

On board at last

Posted by chaimyakov - 28 Nov 2011 21:20

chaimyakov here.

After 30+ years of addiction I have finally found help. I look forward to growing with all of you.

Chazak V'Ematz

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Re: On board at last

Posted by Machshovo Tova - 10 Oct 2012 16:22

Is _____ pancakes?

[Machshovo wrote on 08 May 2012 14:36:](#)

The distinction between one who is addicted to something and one who just 'likes' the same thing, can perhaps be understood by the following episode:

A man walks into a shrink's office.

- Yes, what can I do for you?

- My wife sent me here.

- Why did she send you here?

- Because I like pancakes.

- Because you like pancakes? I also like pancakes.

- You also like pancakes?! Come to my house! I have a whole basement full of pancakes!!!

('Food' for thought.)

MT

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Re: On board at last
Posted by Gevura Shebyesod - 10 Oct 2012 18:19

Wait a second, do you collect _____s ors?

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Re: On board at last
Posted by chaimyakov - 11 Oct 2012 14:42

Gevura,
Both, in fact, but only _____s have any monetary value beside their intrinsic value.

Now i have worked very hard getting rid of the collection of images that i amassed over 30+ years. Absolutely no value intrinsic or otherwise in any of them. Most are gone, but a few are still floating around. Surely they were filled away in multiple locations and i have yet to clear all those locations.

Progressive victories over lust for all. i'll even buy the first round.

Hatzlacha in all things GOOD!
chaimyakov

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Re: On board at last
Posted by Machshovo Tova - 11 Oct 2012 15:19

[chaimyakov wrote on 11 Oct 2012 14:42:](#)

Now i have worked very hard getting rid of the collection of images that i amassed over 30+ years. ... Surely they were filled away in multiple locations and i have yet to clear all those locations.

Don't forget the brain - and the heart.

MT

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Re: On board at last

Posted by chaimyakov - 02 Nov 2012 14:28

Happy Belated Birthday to me!

i am amazed that it has been a year since i have acted out. Time flies when you are working a program of recovery. i never would have believed it was possible for me to do so, but that was because the 'I' was in my way. Now i have learned that i am truly incapable of not acting out if it is only up to me. i can only be clean today if i turn to HASHEM Yisborach. As soon as i turn to me i am in trouble.

Thank you HASHEM, Guard, and all of you here for teaching/helping/guiding/supporting me and for your patience and understanding.

i am off to another sober day, Bezras HASHEM.

Hatzlacha in all things GOOD!

chaimyakov

ps If anyone who reads this says "chaimyakov was easy, there is no way i can do this too" just slap yourself and get to work. It works if you work it, but you gotta work it every day and every night. Because you are worth it!

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Re: On board at last

Posted by Machshovo Tova - 02 Nov 2012 14:33

Congratulations, CY!

You're an inspiration to all of us. Keep it up, and keep sharing the good news.

Gut Shabbos,

MT

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Re: On board at last
Posted by Gevura Shebyesod - 02 Nov 2012 14:40

A whole year!! WOW! Mazel Tov and KUTGW!!!

Gevura!

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Re: On board at last
Posted by gibbor120 - 02 Nov 2012 15:23

MAZAL TOV chaimyakov! May this be the first year of many until 120!

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Re: On board at last
Posted by mr. emunah - 02 Nov 2012 16:00

Mabrouk! and Masal Tov!

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Re: On board at last
Posted by alexeliezer - 05 Nov 2012 20:08

Nu. Happy belated birthday! ;D

So good to hear of your continued recovery.

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Re: On board at last
Posted by Dov - 06 Nov 2012 17:39

So sweet, CY!! It's really just another good, sober day today...and that's the beauty of it. No real

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Re: On board at last
Posted by chaimyakov - 06 Dec 2012 16:02

B'chasdei HASEM it is a cloudy day for me, so...

G-D - It is all YOU and YOU only and from YOU and YOU alone

Grant me the serenity to accept the things i can not change - such as the past, including my poor/bad choices and especially the poor/bad actions that followed and whatever punishment awaits me as a result, words spoken or not, opportunities missed or blown.

the courage to change the things i can - right now, do i look away or do i gaze, do i try to bypass my filter or not, do i go off into fantasy land or do i live life, do i fight or do i give up the fight, do i rejoice in my relationship with HASHEM or do i languish in desires unfulfilled, do i go into rage at "that" person and whatever "wrong" they did me or smile and move on, do i give or do i take, do i count my blessings or the blessings of my neighbor, do i focus on me or on the other, do i

say why me or do i say Thanks, do i crawl into my cave or do i go out into the world, do i ask "what does HASHEM want of me right now?" or do i pretend that it doesn't matter, do i make that call or not, do i focus on the clouds or the "silver lining"

and the wisdom to know the difference - after 120 what really matters, i only have so much koach- i can try with all my might to push the boulder out of my path and it will still be there so do i push? go around? go over? go under? find another path? turn back?, do i have someone wiser to guide and direct me.

THY will, not mine, be done!

Thanks and as always,
Hatzlacha in all things GOOD!
chaimyakov

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Re: On board at last
Posted by Machshovo Tova - 06 Dec 2012 17:12

[chaimyakov wrote on 06 Dec 2012 16:02:](#)

B'chasdei HASEM it is a cloudy day for me, so...

Reminds me of the Gemara Yoma 28b

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"A cloudy day is entirely sunny"

Rashi explains that on a sunny day, it is warm in the sun and cool in the shade. But on a cloudy

day it is warm all over, because the sun pushes through every little hole that it could find.

So enjoy the warmth of your special sunshine, and keep up your good stretch.

Hatzlacha

MT

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Re: On board at last

Posted by chaimyakov - 06 Dec 2012 21:54

Thanks MT, you gave me a smile on this cloudy/sunny day.

;D

Hatzlacha in all things GOOD!

chaimyakov

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