

This time its serious

Posted by truevision - 13 Apr 2016 23:25

How many years I thought i was good and then... sometimes a major slip sometimes a minor slip. Im sure we all know the cycle is endless. Ive told myself countless times I would join one of the call forums etcc.. I joined gye a couple years ago but never sufficiently gave it the time i need to. So this time I want to make this lasting. I believe I have a lot to contribute and I would love to be of help as much as I help.

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Re: This time its serious

Posted by markz - 13 Apr 2016 23:35

Hey TV welcome!!!!

Hope you forgive me, but some of us prefer short ~~Devish~~ names

This time its serious > "***I would join one of the call forums etcc..***"

Cordnoy (is hovering over this page right now - beep beep!!) is restarting his on Monday

Get fellshmellbelling right over to it!!

Hope you find a comfortable lane on the highway - **KOT!!**

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Re: This time its serious

Posted by cordnoy - 13 Apr 2016 23:35

Welcome,

So how do you plan on making it lasting this time?

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Re: This time its serious

Posted by truevision - 14 Apr 2016 17:55

for the longest time i felt i could do it on my own. I can go on long streaks not using the internet or only using heavily filtered internet. and then when I become comfortable and think that i will never break again, thats when i let my guard down and get hit everytime. This time Im using the community as a tool that I will have to 1. answer to 2. be strengthened by everyone. 3. contribute as well. Im using the community as if I now have a new job that involves many people in the same business with work to be done. (im not sure if ive explained the mentality well enough im just short on time)

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Re: This time its serious

Posted by cordnoy - 14 Apr 2016 22:18

No problem.

Except that many people here in this community post all the time that they just fell.

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Re: This time its serious

Posted by markz - 14 Apr 2016 22:23

[cordnoy wrote:](#)

No problem.

Except that many people here in this community post all the time that they just fell.

Which keeps me on my toes all the time, because I believe the depressed people's thread may never ever be overtaken by the falling thread

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Re: This time its serious

Posted by truevision - 28 Jul 2016 18:12

Hey everyone.

Hope everyone's summer is going well. So here is my question, bh i have pretty good streak going being clean from shmutz and hzl. But my drinking has increased. Ive always been a drinker, like minimuly 1 beer a night often 2 (by myself) it has affected me only negatively over the years and i thought i was addicted so i went cold turkey for a month no problem. Then i tested 3 months no problem. So i told myself i dont have a problem and i went back to my beer or 2 a night and when there is an occasion i drink heavy. At the end of the day im assuming now that i really do have a problem. Help. I cant fight so many addictions at once! And thats besides my shalom bayis problems where i vent at my wife once every week or two making her feel inadequate and useless. She feels like i hate her and i love she can just be so frustrating and i dont know how to control my mouth. Anithet thinh im working on. Can all of ybe above just stem from one thing? Ive seen a marriage counselor for a couple months and read books and havent seen success. I need advice

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Re: This time its serious

Posted by Markz - 29 Jul 2016 07:40

Marriage counselor isn't a personal therapist.

We typically share our stories with you and perhaps there's not too many anonymous alcoholics here, although I think it can be connected

Please checkout the GPS below

Please KEEP ON TRUCKING

Please

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Re: This time its serious

Posted by serenity - 31 Jul 2016 18:19

Being a person who has multiple addictions myself, I can relate. The advice I was given was not to tackle everything at once. To decide what is affecting my life the most and focus on that., That being said I don't think I can maintain sexual sobriety while my mind is being altered by alcohol. Another point to consider is that the disease is the same, the question becomes how it is being manifest in us. The sex, the alcohol and the food etc. are symptoms of a disease of the body, mind and spirit. We have to treat the spiritual malady just as much as the physical. If we can treat the causes and conditions then perhaps with the help of Hashem we will receive a daily reprieve from the obsessions that consume us.

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