

Question

Posted by Reb Elezer - 28 Nov 2014 13:07

Hi All,

I was well on my way to 90-days around 80-days.

And I had a slip borderline fall. I decided to treat as a fall. Which I think was a mistake because this caused me to fall even harder since I thought to myself hey I need to start over any way.

Any thoughts?

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Re: Question

Posted by Watson - 28 Nov 2014 13:37

A fall starts well before the actual act of falling. What you call a slip may have been the beginning of the fall, and calling it whatever you want would not have helped by that point, the fall was already inevitable.

Possibly. I don't know for sure.

KOT and stick around, introduce yourself. We don't bite.

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Re: Question

Posted by lavi - 28 Nov 2014 17:01

can relate.

you should be commended for your honesty.

i think your dissapontment is normal.

brush yourself off and start again.

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Re: Question

Posted by cordnoy - 28 Nov 2014 18:22

Welcome,

Perhaps tell us more - if you want - so we can talk more intelligently.

b'hatzlachah

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Re: Question

Posted by belmont4175 - 28 Nov 2014 22:19

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Welocme!

Stick around the guys here are very helpful and non-judgmental, KOT day by day.

Be'Hatzlach

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Re: Question

Posted by gibbor120 - 29 Nov 2014 00:05

Guys tend to be hard on themselves regarding "calling something a fall". I think being *meikil bemakom safek* is smarter for the reason you illustrated so well. (and perhaps not even counting to 90 at all)

Pick yourself up and KOT! Don't worry about 90. Just work on recovery one day at a time.

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Re: Question

Posted by dms1234 - 29 Nov 2014 01:02

WELCOME!!!!!!!!!!

Check out the [GYE Handbook](#) and [Skep's tips](#)

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Re: Question

Posted by Reb Elezer - 03 Dec 2014 03:54

My introduction

I have been stuck in the mud for the past 6 years (I am married for about 9)

I have tried to stop and I have had successful stretches of 6 months at a time every now and then. I have read info on GYE but never became a member until recently.

about three months ago in middle of Elul I though I hit rock bottom I deiced to join the 90 day journey (I committed \$90 if I fail) I made to day 82 and than I fell last week Thursday.

And now last night I fell probably harder than ever.

I think my problem is that I don't really want to stop.(obviously I do that's why I am here)

When I stop for a 6 weeks or more I start feeling like I am missing something I am deprived

of something I should and could have. and of course I tell myself about how bad it makes me feel but that feeling of I am missing something eventually wins me over.

When I stop I feel I just need to get this under control but I still need a little of it..

I will try to write more and explain when time allows me.

If someone can please advise of what further steps I can further take like joining an accountability group etc. or recommended reading please advise.

Got go for now .

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Re: Question

Posted by ineedchizuk - 03 Dec 2014 04:48

Shalom aleichem, Reb Elezer! !

Hatzlacha on your journey.

2 things are guaranteed along the way:

1. It ain't easy
2. It's well worth it!

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Re: Question

Posted by cordnoy - 03 Dec 2014 06:41

Welcome,

I am married for over 20 and stuck in the mud for over 30.

actually, the mud part is the same as the marriage part.

Actually, I have been unstuckin' for some time now.

We lookin' forward to hear about your recovery process.

b'hatzlachah

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Re: Question

Posted by ted - 03 Dec 2014 07:32

If your stuck in the mud for six years I will tell you what I wish someone would have told me. I wish someone would hAve reached out to me and with love begged me to get real help to admit that there was a problem and go get help. I myself have been stuck in the mud for more than six years and I am desperately trying to get out but I now know that I can't do it on my own because it's a disease called adiction. It's not just a tavah and if I learn more Mussar and try harder it will

go away. If it's been there for six years you need to reach out for help. Participate on this forum read articles on this website and maybe join a phone conference maybe the more experienced members can advise which phone conference you should join.

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Re: Question

Posted by Reb Elezer - 03 Dec 2014 12:26

Yes I realize I need help.

I am looking for Guidance.

I ready to join whatever I need to.

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Re: Question

Posted by cordnoy - 03 Dec 2014 16:05

Check out the home page.

Check out Skep's tips.

Chat with the oilam.

It will need to come from you - the initiative that is.

Comin' here is a great first step.

I will be a bit harsher than the previous poster.

Nobody will reach out to you and pull you out of the mud, but if your hand is raised (like in the openin' pic), you will feel many hands grabbing at and pullin' you outta there.

Grasp 'em!

b'hatzlachah

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Re: Question

Posted by lavi - 04 Dec 2014 00:54

[Reb Elezer wrote:](#)

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hi there,

about the feeling of being deprived.

i think it may be that you feel resentful about something in your life, so in return you are seeking comfort somewhere else.

good luck and keep on posting.

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Re: Question

Posted by gibbor120 - 04 Dec 2014 01:08

WELCOME Reb Elezer! It's nice to have you with us. It's difficult, but as long as you "wish" you could have it, it's going to be very rough. Recovery is (partially) about realizing/trusting that Hashem gives us everything we need, and we need to let go of our fantasies and how WE want things to be. This may not make sense to you right now. Stick around. Read the forum. check out the dov quotes link in my signature.

Keep posting!

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