

Back on Track's trekking along

Posted by Back on Track - 07 Aug 2011 19:45

---

hi everybody. clean 100 days here. but looking for chizuk in continuing this journey to where we all know we want to be. A little about me. born modern- became frum later in life. Had prob with m\* since I was able to. I began working toward recovery about 2 years ago. I had a lot of ups and downs, I am finally at a point where things in that area of life seem to be leveling out. only thing is everything else is so up in the air..... I actually dont know whether Im comin or goin. But Hashem has a plan for all of us, and thats what we need to follow.

=====

Re: Back on Track's trekking along

Posted by bardichev - 10 Aug 2011 20:19

---

[gibbor120 wrote on 10 Aug 2011 19:47:](#)

[ninetydays wrote on 08 Aug 2011 14:34:](#)

Does the seeing of immodest women subside as a trigger if you stay clean longer?

There is no magic. I have been clean for over 2 years, but if I look or fantasize, my yetzer is as strong as it was 2 years ago. The minute you think you can coast and are in the clear - that's

NO IT DOES'NT SUBSIDE

BUT...BUT..

U WILL TRAIN YOURSELF NOT TO "RE-ACT" TO TIGGERS

VERR ZUGGT?? ONCE U SAW SOMETHING THAT NOW U NEED NEED NEED MORE

TRUCKK ALONG

=====  
=====

Re: Back on Track's trekking along  
Posted by Back on Track - 10 Aug 2011 23:16

---

U know I had a haveh minah to choose 'keep on truckin' as a screenname... But I figured thatd be a little stepping on someone elses territory..... Maybe 'wwodford' or 'harry'... Things that make you say hmmmmm....

=====  
=====

Re: Back on Track's trekking along  
Posted by Back on Track - 11 Aug 2011 22:30

---

bh. still trekking along. my thread is lonely though. :(

=====  
=====

Re: Back on Track's trekking along  
Posted by bardichev - 12 Aug 2011 03:23

---

i dont care

u can call yourself bardichev too

as long as u truck along

=====  
=====

Re: Back on Track's trekking along  
Posted by Back on Track - 12 Aug 2011 04:43

---

Never seen anyone as willing to give theselves away as much as bards.

=====  
=====

Re: Back on Track's trekking along  
Posted by JackAbbey - 12 Aug 2011 10:12

---

we ask hashem daily ??? ?????? ????? ??????

hilel said in avos ??? ?????? ?????? ?? ??? ?????

so if hilel and the anshie knese hagdolo understood that they need a prayer to avoid challanges,  
then 2 years, the whole life, no diffrence, we need constant guards

so keeeeeeeep truckkkkkkkkkkkkkking

=====  
=====

Re: Back on Track's trekking along  
Posted by Back on Track - 12 Aug 2011 11:45

---

Yeah 100pct. Its. Scary to see guys who fell back into the old ways after really extended periods  
like a few years of sobriety. I saw someone who posted, (correctly), that the danger comes  
when we begin to think we are above it.

=====  
=====

Re: Back on Track's trekking along  
Posted by bardichev - 12 Aug 2011 15:37

---

[Back on Track wrote on 12 Aug 2011 04:43:](#)

Never seen anyone as willing to give theselves away as much as bards.

:-[

=====

=====

Re: Back on Track's trekking along  
Posted by bardichev - 12 Aug 2011 15:38

---

read the whole bardichevs battle

=====

=====

Re: Back on Track's trekking along  
Posted by ZemirosShabbos - 12 Aug 2011 15:39

---

[bardichev wrote on 12 Aug 2011 15:37:](#)

[Back on Track wrote on 12 Aug 2011 04:43:](#)

Never seen anyone as willing to give theselves away as much as bards.

:-[

nuttin to be ashamed of, rebbe b

u iz da man

=====

Re: Back on Track's trekking along  
Posted by ZemirosShabbos - 12 Aug 2011 15:49

---

Back on Track, how goes life?

GYE or IRS?

Chocolate or vanilla?

Chamomile or Red Bull?

=====

Re: Back on Track's trekking along  
Posted by Back on Track - 12 Aug 2011 21:35

---

---

You think I have that much time on my hands? Good shabbos e/o

=====

=====

Re: Back on Track's trekking along

Posted by Back on Track - 14 Aug 2011 01:32

---

Day 109 (or 110) BH, I feel pretty good. Bli ayin hara.

=====

=====

Re: Back on Track's trekking along

Posted by Back on Track - 15 Aug 2011 00:25

---

Bh still sober 4 2day. Feeling pretty ok about it. Have lots of stress now. If I wasn't sober I think it would be a lot more dofficult for me.

=====

=====