

It only takes a small slip

Posted by haodavichai - 12 Sep 2014 19:14

---

So I was clean for almost 6 weeks and doing fine, then the fall. Looking back now, Im pleased with my progress though frustrated I couldnt do more. The most frustrating part is that it's not that i fell through something very intense, on a one to ten scale in terms of aveiros, this was closer to one than ten. (I dont want to take away from anyone's struggle, all different desires can be just as strong as the other. BUt i still believe this fall was one i could have overcome). The fact that I fell on a weaker desire is frustrating, but perhaps that is the key! Any and all playing with fire can burn you, even just a small flame.

=====

=====

Re: It only takes a small slip

Posted by Bigmoish - 12 Sep 2014 20:22

---

Welcome!

Don't let it get you down.

Figure out how you can prevent the same thing from happening again and move on.

=====

=====

Re: It only takes a small slip

Posted by cordnoy - 12 Sep 2014 21:31

---

Welcome.....yesterday's daf I believe, or was it today's.

You are amongst friends....no reason to talk in riddles.

We look forward to get to know you.

You sound like a good guy to have around....good chizuk for those that want and need.

Please, please, don't be a stranger.

b'hatzlachah

=====  
=====

Re: It only takes a small slip  
Posted by dms1234 - 12 Sep 2014 21:36

---

WELCOME!!!!!!!!!!!!!!

Could you tell us more about your struggle?

**haodavichai**

Looking back now, Im pleased with my progress though frustrated I couldnt do more.  
Also what could have you done more of? And why don't you do it now? Just because you fell  
doesnt mean you have to stop growing.

Check out: [Skep's tips](#)

=====  
=====

Re: It only takes a small slip  
Posted by ineedchizuk - 13 Sep 2014 22:12

---

Shalom aleichem!

Sorry to hear about your fall.

Looking forward to hearing more from you.

=====  
=====

Re: It only takes a small slip  
Posted by dd - 13 Sep 2014 22:32

---

WELCOME ABOARD!!!

great thing you joined us here,

we're all looking forward to seeing you around,

the oilam is great and there is tons to learn here,

KEEP UP THE GOOD WORK!!!!

=====  
=====

Re: It only takes a small slip  
Posted by Pidaini - 13 Sep 2014 23:22

---

I would like to join the chorus....Welcome to GYE!!

Don't be a stranger, we're all on the same boat! Tell us more about yourself, how long have you been struggling? What do you struggle with (porn, masturbation, chatting, etc.)? What have you tried that didn't work?

Keep on posting!! And don't let a fall trick you into giving up, One Day at a Time is the key, and you still have another day to be clean!!

Keep on Truckin'!!!!

=====

Re: It only takes a small slip  
Posted by Dr.Watson - 14 Sep 2014 12:47

---

Welcome!

We're all in this together, Keep on posting!

Please tell us more about your story. How old are you, are you married, are you an addict, what has been the progression of acting out in your life, etc etc.

**Make sure to see the 12 suggestions on the [First Time Here page](#).**

**Also, check out your [Personal Home-page](#). It will guide you through each tool/task that we suggest, one by one, and help you track your progress in recovery.**

One more thing. A **slip** is when:

**Sobriety**

**Loses**

**Its**

**Priority.**

when sobriety is the number one priority, above everything else, then it's possible to get it and keep it, and get all the extra goodies on offer too. But sobriety has to be number one.

KOT!

=====  
=====

Re: It only takes a small slip  
Posted by dd - 14 Sep 2014 14:16

---

[Dr.Watson wrote:](#)

One more thing. A **slip** is when:

**Sobriety**

**Loses**

**Its**

**Priority.**

when sobriety is the number one priority, above everything else, then it's possible to get it and keep it, and get all the extra goodies on offer too. But sobriety has to be number one.

KOT!

gevaldig vort!!

is that your vort?

=====

=====

Re: It only takes a small slip

Posted by Dr.Watson - 14 Sep 2014 14:45

---

I got it from Dov

=====

=====

Re: It only takes a small slip

Posted by Ezra - 14 Sep 2014 14:59

---

It is a clear theme for everyone - little missteps lead to bigger ones. Can't really cheat.

Congrats on the great accomplishment.

=====

=====

Re: It only takes a small slip

Posted by lavi - 14 Sep 2014 15:08

---

so leave it, pal.

some losses is perfectlynormal.

so laugh, it passes

something lingering in passing.

suddenly lunges into person.

someone lazy, it pounces.

STOP LOOKING, IT PUNISHES, POSSESSES, imPRISONS, PULVERIZES, PUSHES you.

[someones listening? i'm pondering?]

=====

Re: It only takes a small slip

Posted by newaction - 14 Sep 2014 16:19

---

Yes and thats what some of us got out of this addiction , we got pushed,pulverized, imprisoned(??? ????? ?????),possessed and of course punished .i was in all those stages. So as Lavi says the formula is to look ahead. and i can add what hillel said :??? ????? ?? ????? ?????? ?? ??? ?????. For as long as you live don't trust yourself . Hatzlacha !

=====

Re: It only takes a small slip

Posted by dms1234 - 14 Sep 2014 17:10

---

I don't know if lavi said look ahead but in any case that could be just as bad as staying in the past! We need to live our lives in the present.

"The past is gone, and the future is not in our hands." (GYE Handbook, 7)

=====