

In dire need of support

Posted by notgivingup321 - 15 Jan 2024 17:33

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I have been sober for a very long time

long story short my friend/partner shlepped me to for a few days outing to not a good place and I felt like something went into me I couldn't resist and I fell badly

I NEED HELP I CANT BELIEVE THIS HAPPENED

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Re: In dire need of support

Posted by notgivingup321 - 16 Jan 2024 00:30

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[yitzchokm wrote on 16 Jan 2024 00:01:](#)

I sent you a private message. You can access it on the forum homepage.

Ok thanks much

just bought this book of Amazon

I hate to read digital I'm much better with physical hard copy book

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Re: In dire need of support

Posted by eerie - 16 Jan 2024 23:53

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In my limited experience I have seen that people who keep up with friends that are in them in this struggle really helps them keep up the momentum. My friend, I'm sorry for the pain. It really hurts. Remember, you are human, and human beings are challenged. And we sometimes fall. That's ok, as long as we just GET UP AND KEEP TRUCKING!!! Stick around, my friend. Share. And Smile!

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Re: In dire need of support  
Posted by notgivingup321 - 18 Jan 2024 15:31

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BH I've achieved a two-day clean streak, and it's a small victory compared to being clean for over 1200 days. I often wish our minds and subconscious were akin to computers, easily reprogrammable. Rabbi Avdiger Miller says that there's no true deletion from the subconscious; instead, we should focus on building positive layers on top of it, accumulating as much as we can.

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Re: In dire need of support  
Posted by 0711 - 18 Jan 2024 19:22

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[notgivingup321 wrote on 18 Jan 2024 15:31:](#)

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I can very much relate to the way you're feeling. You CANNOT let yourself get pulled down by this setback. The real ????? ???? for you just began. As we say ???? ??? ??????????, it means after the ???, to not allow ourselves to fall for the trap of the YH.

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Re: In dire need of support  
Posted by notgivingup321 - 16 Feb 2024 14:19

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Today marks 31 days clean still have a long way to go to get back to 1300 days where I'm coming from

important lesson I learned you can NEVER let your guard down and you ALWAYS have to avoid triggers

As a Jew it's also important to know that it is not all or nothing we have an opportunity for greatness each and every day.

I started reading the book almost every day the battle of the generation and it really helps to put things in perspective and to slowly re-wire the brain

Wishing ALL of you a warm and lovely Shabbos

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Re: In dire need of support  
Posted by SisonYishecha - 17 Feb 2024 20:05

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[notgivingup321 wrote on 16 Feb 2024 14:19:](#)

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Wishing ALL of you a warm and lovely Shabbos

Amazing!

Keep it up!

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Re: In dire need of support  
Posted by boardg - 16 Apr 2024 10:49

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congratulations on 90 days

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Re: In dire need of support  
Posted by notgivingup321 - 16 Apr 2024 17:25

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Thank you, Hashem, for granting me the strength to reach 90 days. Although it pains me greatly to have stumbled after 500 clean days, it was a vital lesson learned: as long as you breathe, you must NEVER let your guard down and always avoid all triggers.

I am grateful to enter this holiday of holiness with 90 clean days behind me, even though it could have been 600 days.

Thank you so much to all my GYE brothers for your support, both publicly and privately. I LOVE YOU ALL.

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Re: In dire need of support  
Posted by fighterwithfire - 19 Apr 2024 04:26

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"As long as you breathe, you must NEVER let your guard down and always avoid all triggers."

FACTS.

Terrific perspective-keep up the amazing work!!!

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Re: In dire need of support  
Posted by notgivingup321 - 09 Jan 2025 22:06

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Wow, just wow! With immense gratitude to Hashem, I want to express how thankful I am as I approach a year since last year's difficult fall. Baruch Hashem, I was able to stay clean this year. THANK YOU, HASHEM!

It's all about being brutally honest with yourself—identifying your triggers before they escalate into desire and avoiding them at all cost.

Thank you GYE for your amazing support

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Re: In dire need of support  
Posted by time2win - 15 Jan 2025 14:06

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Congrats!

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Re: In dire need of support  
Posted by Muttel - 15 Jan 2025 14:13

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Congrats!!

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**GYE - Guard Your Eyes**

Generated: 6 April, 2025, 12:55

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Re: In dire need of support

Posted by excellence - 15 Jan 2025 20:18

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[notgivingup321 wrote on 16 Feb 2024 14:19:](#)

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You are not getting back to 1300 days, rather you are moving further forward with these 1300 days already in your pocket.

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