

Starting again, please help me  
Posted by Jew - 31 Jul 2011 03:40

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I feel so bad, so guilty. :( :(

My story is that I easily did 90 days about a month ago and since then I cant get a week together. Same patterns are seeing things on the street which triggers but I dont realise until a few days later. Saturday night is when it hits, usually cant sleep and start thinking. It happened twice tonight. its now 4.30am in UK and I dont know what to do with myself. just feel sick. :( I so badly want to change. I printed out some of the e books but forget to read them! - im sure they would help. My computer is safe, no access only allowed list access but my wife has a phone with internet I sometimes use. That catches me out.

Please can someone just give me some chizuk? :(

I want to change myself, not just nit look at things.

Thank you for the opporutity to get my feelings out. Last time I did this it worked but I didnt really stick with the forum. once I was on the way I stopped posting.

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Re: Starting again, please help me  
Posted by alexeliezer - 11 Sep 2011 13:48

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OK! Pity Party is OVER!

Despise the act, not the person who did it.

Commit right now to stay away from the computer when you're alone. It's just not safe. Keep your thoughts clean at all times. Thoughts come?--Daven on the spot for help! Work the steps. Find things to do when you "have nothing to do."

Most importantly, begin again RIGHT NOW, TODAY.

Back in the truck---the convoy needs you!

Alex

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Re: Starting again, please help me  
Posted by obormottel - 11 Sep 2011 21:51

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WHERE DO YOU GUYS GET THESE TRUCK PICS?

Mr. Jew,

read the handbook and follow a strategy. You'll be fine. Keep moving to the front of the bus, brother.

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Re: Starting again, please help me  
Posted by Gevura Shebyesod - 12 Sep 2011 01:28

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BardsGarageAndRoadKillRestaurant.com

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Re: Starting again, please help me  
Posted by Back on Track - 12 Sep 2011 03:07

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Got mine at [www.Mostuhsobrietyvehiclesforless.com](http://www.Mostuhsobrietyvehiclesforless.com)

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Re: Starting again, please help me  
Posted by obormottel - 12 Sep 2011 05:23

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[Gevura ShebYesod wrote on 12 Sep 2011 01:28:](#)

BardsGarageAndRoadKillRestaurant.com

I haven't heard funnier stuff in 10 years ;D ;D ;D ;D ;D :D ;D :D ;D

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Re: Starting again, please help me  
Posted by Jew - 12 Sep 2011 19:04

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im back on it! again didnt relapse. I just got top stay away when im alone no matter how many passwords I need to get onto it.

Thanks guys. I cant carry on without you.

Loving the trucks! I'm back on the road.

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Re: Starting again, please help me  
Posted by bardichev - 12 Sep 2011 19:24

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ballagoola.com

alexiballagoolaoftheballshem.com

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