

It's been a while

Posted by yearning2bfree - 20 Sep 2018 03:41

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I spent some time here a while ago, but haven't been doing well for a couple years. I want to try posting at least once a day to see if it will help me. I also started the 90 day chart again. A gut your to everyone!

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Re: It's been a while

Posted by i-man - 20 Sep 2018 03:50

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Hello there & welcome back

I did the same thing and i stuck it out on the 2nd time around BH doing good

Hatzlacha!

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Re: It's been a while

Posted by Markz - 20 Sep 2018 04:03

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[cordnoy wrote on 23 Oct 2014 22:47:](#)

[yearning2bfree wrote:](#)

Well, I made it through without falling - thank you to everyone for their support and chizuk. I feel like I was a "dry drunk." I spent a lot of time playing computer games or otherwise avoiding life. I think it would help me to do the 12 steps to learn to live life without fear. Does anyone have advice for me in taking the next step?

Thanks!

Post!

Welcome back brother

You have cord's approval, what more do you need?

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Re: It's been a while

Posted by gyehelp2017 - 20 Sep 2018 04:27

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Great time to (re)start fresh right after yom kippur. by showing your commitment to do what's right you encourage all of us around here, you are helping all of us not just yourself, we all need some chizuk never enough, keep it up!

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Re: It's been a while

Posted by yearning2bfree - 20 Sep 2018 16:31

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Well I already had a fall... It is really hard to post this, but I'm hoping honesty will help me. I need to avoid bringing my phone into the bathroom.

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Re: It's been a while

Posted by i-man - 20 Sep 2018 17:57

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[yearning2bfree wrote on 20 Sep 2018 16:31:](#)

Well I already had a fall... It is really hard to post this, but I'm hoping honesty will help me. I need to avoid bringing my phone into the bathroom.

..And your bedroom, and your office , and any room that you can be alone in ....or you can block access to stuff on your phone ...

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Re: It's been a while  
Posted by i-man - 20 Sep 2018 18:44

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I apologize - I am making an assumption based on what you wrote that your phone is not properly filtered, if indeed it's not- than honesty as you say you want would require you to take a serious look into that. .

good luck

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Re: It's been a while  
Posted by Hashem Help Me - 20 Sep 2018 21:54

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Welcome. It should be with hatzlocha. What have you tried in the past? What are your triggers?

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Re: It's been a while  
Posted by yearning2bfree - 21 Sep 2018 16:26

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Your right I do have some level of filter but it's not enough. That's definitely something to work on.

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Re: It's been a while

Posted by KoachCheshvan - 25 Sep 2018 22:02

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Same here. I was here a while ago, and decided to come back and try again to make the 90 days. And A gut yor to you too.

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Re: It's been a while

Posted by mzl - 26 Sep 2018 02:43

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[KoachCheshvan wrote on 25 Sep 2018 22:02:](#)

Same here. I was here a while ago, and decided to come back and try again to make the 90 days. And A gut yor to you too.

Hatzlacha raba

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Re: It's been a while

Posted by Realestatemogul - 27 Sep 2018 02:41

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Welcome Back!

Its so interesting how many people have found success on a second visit to the site. I was on here years ago (a different username) and now I am back and taking it much more seriously. On the one hand I could think that its a shame that I didn't take it seriously then, but on the other hand maybe I wasnt ready to be helped.

The reason I am saying is this is just to point out that you shouldn't let past failure dictate your future. I was hopeless until I truly started to believe that my past doesn't have to decide the rest

of my life. Now, B"H I am on a path towards a new life. Whats helpful is 1) just to believe in yourself because Hashem believes in you and he is the one in charge giving you the ability to break free and 2) realize that your not stuck and while it feels like there is a crushing mountain on top of you, with just a slight rethinking you realize its completely self imposed. The same way for an hour or a day you had the ability to conquer this, so too for a series of consecutive hours and days you can conquer this challenge.

Sometimes we are more scared of succeeding than failure. Failure is familiar and we are comfortable with it, we have lived together our whole life. Success is something new and we don't know if it will be easy or even possible, but obviously it is attainable and when we get there it is all the more sweeter....and soon it even becomes quite familiar.

Can't wait to be a part of your journey!

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Re: It's been a while

Posted by Hashem Help Me - 03 Oct 2018 04:51

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[Realestatemogul wrote on 27 Sep 2018 02:41:](#)

Welcome Back!

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Can't wait to be a part of your journey!

Beautifully written!

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Re: It's been a while

Posted by yearning2bfree - 22 Oct 2018 21:19

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It's been a while, but I just upgraded the filter on my phone to a more serious one (Genetec installed by TAG) and I think it will be a big help. I have more hope than I've had in a while. I'll try to keep everyone posted.

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Re: It's been a while

Posted by Hashem Help Me - 23 Oct 2018 00:37

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You took a courageous and wise step. Besides the actual benefit of removing access, by following the daas Torah of Gedolei Yisroel who are instructing everyone to limit whatever possible, you will iyh be zoche to added syatta d'shmaya. Another practical move would be to reach out (if you have not already) to some people here to create a group of caring chevra who will be there to support you especially in the beginning when it is a little tougher due to withdrawal....

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