

Slippery Slopes! Watch out!

Posted by DovInIsrael - 16 Mar 2010 10:15

hi -

DovInIsrael, here.

I've been lurking in the background on GYE. Too much overstimulation sets me off.

After completing Duvid Chaims 12-step program ...was doing pretty well for awhile.

Decided 90-days was too much for me...and a false sense of security.

Instead decided I could do one-day, and do it every day for life.

But I was not watching my step - and the mighty rapids of Nisson seem to have caught me, and I slipped.

At least it seems like I am in good company - seems like a few others have also recently slipped. We need a sign - WARNING SLIPPERY SLOPES ahead.

Enough blabber.

With all do respects - you guys are great, and I'd love to hagng out wiht everyone who is also down here in the muck..but, I've ben here before and don't particularly like it. I'm planning on climbing out.

Lets help each other ... together we can do it!

Anyone else want out?

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Re: Slippery Slopes! Watch out!

Posted by Yosef Hatzadik - 16 Mar 2010 16:43

How about hanging out together on the upwards trek?

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Re: Slippery Slopes! Watch out!

Posted by DovInIsrael - 17 Mar 2010 10:00

deal!

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Re: Slippery Slopes! Watch out!

Posted by the.guard - 17 Mar 2010 12:44

Hey DovInIsrael,

Kudos on the honesty!

I've been quoting you a lot in the chizuk e-mails of the last few days. Do you get them?

You've definitely got what it takes.

Keep inspiring us!

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Re: Slippery Slopes! Watch out!

Posted by DovInIsrael - 17 Mar 2010 12:53

thanks.

funny I have not been reading the lastest posting - been too busy imploding within myself.

figure the best way to get out of my self is to help others.

d.

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Re: Slippery Slopes! Watch out!

Posted by bardichev - 17 Mar 2010 16:36

[DovInIsrael wrote on 17 Mar 2010 12:53:](#)

thanks.

funny I have not been reading the lastest posting - been too busy imploding within myself.

figure the best way to get out of my self is to help others.

d.

EASY MAN EASY

TAKE IT COOL AND COLLECTED

IT IS HARD WORK TO CHANGE COURSE

STAY FOCUSSED AND CHILL!!

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Re: Slippery Slopes! Watch out!
Posted by DovInIsrael - 17 Mar 2010 16:50

bard:

it did not help...

I felt like I was starting to spin (but not spin -out-of -control, yet)

I felt like I was being pulled down the drain...

tried a different tactic -

rather than just be a spectator in my life - I decided to be a participant...

and I put a cover over the drain !!

duh!

why did'n't I think of that before.

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Re: Slippery Slopes! Watch out!
Posted by bardichev - 17 Mar 2010 20:08

DOV

DO WHAT WORKS !!!

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Re: Slippery Slopes! Watch out!
Posted by DovInIsrael - 17 Mar 2010 20:14

B"H - the 12-steps are the only thing that has worked till now..

in teh past woudl just spin out of control -

at least now I felt like I was aware that I was even spinning in teh first place.

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Re: Slippery Slopes! Watch out!

Posted by bardichev - 17 Mar 2010 20:23

GEVALDIGGGGGGGGGGGGGGGGGGGGGGGGG!!

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Re: Slippery Slopes! Watch out!

Posted by DovInIsrael - 23 Mar 2010 19:13

Bard - are you slipping?

no l'chaim ?

or any message from the woodford sponsor?

ok , then!

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I'll offer you a L'chaim : May the Light of the month of Nissim shine favorably upon you and your family...and may you merit to bask in the Light of your own personal Geula!!

Chag Kasher V'Sameach!

Thanks for all of your posts!

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Re: Slippery Slopes! Watch out!

Posted by Holy Yid - 23 Mar 2010 19:23

Dov I am in the mud also. Got knocked by the winds of bain hazimanim. Doing bad stuff (the stuff is bad I am not, there are other parts of me and on some level I want to change). Things that could cause me to hate myself and doing things in ways that eat up my day and make me zonked the next day.

Do you know what I am talking about?

You ask if someone else wants to get out with you and I think that is me.

Lets start with a Lachaiyim and admit that this is not how we want to live our lives.

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Re: Slippery Slopes! Watch out!

Posted by DovInIsrael - 06 Apr 2010 10:14

holy yid -

my holy brother!

hope you enjoyed Pesach.

the haggadah tells us we each have an obligation to see our selves as though we ourselves went out from Mitzrayim.

B"H for addictions - now we have a background against which to place our FREEDOM!!!

lets be FREE, together! !!!

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Re: Slippery Slopes! Watch out!

Posted by Holy Yid - 07 Apr 2010 02:58

been clean since thursday. asking G-d to help me further.

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Re: Slippery Slopes! Watch out!

Posted by Dov - 07 Apr 2010 05:33

[Yosef Hatzadik wrote on 16 Mar 2010 16:43:](#)

How about hanging out together on the upwards trek?

DEAL!

[Holy Yid wrote on 23 Mar 2010 19:23:](#)

You ask if someone else wants to get out with you and I think that is me.

Wow! First we are having trouble not drowning in the rapids, and next thing you know we are "fighting" over who will get together with whom, to help us climb out of 'em! This is really something!

[DovInIsrael wrote on 17 Mar 2010 12:53:](#)

figure the best way to get out of my self is to help others.

Fellow Dov! If *that's* not gold, what is?

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