 Dec 2010 21:47

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We need to pick ourselves up no matter what!!!

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Re: JIP'S Trucking Progress  
Posted by jewinpain - 19 Dec 2010 21:50

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Aha!

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Re: JIP'S Trucking Progress  
Posted by jewinpain - 20 Dec 2010 14:09

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Good morning guys, woke up in a little better mood, gana try to stay away 2day from the forum ,  
so I don't open my vent again

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Re: JIP'S Trucking Progress  
Posted by desperate\_teddybear - 20 Dec 2010 16:44

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yay! upward swing!

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Re: JIP'S Trucking Progress  
Posted by ZemirosShabbos - 20 Dec 2010 18:52

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reb JIP

glad to hear u are in a better mood today

does the forum make u feel down? does venting make you feel down?

this is your thread and you can vent all you like, imho

and the forum is a good place to be...

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Re: JIP'S Trucking Progress

Posted by jewinpain - 20 Dec 2010 20:05

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Yes zemmy, its my thread, but when I start venting all the stink comes out and its painful, cuz really there is no solution here, just a good trucking area

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 20 Dec 2010 20:19

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i hear what you are saying about the airing the old 'issues' and how it brings out the bad feelings again.

but often it can be helpful to air them out. it can help you gain a perspective on them. reduce them to their true size. you can gain sympathy and empathy. you can get new insight and possibly ideas about how to do things differently.

and speaking of trucking, when is the Grand GYE Truck Drag-Race?

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Re: JIP'S Trucking Progress

Posted by bardichev - 20 Dec 2010 20:26

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did enny vun noice zemmys post count??

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 20 Dec 2010 20:34

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Re: JIP'S Trucking Progress

Posted by bardichev - 20 Dec 2010 20:52

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Awwwwwww ")  
i did...

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Re: JIP'S Trucking Progress

Posted by frumfiend - 20 Dec 2010 21:30

post counts are like milk, they are only good when fresh. tomorrow they will be different

Hello happy to hear things are feeling better.

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Re: JIP'S Trucking Progress

Posted by jewinpain - 21 Dec 2010 01:21

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Was better in the AM but worse by now, starting to go back to my old dark days, no way out, life sucks

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Re: JIP'S Trucking Progress

Posted by briut - 21 Dec 2010 02:06

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No, no, no. You can't be serious. Not YOU - the master of moving forward! You KNOW you can't give in to despair.

Any chance you just give a little whistle while you walk down the street and say, "I'm not listening to you; come back in an hour if you must but I'm not listening to you."

Anything to buy you enough time to think up some little piece of simcha in your life. Certainly there's some. At least, maybe there's US guys?! Just don't give in to stinkin thinkin. Please.

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