

I need support

Posted by chaim11 - 28 Sep 2012 19:31

Hello to all my dear friends here on GYE. I'll try to make it short now, later I'll tell my story with details.

I'm already over 100 on this site, BH I managed to stay clean for 101 days after 18 years of living in hell, I wouldn't sell that period for any amount in the world, it was a spiritual Gan Eiden. I got the daily Chizuk emails and true the TAPHSIK method I managed to survive 101 days despite being alone at home at summer time and despite being out of the country in a hotel full of temptations for 6 days. Unfortunately, The Yeitzer and the addiction have managed to overpower me together with my tricks (Yea, I did 10 push-ups before and after, AND I paid my fine for GYE...he told me; no problems, you want to do that do it, do it, but do my part too...) I guess one of the reasons I failed is because I stayed in isolation, even though I was visiting this site almost on a daily base and read with thirst three chizuk emails a day, in Hebrew too, but I didn't communicate with any live member here, I'm almost sure I would make it if I have been on contact with someone.

Now, please give me chizuk, and I need advice how to make sure, or at least what to do different from before, I should do my part it shouldn't happen again.

Thank you so must for all the members here and for the founded of that wonderful site, you are saving not only this generation, but you are saving future generations, that's unbelievable, "Kol hamatzil nefesg achas meysisroel keyilu kiyem oylom moleh" that chazal was written for the founders of this site.

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Re: I need support

Posted by alexeliezer - 28 Sep 2012 20:10

I agree. This addiction thrives in isolation.

You've put together a good plan for getting sober.

Perhaps it's time to move forward into real recovery.

This includes repairing and reclaiming family relationships and friendships, admitting and working on your personal flaws, and working on your relationship with Hashem.

Take a look at the 12 steps for some guidance on what to do next (you can find a link to them on the home page).

Good to have you with us here.

Alex

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Re: I need support

Posted by JustKeepGoing - 03 Oct 2012 20:27

Welcome!

Keep working at it and you can experience real living, g-d willing 24-7

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Re: I need support

Posted by lipa.bob - 12 Oct 2012 06:56

Dont worry about it we are all with you-take all the steps that are necessary (i.e. 12 steps) and all will be fine ! Keep climbing!

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Re: I need support

Posted by chaim11 - 22 Dec 2012 00:12

Many thanks for your support and advice.

I started the count again, and BH counted 48 days clean days so far. I joined a 12 step group phone conference, I'm taking it very seriously, working thru the 12 steps.

I feel very strong, although I'm not deluding myself and not getting complacent; I know the 'giant' could emerge out of nowhere at any given moment and attack mercilessly.

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