

Hashems progress IN me!!!!

Posted by tocontrolmyself - 26 Apr 2012 22:11

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used to mast. every night, in the last week since i started with a phone 12 step program.i was clean sunday,monday,fell tuesday, clean wednesday and altogether more confident,when i fell i said 40 kapitelech tehillim and if i fall again 'll do 50.in a way now that i fell once and had to say 40 kappitelach i think since ive experienced it i have more of a deterrent from doing it again!!!!!!

Lets keep on trucking guys!!!!!!!!!!!!

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Re: Hashems progress IN me!!!!

Posted by Gevura Shebyesod - 26 Apr 2012 22:17

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Way to go!!!!!!!!!!

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Re: Hashems progress IN me!!!!

Posted by obormottel - 27 Apr 2012 04:24

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That is a winner's attitude! Good for you.

Hatzlocho!

Mottel

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Re: Hashems progress IN me!!!!

Posted by Machshovo Tova - 27 Apr 2012 14:30

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Hi there TCM and good luck,

Just to add my 2 senses - My experience (trying these various techniques for over 40 years) is

that deterrents alone may not be enough without very strong fences. I personally have made vows of \$1000 and even \$3000 per fall, and I still can't believe how I fell even without major nisyonos (a drunk is a drunk...). I find that vigorously avoiding all forms of lust and asking for Hashems help works like a charm.

Think about it, and may Hashem guide us and shield us - each according to our needs.

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Re: Hashems progress IN me!!!!

Posted by tocontrolmyself - 27 Apr 2012 16:39

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machshova tovah,sure, your right but with the 12 step alone without a deterrent it also wouldnt float!!!!i have also had a drop of experience(yeah like 2 weeks)!!!!

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Re: Hashems progress IN me!!!!

Posted by Eye.nonymous - 28 Apr 2012 18:23

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Welcome to the forum,

[tocontrolmyself wrote on 27 Apr 2012 16:39:](#)

machshova tovah,sure, your right but with the 12 step alone without a deterrent it also wouldnt float!!!!i have also had a drop of experience(yeah like 2 weeks)!!!!

It will work--and without all the tehillim, but you need to give it time.

I have recovered primarily through the 12-steps (I joined the phone calls about 3 years ago, and about 1 year ago I started going to live SA groups). I used to act out a number of times each week, then I had a couple of falls each after 7 months, and now I am 10 months and 19 days

clean.

Just, after each fall I tried to see where I was weak in my recovery program. I turned it up a notch, learned my lesson, and then kept on moving forward.

If you insist on making nedarim, use the Taphsic method. I'm not so familiar with it, but I think what you do is you have 2-parts to your neder. 1 part, if there's something you know that will deter you from falling, like calling a friend or going outside for a walk. If you don't take this precaution, there's a BIG fine. Then, if you took this measure and still fell, there's a lesser fine. Also, this neder is supposed to be made for a limited time, after which it can be renewed.

It focuses on prevention, and less on fighting the acting out head-on.

The information for this should be easy enough to find on this web site. Nedarim is actually very serious stuff, so please find the guidelines for it.

A main element of recovery is that we are not looking to control ourselves; we are looking to surrender this struggle to Hashem and let Him heal us. We are trying to get out of His way.

Good luck,

Elyah

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Re: Hashems progress IN me!!!!

Posted by tocontrolmyself - 03 May 2012 21:34

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well guts im on my 8th day clean and im starting to feel sick sometimes even thinking about what i used to do like about acting out. Although i know it could come back with force i felt awesome all week and i think the less one is mzl the easier it gets to resist!!!!

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Re: Hashems progress IN me!!!!

Posted by ImGonnaWin - 04 May 2012 02:42

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Welcome!

Your enthusiasm is uplifting and an inspiration.

Keep it going!

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Re: Hashems progress IN me!!!!

Posted by tocontrolmyself - 10 May 2012 17:28

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after ten days clean ive fallen about 6 times in 5 days .started with new resolve today but am really depressed..heaven help...

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Re: Hashems progress IN me!!!!

Posted by ImGonnaWin - 15 May 2012 15:00

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I know that feeling. You just came off of such a high, and now you feel as though you can't even get your footing. I know it's difficult and you feel like this fight is impossible. But, listen to me. It *is* possible.

The most important idea to remember is not to get down on yourself. Try to not get caught up in numbers of days clean, number of falls, etc. Just focus on each day, each hour, each moment. You can pull through this **and you will pull through this**.

Take it little by little.

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Re: Hashems progress IN me!!!!

Posted by Eye.nonymous - 15 May 2012 21:04

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Whenever I fell, I found it wasn't new resolve that I needed; it was more help.

--Elyah

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Re: Hashems progress IN me!!!!

Posted by tocontrolmyself - 23 May 2012 22:57

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ive started a run for 4 days wo mzl and i invented personally for me at least a water tight knas with several stages.lets see how far we can go....

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Re: Hashems progress IN me!!!!

Posted by Eye.nonymous - 24 May 2012 06:26

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[Eye.nonymous wrote on 15 May 2012 21:04:](#)

Whenever I fell, I found it wasn't new resolve that I needed; it was more help.

--Elyah

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Re: Hashems progress IN me!!!!

Posted by tocontrolmyself - 28 May 2012 22:31

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shavuos=terrible crashed 4 times!!!!when will i be free?

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Re: Hashems progress IN me!!!!

Posted by Eye.nonymous - 29 May 2012 06:41

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[Eye.nonymous wrote on 15 May 2012 21:04:](#)

Whenever I fell, I found it wasn't new resolve that I needed; it was more help.

--Elyah

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