

Time to start living

Posted by hudaugen - 28 Dec 2016 10:09

I am for the first time, in about 20 years, clean for 80 days, and i happen to start enjoying life probably for the first time in many years too. My wife told me last night that i have been much more relaxed and started laughing properly again, if she says so then it must be really that way or at least i am going in the right direction.

When i have a slip i try to push away the thought by thinking of other things, i.e. the last thing i learned or last night for example i started thinking of Al Hanisim and said to Hashem if he made this Nes for the Makabim he should also take this thought out of my mind, shortly afterwards i fell asleep, with no fall.

I also start looking at women differently not anymore as objects but as people with feelings and although they sometimes dress or don't dress with big writing on 'please look' it is just not worth it to look, the looks are supposed to be kept for my wife only. What helps me a lot here is my non-jewish therapist who says that it is normal to look, when i tell that to myself that it is not so Oussur, then the force of the Y.H. fades away a bit - enough to get past that person and not look back.

But what helps me most is GYE, i am in a mini Community where 4 are still active and we have a hangouts group. We hope to start soon with a conf call.

Thank you very much for all your help.

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Re: Time to start living

Posted by hudaugen - 08 Mar 2017 14:53

Stress is coming up, i feel it's in the air already - let's find something to occupy my mind before the stress comes and my mind starts occupying me with old habits.

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Re: Time to start living

Posted by Hashem Help Me - 08 Mar 2017 18:41

Exercise is a healthy stress reliever. Wishing you hatzlocha. You can do it. You are part of a strong chevra here.

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Re: Time to start living

Posted by Singularity - 09 Mar 2017 13:44

[Hashem Help Me wrote on 08 Mar 2017 18:41:](#)

Exercise is a healthy stress reliever. Wishing you hatzlocha. You can do it. You are part of a strong chevra here.

REAL strong chevra. We all exercise!

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Re: Time to start living

Posted by hudaugen - 13 Mar 2017 16:53

I felt slipping and wanted to write on the forum before the fall, but unfortunately the fall came before the writing. Time to start all over again and get more active again on the forum instead of watching stupid films, although not Porn but still not good to watch. I blocked it once before already but somehow it unblocked over time or i just did not go on these sites for a long time. It made me realise that i always have to be carefull - the problem is i was not even interested in watching it just came up and then i decided to finish watching it.

But enough - what happened happened lets go forward from here, i am sure Hashem heard my Tfillos yesterday and will look after me and all of us together.

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Re: Time to start living

Posted by Markz - 13 Mar 2017 17:02

[hudaugen wrote on 13 Mar 2017 16:53:](#)

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But enough - what happened happened lets go forward from here, i am sure Hashem heard my Tfilos yesterday and will look after me and all of us together.

Brother, do you discuss these with your therapist

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Re: Time to start living

Posted by hudaugen - 13 Mar 2017 18:13

tomorrow when i see him i will discuss it with him.

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Re: Time to start living

Posted by Markz - 13 Mar 2017 18:18

Sorry to hear about your fall.

i meant to say - when woodford reserve has been depleted, is posting on the forum in time of duress the best move?

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Re: Time to start living

Posted by hudaugen - 13 Mar 2017 18:29

its usually just a question of time when i distract myself for a couple of minutes then i an already finished working and can go home. It's just at the end of the day and i don't want to start something new.

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Re: Time to start living

Posted by Hashem Help Me - 13 Mar 2017 21:07

Sorry to hear about the fall. Distracting yourself by writing on the forum is great but reaching out to an actual person can be very helpful. Meanwhile, get up, shake off the dust, and keep on going - your attitude is very good. Continued hatzlocha!

Markz, does this woodford thing really work? Under the influence aren't we more susceptible?

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Re: Time to start living

Posted by Markz - 13 Mar 2017 21:53

[Hashem Help Me wrote on 13 Mar 2017 21:07:](#)

Sorry to hear about the fall. Distracting yourself by writing on the forum is great but reaching out to an actual person can be very helpful. Meanwhile, get up, shake off the dust, and keep on going - your attitude is very good. Continued hatzlocha!

Markz, does this woodford thing really work? Under the influence aren't we more susceptible?

I don't know if that's true

The forum was a ghost house over the weekend

It seems we are less susceptible

That was written in jest

In all seriousness

Everything in life should be done with moderation

Woodford / Wine should be drunk

Sex should be enjoyed

Oops - Anyone that hasn't passed 80 days should not read that!

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Re: Time to start living

Posted by Yosef Tikun HaYesod - 13 Mar 2017 21:56

That's awful to hear.

After 155 days clean, it's hard to believe.

I read through your whole thread, and things seemed to be
getting better and better.

I know there was stress too.

But still.

If you want to, I think it would be helpful for people to understand
how. I know it would help me. Thank you. You could pm or email me,
if you prefer.

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Re: Time to start living

Posted by Shlomo24 - 13 Mar 2017 23:12

I'm sorry to hear about your fall.

People seem to have this fantasy that sobriety yesterday equals sobriety today. It doesn't.

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Re: Time to start living

Posted by Hashem Help Me - 14 Mar 2017 04:28

[Shlomo24 wrote on 13 Mar 2017 23:12:](#)

I'm sorry to hear about your fall.

People seem to have this fantasy that sobriety yesterday equals sobriety today. It doesn't.

Oh, how true that is! Oh how we all wish it were not! Time to face the reality - some times will be easier, and some times will be harder, but it's a lifelong journey with no vacations.

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Re: Time to start living

Posted by GrowStrong - 14 Mar 2017 05:01

[Hashem Help Me wrote on 14 Mar 2017 04:28:](#)

[Shlomo24 wrote on 13 Mar 2017 23:12:](#)

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Oh, how true that is! Oh how we all wish it were not! Time to face the reality - some times will be easier, and some times will be harder, but it's a lifelong journey with no vacations.

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Dafka vacations you need to triple your guard