

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 - 14 Mar 2017 08:45

[Yosef Tikun HaYesod wrote on 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.

I think its general penned up frustration at the job, by not having an honest boss who comes back to you with answers, and this still is the easiest and fastest SHORT TERM stress reliever. Although the best way to let go of the stress, to let your mind speak and be open with him.

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Re: Time to start living

Posted by hudaugen - 14 Mar 2017 08:53

Thank you every one for the words of wisdom. Especially now that the summer is coming, i know most of you still have snowstorms - but also to you the summer will come, i always have to remember and be constantly on the lookout for not looking out in excess. But still with the fall, feeling good today and getting on with work,

Warning: Spoiler!

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Re: Time to start living

Posted by hudaugen - 22 Mar 2017 16:05

Have not written for a while since my last fall. But B.H. doing good again, dusted myself off and getting started, it really works one day at the time, if i would think that i have to reach again 155 days i would not have started again. Life is also treating me good with the support of some of the forums here on GYE. One of the things that for sure helped me get going again was for sure my wife, of course she was upset about my fall, but we discussed it openly why i think it happened and what can be done in the future to prevent it,

I know i am not in the same place as when i first started, its all in the mind and B.H. in there, there is no space for P..n thoughts because it is filled with Real Life things, even just holding my wife in the arm is a great way to defuse after a hard day - obviously only if she also want to.

I think thats it for now will continue again to update when there are new around.

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Re: Time to start living

Posted by cordnoy - 22 Mar 2017 18:48

Thanks for the kind words in your pm.

Why don't you read thru your thread?

See if there were positive steps taken that you can strengthen. Or perhaps, see if therel was somethin' that you didn't do that you now can do. What can you do more or better than before?

Lookin' forward.

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Re: Time to start living

Posted by hudaugen - 23 Mar 2017 10:39

Thank you Cordnoy, its good to see where i come from and where i am now. I will try to be more selfless - not sure where to start but sure Hashem will guide me.

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Re: Time to start living

Posted by cordnoy - 23 Mar 2017 12:40

[hudaugen wrote on 23 Mar 2017 10:39:](#)

Thank you Cordnoy, its good to see where i come from and where i am now. I will try to be more selfless - not sure where to start but sure Hashem will guide me.

Hashem guided me to therapists, good friends, meetings, specialists, sponsors, etc.

Itl is difficult to see selfless vs selfish thru our own glasses; extremely difficult.

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Re: Time to start living

Posted by Shlomo24 - 23 Mar 2017 16:06

I'm the dude that crashed the business so I probably should seek out someone who has a successful business if I want to improve.

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Re: Time to start living

Posted by Gevura Shebyesod - 23 Mar 2017 16:45

[Shlomo24 wrote on 23 Mar 2017 16:06:](#)

I'm the dude that crashed the business so I probably should seek out someone who has a successful business if I want to improve.

Do you mean like crashing a truck, or crashing a party?

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Re: Time to start living

Posted by hudaugen - 28 Mar 2017 15:29

Just checking to write something down once again. Summer has started but doing great with the Shmiras Enayim.

Thank you everyone for the support - i read alot in the forum lately.

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Re: Time to start living

Posted by cordnoy - 02 Apr 2017 02:00

[hudaugen wrote on 28 Mar 2017 15:29:](#)

Just checking to write something down once again. Summer has started but doing great with the Shmiras Enayim.

Thank you everyone for the support - i read alot in the forum lately.

Summer?

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Re: Time to start living

Posted by hudaugen - 03 Apr 2017 14:55

you are welcome to join me in Switzerland's sunny weather :-)

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Re: Time to start living

Posted by cordnoy - 04 Apr 2017 20:41

[hudaugen wrote on 03 Apr 2017 14:55:](#)

you are welcome to join me in Switzerland's sunny weather :-)

Thanks.

One day, I may take you up on the invite.

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Re: Time to start living

Posted by mike dupont - 04 Apr 2017 22:30

According to Yahoo Weather I don't see summer in Switzerland yet??

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Re: Time to start living

Posted by Singularity - 05 Apr 2017 09:27

President Trump's latest what???

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