

Sj's life changer

Posted by SamJoe - 27 Mar 2015 01:03

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Hello, I'm now holding 2 days! Thanks gye!

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Re: Sj's life changer

Posted by markz - 14 Dec 2015 18:16

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[cordnoy wrote:](#)

Welcome back,

We feel for you.

What have you been doing the past six months?

What has worked ?

What hasn't?

Wishing you hatzlachah this time around

My friend taphsic hasn't worked for you, and I don't think it would for me too. Is there anything other you tried that has worked

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Re: Sj's life changer

Posted by SamJoe - 14 Dec 2015 20:40

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There's one thing that has worked wonders in the past, to call someone from gye when I feel like acting out. Usually just making the call makes the whole feeling go away. But it's really hard to call...

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Re: Sj's life changer

Posted by cordnoy - 14 Dec 2015 21:16

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[SamJoe wrote:](#)

I also tried out one of the calls and was on for a while but I feel very uncomfortable on the phone.

Why?

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Re: Sj's life changer

Posted by Shlomo24 - 14 Dec 2015 21:17

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why not ask hashem to help you give you the strength to call? (if u want my number you can email me or pm me, my email is in my signature)

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Re: Sj's life changer

Posted by SamJoe - 14 Dec 2015 21:21

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I feel inadequate and less than everyone ave it drives me crazy when I have to interact with guys in the phone.

I don't want to sound like a koifer but talking to hashem for me feels strange and I don't feel like I get answered.

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Re: Sj's life changer

Posted by cordnoy - 14 Dec 2015 21:22

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we are all in same boat, and you don't need to interact.

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Re: Sj's life changer

Posted by SamJoe - 14 Dec 2015 21:29

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I know but I still feel that way, I'm working on it with a therapist.

What do you mean I don't have to interact?

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Re: Sj's life changer

Posted by cordnoy - 14 Dec 2015 21:41

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[SamJoe wrote:](#)

I know but I still feel that way, I'm working on it with a therapist.

What do you mean I don't have to interact?

just listen

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Re: Sj's life changer

Posted by markz - 15 Dec 2015 04:25

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I'm one of those that has done this "Just Listen" thing (press the mute button) and it has helped me! And I have a little suspicion that a few others have come on anonymously too - See [HERE](#)

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Re: Sj's life changer

Posted by SamJoe - 15 Dec 2015 05:59

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Ok thanks for pointing that out, I'm going to see which call fits into my schedule the best and I'm going to try that out.

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Re: Sj's life changer

Posted by SamJoe - 16 Dec 2015 04:33

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I finally have 24 hrs of being clean. I just got back from the chanukah break and being busy is helping to keep me clean. Tonight I started to feel like acting out again, usually I waste time procrastinate till the feeling takes me over and I dive into the depths. That's how it was going tonight, it stopped when I found a app that I was waiting for, for a really long time which made me really excited so I didn't feel like acting out anymore. But now the excitement has past and the feeling is coming back... Hope I'll pull through...

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Re: Sj's life changer

Posted by markz - 16 Dec 2015 04:37

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Pray tell me what app you were so excited about

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Re: Sj's life changer

Posted by SamJoe - 16 Dec 2015 04:44

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It's called yousicain, they just came out with an update to teach piano (till now it was only for guitar). I'm a musician and I really like this app, and I really wanted it for piano and now they finally did it!

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Re: Sj's life changer

Posted by markz - 16 Dec 2015 04:49

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Omg yousician I use that for guitar too - serious!

Tell me what's your favorite type of uplifting music maybe we can virtually 'hang out' together tonight

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