

Day 3 of posting on here

Posted by littleneshamale - 04 Mar 2025 03:47

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Hey squad, day 3 here of posting. Thought I'd be 3 days clean by now but... I'm not. Slipped up today after work. Wasn't much of a battle, I kinda just gave in after a few minutes of internal struggle. Didn't even bother to call my guy. Was just annoyed at someone and was craving nicotine even tho I haven't had nicotine in over 2 years. But in my office there's a bunch of ppl near me always using and it got to me, I was craving it but no one would let me use theirs bc they "didn't want me to be in their dreadful boat" so I was annoyed and went to a diff addiction I have

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Re: Day 3 of posting on here

Posted by proudyungerman - 04 Mar 2025 16:11

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Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight. Some of them you may be familiar with, some may be new.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle.

Posting is a great way to connect, learn, and grow also.

(Maybe keep postin' on this thread to keep track of your progress...)

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel  
- [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife  
- [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com)

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: Day 3 of posting on here  
Posted by littleneshamale - 07 Mar 2025 22:31

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Thank you for your message @proudungerman. Havent rllly been sticking to posting everyday bc I just kept faling. BezH going to have a wonderful Shabbos and hopefully keep going. Was able to stay clean today by staying busy but am still craving but luckily shabbos is here. Asta lavista chevra, have a great shabbos!

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Re: Day 3 of posting on here  
Posted by altehmirrerr - 09 Mar 2025 03:10

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Nuuu so how was shabbos **BIG NESHAMALAH?**

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Re: Day 3 of posting on here  
Posted by littleneshamale - 09 Mar 2025 05:33

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Shavuah tov, thank you @altehmirrerr for being here. Keeps me sane knowing there's ppl out here with me. Bh shabbos was nice - stayed strong over shabbos and motzei shabbos.

Unfortunately I didn't completely keep shabbos, I didn't use me phone but I used my vape over shabbos a lot. I rly hope im not just creating a new addiction, but I honestly think that's just hopeful thinking. But my mind in regards to this site has been strong and bezH am going to begin the program on here this week. This week will be better.

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