

Sometime it may take many falls to get back up...

Posted by dontevergivein@gmail.com - 23 Jun 2015 21:25

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Alright...It has been a while since i was on the forum. Its time to get back into it.

I was doing great for a good while, I thought I finally had some freedom. I learned the hard way that I will always remain an addict. After like 20 days i fell...then it was a spiral down hill from there, for the past 2 days i just needed to fulfill that urge. I had to look at some shmutz to be Motzei Zera.

It is really getting tough here. i feel like i am loosing self esteem and confidence.

But, I am now ready to go out it again. i am ready again to post actively on the forum and speak out about my progress. I will iyh make Proper Taphsic Fences and in 2 day from now i intend to start the 90 day challenge. it will be tough but i must get this out of me and finally be free. it is eating me up alive.

i also intend to start listening to the group calls and see what i can gain from this.

I must get rid of this because i am entering the shiduchim spectrum. I MUST TAKE CONTROL. AND I WILL TAKE CONTROL ONCE AND FOR ALL ONE DAY AT A TIME.

Please lets be in touch over here.

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Re: Sometime it may take many falls to get back up...

Posted by cordnoy - 23 Jun 2015 21:34

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Welcome back

Many of us are here for a while and control is not our middle name.

There are those who possess that.

Bhatzlachah to you.

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Re: Sometime it may take many falls to get back up...

Posted by Bigmoish - 23 Jun 2015 23:00

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[dontevergivein@gmail.com](mailto:dontevergivein@gmail.com) wrote:

I will iyh make Proper Taphsic Fences and in 2 day from now i intend to start the 90 day challenge. it will be tough but i must get this out of me and finally be free.

2 days from now? Something wrong with today?

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Re: Sometime it may take many falls to get back up...

Posted by yiraishamaim - 23 Jun 2015 23:24

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[dontevergivein@gmail.com](mailto:dontevergivein@gmail.com) wrote:

But, I am now ready to go out it again. i am ready again to post actively on the forum and speak out about my progress. I will iyh make Proper Taphsic Fences and in 2 day from now i intend to start the 90 day challenge. it will be tough but i must get this out of me and finally be free. it is eating me up alive.

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Please lets be in touch over here.

Good strong attitude. So its posting, Taphsic, and 90 day challenge.

Have you done this in the past and has it worked? If you have, you probably need more intervention.

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Re: Sometime it may take many falls to get back up...  
Posted by serenity - 24 Jun 2015 01:10

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Welcome back home!

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Re: Sometime it may take many falls to get back up...  
Posted by shlomo613 - 24 Jun 2015 01:30

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Welcome back!

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Re: Sometime it may take many falls to get back up...  
Posted by gibbor120 - 24 Jun 2015 16:27

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[cordnoy wrote:](#)

Many of us are here for a while and control is not our middle name.

I learned that I needed to give up control to G-d in order to be free. NOT take control (which is a very common sentiment, especially by new members). Trying desperately to be in control is a good part of the reason I could not break free from acting out for over 20 years.

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Re: Sometime it may take many falls to get back up...  
Posted by dontevergivein@gmail.com - 24 Jun 2015 16:55

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the reason i mention 2 days is because i want to be a day clean before starting the 90 day...

bh started today...doing good so far. i had a talk today with hashem during shachris mentioning my new hachlatos...

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Re: Sometime it may take many falls to get back up...  
Posted by abd297 - 24 Jun 2015 17:24

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Good luck and great start. It's great that you realized yourself that you can't do this alone, it shows a lot of awareness and personal strength. Its also amazing that when you fell after your last streak that you weren't discouraged from getting help and you moved on. The Shaarei Teshuva writes that you must start new as if nothing happened in the past. You must throw off anything from yesterday and start new on your journey. When you are further down the road you can reflect and do what must do but that's later on.

Keep it up!

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Re: Sometime it may take many falls to get back up...  
Posted by dontevergivein@gmail.com - 24 Jun 2015 20:17

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well i fell.

it sucks.

i will have to keep my neder that i made...hopefully this will keep me up in the future...her we go again...

i wonder will i ever break free of this terrible disease..

i know what the issue is...i am alone all by myself for practically the whole day

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Re: Sometime it may take many falls to get back up...

Posted by abd297 - 24 Jun 2015 20:43

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You got to get connected with people. Find things that you like to do and get out and get busy. Find a job, chesed, friend, activity, etc... to fill up your day. Keep pushing through, you are not alone. Good luck and keep posting.

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Re: Sometime it may take many falls to get back up...

Posted by dontevergivein@gmail.com - 01 Jul 2015 04:40

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Bh i am trying really hard..

i am 2 days clean now bh...keeping in mind the whole marriage and shiduch scene thing really is a helper..

hope to hear from people.

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Re: Sometime it may take many falls to get back up...

Posted by serenity - 01 Jul 2015 04:54

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Just for the day, ask Hashem before you do anything if it is His Will for you. U have to do it for everything though.

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