

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.

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Re: Back on Track's trekking along

Posted by Back on Track - 11 Oct 2011 23:17

Thanks gevurah. Yes my wife has known for a few years and has been the main support behind me getting started in recovery. I realize now that I have been ble to grow to a point where I can build myself as well she continues to help me in this and I'd never be where I am in reocvery if not for her believing in me. The issue is that I've been technically sober as in not m* for 165 days now. (Before that I had stretsches of sobritwy since janaury of this year as well.

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Re: Back on Track's trekking along

Posted by Back on Track - 12 Oct 2011 11:53

Quiet around here lately.... Hellooooooooooooo!?! Anybody home!?

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Re: Back on Track's trekking along

Posted by Gevura Shebyesod - 12 Oct 2011 13:16

I'm busy making the door of my sukkah bigger so my truck can fit in ;D

BTW, is a truck that is taller than 20 Amos kosher?

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Re: Back on Track's trekking along
Posted by ZemirosShabbos - 12 Oct 2011 14:35

BOT, the guys are out hunting elephants for the sukkah walls

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Re: Back on Track's trekking along
Posted by Back on Track - 16 Oct 2011 02:14

Aha! I should have figured that out myself. We enjoyed a gevaldige date, esrog and willow leaf chulent sprinkled with a dash of myrtle. Bh our sukka stayed standiung bec. We crazy glued it together so tightly. One of our neighbors was just as fastidious in making his sukka strong where he built it on his porch. The only problem was that whule his sukka stayed standing, his porch blew away!

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Re: Back on Track's trekking along
Posted by Back on Track - 16 Oct 2011 02:16

Bot is bh clean abt 171 days now. Wow. One day @ a time

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Re: Back on Track's trekking along
Posted by Back on Track - 18 Oct 2011 12:10

2day is day 173. Bh I am sober till now.

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Re: Back on Track's trekking along
Posted by yehoshua - 18 Oct 2011 14:23

MAZEL TOW ON THE 173 8)

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Re: Back on Track's trekking along
Posted by Back on Track - 23 Oct 2011 16:58

Thanks. I hit 180 over yom tov. This was very special to me as it was 2x90 (for those who cpuldnt figure the math right). My 90th day was absolute- hell on earth for me. I made it through sober bh, and remained so till now... But always felt a bit bad that I didn't get to enjpy that day. The real trick though is to enjpy every day now....

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Re: Back on Track's trekking along
Posted by alexeliezer - 23 Oct 2011 20:26

BOT,

180 without m* is awesome! Don't settle for this, though. Keep whittling away at ALL lust -- sights, thoughts, actions. Are you ready to commit to giving up lust? It's actually easier that way.

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Re: Back on Track's trekking along
Posted by Back on Track - 24 Oct 2011 04:52

U can say that again. I am trying to completely eradicate p* from my life right now. I can't say I am able to undertake the task of battling all my lustful thoughts some of which involve my wife etc... But I can say that being pornless since Rosh Hashana has given me a real boost in this area. As we know, the less u feed it the less hungry it is. I pray that w/ time I can not 'miss' p* as I still do. I say this cuz, although I have a desire, I don't feel my life is lacking satisfaction w/out m*. (With G's help of course). But p*.... I still feel a lack w/out. I am trying to deal with this and

see how/what steps to take to grow in this area. Speaking w/ my wife and recovery buddies seems to hild a lot of the answers.... Thanks for dropping by my thread alex.

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Re: Back on Track's trekking along
Posted by JackAbbey - 24 Oct 2011 09:04

well if you feel that you cant win this battle of lusting for p***, why not ask hashem:

"please help me to clean my mind that i shouldnt lust for improper thoughts"

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Re: Back on Track's trekking along
Posted by Gevura Shebyesod - 24 Oct 2011 13:15

Hey BOT ur doing great! You will see after a while you won't miss it anymore. And the less you look at stuff the easier it will be to stop the thoughts too.

KOMT!!! and keep those huge eyes wheels nice and shiny!

Gevura!

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Re: Back on Track's trekking along
Posted by ZemirosShabbos - 24 Oct 2011 15:02

Hi BOT, mazel tov on your beautiful numbers

keep on rocking and rolling, you are da man

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