

HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:48

Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

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Re: HELP ME

Posted by pischoshelmachat - 29 Mar 2016 17:45

Why not share his name. I am sure that there are many boys who would love to speak with him.

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Re: HELP ME

Posted by Aryeh821 - 29 Mar 2016 19:09

[pischoshelmachat wrote:](#)

Why not share his name. I am sure that there are many boys who would love to speak with him.

Maskim

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Re: HELP ME

Posted by realsimcha - 30 Mar 2016 12:54

It goes without saying that you should ask him first

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Re: HELP ME

Posted by Aryeh821 - 30 Mar 2016 14:32

[realsimcha wrote:](#)

It goes without saying that you should ask him first

Maskim as well

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Re: HELP ME

Posted by Fb2016fbt - 31 Mar 2016 02:54

Today was day 8, and bh I feel pretty good. As I'm going through the steps, I feel like the first 3 steps are quite similar about making a conscience decision to accept that I am an addict and only HaShem could help me. What r the oilams thoughts?

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Re: HELP ME

Posted by Yesod - 31 Mar 2016 14:24

[Fb2016fbt wrote on 31 Mar 2016 02:54:](#)

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My thoughts aren't the greatest, still working on getting rid of them.

Try someone else.

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Re: HELP ME

Posted by realsimcha - 31 Mar 2016 14:50

[Yesod wrote on 31 Mar 2016 14:24:](#)

[Fb2016fbt wrote on 31 Mar 2016 02:54:](#)

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My thoughts aren't the greatest, still working on getting rid of them.

Try someone else.

You cant get rid of them You can only replace them.

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Re: HELP ME

Posted by OTR - 31 Mar 2016 23:55

Yes fb I agree with what your saying. I also find the first 3 a lot easier than the 4th and fifth.

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Re: HELP ME

Posted by Fb2016fbt - 03 Apr 2016 03:06

I'm going through the aa book, and I guess the mehalech is to just substitute alcohol for whatever addiction one would be working on?

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Re: HELP ME

Posted by markz - 03 Apr 2016 03:12

[Fb2016fbt wrote:](#)

I'm going through the aa book, and I guess the mehalech is to just substitute alcohol for whatever addiction one would be working on?

You could!

Are you reading the SA White book too?

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Re: HELP ME

Posted by Fb2016fbt - 04 Apr 2016 18:07

No where can I get a hold of the sa white book?

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Re: HELP ME

Posted by Fb2016fbt - 04 Apr 2016 18:08

Also in the 9th step ur supposed to basically tell everyone that ur actions have in some way affected. There is no way I'm getting up and telling 20 people about this!!!!

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Re: HELP ME

Posted by Sasha 2 - 04 Apr 2016 18:17

I'll email u a link to the SA book

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must say you're doing really great if your holding by step 9 already!

RE: HELP ME
Posted by Fb2016fbt - 04 Apr 2016 19:26

Nah I'm reading through the whole book first and stam it talks about the 9th step so ya know

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