

Back on Track's trekking along

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

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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 down, 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 - 20 Jan 2012 04:07

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Bh keepin on it...

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Re: Back on Track's trekking along

Posted by Back on Track - 20 Jan 2012 04:08

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I think sopa is a great start on the way toward cleaning up the web. Though it def needs some modification.

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Re: Back on Track's trekking along

Posted by gibbor120 - 20 Jan 2012 14:43

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How are they going to control it? Sounds like a tall order.

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Re: Back on Track's trekking along

Posted by ZemirosShabbos - 20 Jan 2012 15:36

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here is my idea:

SOPA is really SOAP, DOVE is SOAP, so let's put Dov in charge of cleaning up the Internet

what you say?

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Re: Back on Track's trekking along

Posted by Yosef Hatzadik - 29 Jan 2012 07:23

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[ZemirosShabbos wrote on 20 Jan 2012 15:36:](#)

let's put Dov in charge

**Ready?**

**Set?**

**CHARGE!!!!!!**

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Re: Back on Track's trekking along

Posted by Back on Track - 29 Jan 2012 20:28

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\*gulp.... Lost my sobriety. Starting over from the beginning. Funny thing is I'm not depressed or too stressed.

I was edging for a while, I am not dealing well with some serious stress soooo - there u have it. Guess it aint rocket science. Bezras Hashem was quite a long stretch of sobriety and I have always felt that the main thing is not to get so drawn into a lust fest that you just descend into depression etc....

\*finding those boot straps. Now lift!

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Re: Back on Track's trekking along  
Posted by Gevura Shebyesod - 29 Jan 2012 20:37

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Get a tall ladder, climb back up into that cab.....

.....and start MONSTUH TRUCKING!!!!!!

Gevura!

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Re: Back on Track's trekking along  
Posted by Back on Track - 30 Jan 2012 01:20

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Yup. No other real option is there. One day at a time.

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Re: Back on Track's trekking along  
Posted by Back on Track - 30 Jan 2012 01:27

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Actually, last time around I didn't have the courage to face the music till some time later. I pretty much went on w/out sharing my fall till some time later. After I felt I was "sober for long enough" that admitting I had a fall " awhile back there" wasn't threatening. ... Today I said- I'm just gonna get it out there and put it on the forum. That was my day today. With using the stepps and really connecting to my higher power, tomorrow shall be better.

Though there is no merit in acting out- I find small consolation in knowing that I'm confronting the reality of my situation faster this time and more honestly. Prolly should really think through admiting this with my wife too.

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Re: Back on Track's trekking along  
Posted by gibbor120 - 30 Jan 2012 16:56

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Thanks for sharing BOT. I have wondered how I would handle a fall c/v. I hope I don't have to find out. Thanks for your honesty!

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Re: Back on Track's trekking along  
Posted by Back on Track - 30 Jan 2012 17:04

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thanks.

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Re: Back on Track's trekking along  
Posted by obormottel - 30 Jan 2012 19:08

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Re: Back on Track's trekking along  
Posted by chaimyakov - 30 Jan 2012 20:43

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BOT,

Is there someone you can talk to when the stress gets too much? Happy to be that person if you want.

Hatzlacha in all things GOOD.

chaimyakov

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Re: Back on Track's trekking along  
Posted by Back on Track - 31 Jan 2012 04:05

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Thanks cy. I appreciate it. Talkingg things out does help. At time I guess I have lost site of that.

I think it is also that I'm kinda up in the air regarding many important issues right now that I can't settle. Though I am trying. That's been a stressor.

Bh, I just kinda went through my day today and got back on the horse. Strangely I'm not depressed. I. Mean I'd love to still be on my sober streak, but even if I'm not being depressed isn't gonna help matters right... But that never stopped me from being depressed before so why am I not depressed?..... I dontknow exactly but I'm not gonna rack my brains too hard to figure it out. I'm just glad that I'm not and want to stay sober.

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