

looking for help

Posted by trysohard - 04 Aug 2014 11:50

i usually don't have web access but for the next 2 weeks i'm staying somewhere that has. just tonight i fell and decided it's time to join. i've been struggling on and off for over 10 years. even when i don't have a pc, i use my wife's cellphone (not a smartphone) which she doesn't realize has internet. Hashem please help me find a **permanent** solution here!

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Re: looking for help

Posted by cordnoy - 20 Aug 2014 16:47

We are lookin' forward to your sporadic postin's....

b'hatzlachah

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Re: looking for help

Posted by trysohard - 08 Oct 2014 10:21

hi everyone! just checking in. since my last post i did fall twice in the beginning, but since then B"H i've managed to stay clean! this is my longest clean streak in a while! with much thanks to all the chevra here and of course through Hashems loving hand that guides us all. May you all have a chag kasher v'sameach

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Re: looking for help

Posted by dms1234 - 09 Oct 2014 02:09

WOW! Incredible!!!!!!!!!!!!!! Keeep it up!

What steps have you taken? How have you done it?

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Re: looking for help

Posted by trysohard - 12 Oct 2014 09:16

if you've been following my thread, you'll see that i currently don't have internet access often, so it's much easier. of course, when i do have access, i can get major attacks. i find it helpful to log on and post something, or even better, to chat with someone. once i don't feel that i'm alone, i have a much easier time.

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Re: looking for help

Posted by shomer bro - 12 Oct 2014 21:09

Likewise! Staying connected to others on this forum helps me tremendously! If all i did was post my own posts, dayeinu.

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Re: looking for help

Posted by trysohard - 14 Oct 2014 21:31

unfortunately, i just fell the last 2 days. i just joined the 90 days chart.

here's a link.

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/241316-90-is-a-big-number-but-with-time-will-get-smaller

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Re: looking for help

Posted by shomer bro - 15 Oct 2014 00:06

Don't despair and become depressed! Ot may feel like an impossible task, and i can totally relate to feeling the tug of the yetzer hara to go look at stuff and act out. But we gotta take it one day, one moment at a time. You can do it! Brush yourself off and KOMT

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Re: looking for help
Posted by 360gye - 21 Sep 2016 20:05

Hey,

I think joining the 90-day chart will help out in staying clean, i know it has for me. Good luck and please keep posting

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Re: looking for help
Posted by Markz - 21 Sep 2016 20:38

Is it October 14th today...

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Re: looking for help
Posted by trysohard - 22 Sep 2016 04:24

october 14th 2014....

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Re: looking for help
Posted by trysohard - 25 Sep 2016 02:15

Then again, I didn't stick around here long enough two years ago to learn what it really takes to succeed. Last week I started reading the dov quotes in Gibbor's signature, and I felt like he was

talking straight to me. Now all I gotta do is listen to his advice and hopefully I'll finally get sober.

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Re: looking for help

Posted by serenity - 25 Sep 2016 02:37

sounds like a plan

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Re: looking for help

Posted by Markz - 25 Sep 2016 02:40

Good you have a plan, else serenity would let all hell loose on his thread

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Re: looking for help

Posted by trysohard - 25 Sep 2016 06:18

I never read serenity's thread until today, and it sure is an eye opener. It's a plan if I do it and don't just think about it.

To quote someone;

What does it mean to be "willing to go to any lengths to get what we have"? The natural instinct here is start thinking about what I'm willing to do to get sobriety. In other words what makes sense to me. So I'll look through the GYE tools and pick and choose, maybe I'll join SA, maybe I'll do a GYE phone meeting, maybe I'll get a sponsor. Yea a sponsor that makes sense. Ooooh ooooh ooooh, I know, I'll join Dov's Desperados! That really sounds cool. Yea, I'll do all that stuff, why not give it a try or why not try it again.

The problem with that thinking is that it is total baloney. We aren't ready to go to any lengths, if we are sticking our own thinking into it. You know where our thinking got us, no where. At least

that's the case for people like me. If your thinking works for you, then you are due full respect.

When I am willing to go to any lengths? When I say "yes" to the person asking "are you willing to go to any lengths to have what we have?". And when I then proceed to ask him what I need to do based on his experience. He's the person that has what I want and I am now ready to listen to him tell me what I have to do to get there. What I think, is meaningless, unless he tells me otherwise.

Thanks for those words Serenity, I hope they help give me courage....

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