

I have a question

Posted by truthornott - 25 Jul 2014 02:25

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Re: I have a question

Posted by dms1234 - 25 Jul 2014 03:04

WELCOME!

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Re: I have a question

Posted by dms1234 - 25 Jul 2014 03:04

WELCOME!

Not sure, depends on the severity of the addiction perhaps. For me, it helped ALOT! Having that connection with guys here is just incredible!

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Re: I have a question

Posted by reallygettingthere - 25 Jul 2014 03:18

Your English is great.

There is more than one approach to dealing iwth addiction. 12 step meeting is one of the ways. It is very effective for many.

I would recommend though, that you don't stay isolated. eEen if you don't go to meeting you need someone to talk to, to open up to and to bee 100% honest with.

Eli

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Re: I have a question

Posted by cordnoy - 25 Jul 2014 03:56

Welcome

There are many ways for recovery.

Try 'em out.

I did myself; managed for 90.

Then started calls and a therapist; managed for 115.

then added a group; managed for 158.

Now, I added a specialist and I truckin' along (although my truck was stolen near some check point in the Galil).

b'hatzlachah

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Re: I have a question

Posted by unanumun - 25 Jul 2014 13:51

cordnoy,

I can give you the truck back if you want. I'll find another one to steal.

truth,

There are guys that manage just from the website, but you gotta decide that you will do whatever you need ehatever it will be - even if you are the only one that needs to do it.

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Re: I have a question

Posted by truthornott - 25 Jul 2014 16:05

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Re: I have a question

Posted by ineedchizuk - 25 Jul 2014 16:56

When not educating us, Cordnoy is busy at many meetings.

Sometimes with the therapist, sometimes the professional, sometimes the specialist.

Sometimes he goes by car, sometimes by truck, sometimes he takes his elephant.

What'd I leave out, Cordnoy? (-:

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Re: I have a question

Posted by unanumun - 25 Jul 2014 17:18

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Re: I have a question

Posted by cordnoy - 25 Jul 2014 17:18

Cordnoy doesn't do educating

Perhaps educatin'

Even then, I don't wanna come off as that.

I like to share my experiences.

Perhaps that in itself is educatin'.

And yes, I think you got it all.

Therapist long distance over phone or shype.

Quasi-therapist over phone, in-person and chat.

SA meetin's

Real specialist in marriage and sexual behavior.

And regardin' how I get there, there are many ways.

Perhaps I'll even try a motorcycle that goes v'room v'room....

or....

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Re: I have a question

Posted by gibbor120 - 25 Jul 2014 17:40

WELCOME! I look at it the same way as medicine. Take the smallest recommended dosage. If that doesn't work, up the dosage.

Meaning, see what works. Not everybody needs meetings or a therapist. Some of us just need a good friend or rebbi to talk to. If it is not working, then reassess.

Hatzlacha Rabbah!

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Re: I have a question

Posted by ineedchizuk - 25 Jul 2014 20:07

35 days. Gevaldig.

From all the people that say their English is poor, yours is the best! (-:

As usual, Gibbor's great advice is masked by its simplicity.

You've been doing quite a bit of work- impressive.

The common denominator is that no matter where we're at, if we see ourselves slipping, we need to reach out and look to find something that might be more helpful for us.

You're clearly expressing that you need more to help in order to stay clean. So whatever works. It's warming to see how this virtual community gives such feelings that were not alone in the struggle, that it actually got you through the day! I have the same experience.

So stick around. Take advantage of all the site has to offer especially the great guys you can share with. If you still need more, sa sounds like a nice idea! (although I personally am struggling with how much I'm ready to put myself out there for the sake of my recovery.)

Oh, and welcome, Truth! Stick around, keep posting.

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Re: I have a question

Posted by truthornott - 01 Aug 2014 00:00

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Re: I have a question

Posted by cordnoy - 01 Aug 2014 00:40

Great to hear!

Keep it up!

b'hatzlachah

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Re: I have a question

Posted by Pidaini - 01 Aug 2014 15:10

Wlecome truthornott!!

Looking forward to hearing from you more!!

KUTGW!!

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