

New here

Posted by Jew - 11 Mar 2011 08:44

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Hi

I'm new here and i'm not exactly sure how to use this but ill start by introducing myself and telling you my story.

I'm a BT and for up to 21 years I experienced everything a normal seular guy does and when I became frum I had real problems letting this go. (i'd love to know how other BTs leave this behgind with the rest of their life) I never thought of it as an addiction and never ever would have thought that it would continue into marriage! "it will go away when you have an outlet", they told me in yeshiva. Well, i've been married for almost 3 years and last night was my breaking point. We have an amazing internet filter (if it wasnt for that i'm sure i'd feel alot worse and more often) that only uses white listed websites but 'where there is a will there is a way'!

I dont want to give too much info as i dont want to mhirhur anything at all. But just writing out my story in very short is feeling very helpful. I feel somewhat liberated already!

Good Shabbos

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Re: New here

Posted by Rising Up - 13 Mar 2011 18:35

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I agree with you Me3. However I have tried something else in addition to what is being offered to me. Although I am still not out of what you call the initial stage, I was aware of the phenomenon that you describe before I started the 90 day battle. What I am doing to supplement my initial euphoria into lasting longer is taking part in the recovery of others. This is being done so by aiding them in their battle, the very same one that I am having myself. This way I can feel the same euphoria that they feel when they succeed. I am obviously taking a risk as I am allowing my own problems to be predicated by the well being of another. However, I do have different members at different stages, some doing better than others. By focusing my emotions upon those that are doing well I am only allowing the successes, and not the failures to emotionally affect me. This allows me to use my euphoria only partially as I am

supplemented by the successes of others. Of course if my entire group were to all fail in one shot I would be pretty down. I do feel that this very much so mimics the final step of the "12 steps". My take in short on accomplishing the "12 steps", far be it from me to be called an expert, is that they can be accomplished in an integrated fashion as opposed to a step-after-step fashion. But that is for another discussion.

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Re: New here

Posted by Jew - 18 Mar 2011 08:11

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Hi All :D :D :D I made it to 7 days!!! I'm so proud of myself. this is the longest ive gone clean in some time! BH BH BH I feel that finally the last time I said the add in, in shma koilainu for tshuva wasnt in vain and to get go a week clean is just a wonderful feeling. 8)

I think the problem now is how to keep this feeling but for now I just want to enjoy a clean Purim Bezrat Hashem.

Jew

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Re: New here

Posted by oblum - 18 Mar 2011 09:40

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[RisingUp wrote on 13 Mar 2011 18:35:](#)

What I am doing to supplement my initial euphoria into lasting longer is taking part in the recovery of others. This is being done so by aiding them in their battle, the very same one that I am having myself. This way I can feel the same euphoria that they feel when they succeed.

Same here. My greatest source of chizuk is seeing other people succeeded trying hard to succeed. So Jew - keep on posting, fighting and praying!

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Re: New here

Posted by ur-a-jew - 20 Mar 2011 13:21

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A frielchin purim. You're doing great. Keep it up. Continued hatzlacha.

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Re: New here

Posted by realsimcha - 21 Mar 2011 18:42

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Hi Jew!

Ever since you posted that great chizuk to me I've been rooting for you. I hope you are doing well.

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Re: New here

Posted by Jew - 22 Mar 2011 20:42

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[realsimcha wrote on 21 Mar 2011 18:42:](#)

Ever since you posted that great chizuk to me I've been rooting for you. I hope you are doing well.

Thats so sweet of you. so nice to feel appreciated. its amazing how this community is full of people that are receivers and givers and all growing together. its a real Kiddush Hashem.

I'm hanging on, had a difficult trip home from work. In England the tube is full of people dressed like there on a beach, regardless of the weather! so had diffiulty with my eyes today, but im still excited about having a clean Purim, was an amazing feeling and now im just aikming for this Shabbos. If I can make it would be amazing.

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Re: New here

Posted by DovInIsrael - 22 Mar 2011 20:44

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just stopping by to say hi.

keep up the good work.

remember the battle is always easier when its 2 against 1

Hashem is on your side... all you have to do is CALL-OUT, and He will be there.!

Dov in Israel (not to be confused with Daily Dose of Dov)

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Re: New here

Posted by realsimcha - 23 Mar 2011 04:42

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I just logged in my DAY 12 and I thought of you. I hope and pray that you are doing well. Its a zchus to be fighting this battle with you. Hang in there! Its one simple goal: Let me go to sleep clean tonight.

On that note -- Good Night!!

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Yawwn!

Re: New here

Posted by Jew - 23 Mar 2011 06:58

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Boruch Hashem although last night was hard, its so difficult when your wife and kids are asleep and its just you alone in that dark room, but then I thought of how awful i'd feel to report that I failed and we won and i live on to fight another night.

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Re: New here

Posted by realsimcha - 24 Mar 2011 03:47

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Thats amazing!! I know exactly what you mean about being up after everyone else has gone to sleep and the only thing not sleeping is me, my computer, and my stresses. But as the chevra has been teaching me, someone else is up too "Hinei lo yanum..." and I think I am going to start talking to him a little more during those lonely nights (Check out Gesher's comment to my thread today).

Thinking about you and hoping that you can continue to go up and up---

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Re: New here

Posted by realsimcha - 25 Mar 2011 01:08

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Jew!! Where are you? Don't get lost my friend - up or down - this is the place to be.

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Re: New here

Posted by Jew - 25 Mar 2011 13:39

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[realsimcha wrote on 25 Mar 2011 01:08:](#)

Jew!! Where are you? Don't get lost my friend - up or down - this is the place to be.

im here! last night was our two week birthday! still going strong and very grateful to be lean for parshas Parah B'eZRas Hashem.

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Re: New here

Posted by realsimcha - 25 Mar 2011 16:22

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HAPPY TWO WEEK BIRTHDAY!!!

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Re: New here

Posted by Jew - 26 Mar 2011 21:03

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Had a clean Parshas Parah! Boruch Hashem.

Just wondering how everyone keeps themselves motivated after the original feel good feeling of being clean. I guess its like anything, a diet or new chevrusa, but how do you sustain it? I keep getting that feeling at night that I need to do something but somehow, so far, with Hashems mercy, i'm still counting!

Gut Voch

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