

Toughing it

Posted by polar bear - 08 May 2015 00:59

Hi, I'm kind of new...

Today is the 2nd day? (Or will be if I hang in there...)

A storm is warming up on the horizon. I am going to snuggle up stubbornly until it passes.

If it passes...

Everything is going to be okay.

Thanks for listening.

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Re: Toughing it

Posted by Kedusha - 08 May 2015 01:16

Welcome, PB!

You may be interested to know that, in a very big way, you're where I was in May 2009. Now, be"H, I'm six years clean, one day at a time.

If you make staying clean your top priority, one day at a time, you can do it. Over time, we start experiencing the joys of life that we've been missing out on. Don't waste another day.

Allow me to quote Mrs. Ayala Stimler in the dedication to her book "Trapped in Cyberspace" (Menucha Publishers 2012):

This book is dedicated to all those torn, conflicted individuals who are secretly leading a double life.

My heart aches for you. I feel your searing pain. And I hear your silent plea for desperate help.

Please take the plunge. Stretch out a hand. Approach a rav or mentor.

And I promise you: The sun will shine in your world once again.

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Re: Toughing it
Posted by fulfillinglife613 - 08 May 2015 01:35

[Kedusha wrote:](#)

Welcome, PB!

Please take the plunge. Stretch out a hand. Approach a rav or mentor.

And I promise you: The sun will shine in your world once again.

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What a beautiful quote!

For so many of us, the thought of opening up to someone we know is just too hard. We are afraid that person will never look at us the same again. Sadly, that is more important to many of us then being healthy.

Thanks to GYE we have the ability to reach out for help without that fear.

My sun is just starting to peek out from behind the storm clouds....

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Re: Toughing it
Posted by serenity - 08 May 2015 04:33

Welcome to GYE and Hatzlacha!

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Re: Toughing it
Posted by Pidaini - 08 May 2015 12:41

Welcome to GYE!!

One of the things that I wonder about when I look back at my first 5 years of struggle is how did I deal with the the secrecy?

I sometimes shudder when I remind myself of those times, they were so dark, so lonely.

When I opened up to a friend, I didn't sober up right away, but there was a big difference in my experience of life, and when I came to GYE.....it reached a new level!!

So welcome to this great place!! Don't be a stranger! Tell us more about yourself, about your struggles. We're all in the same boat, no need to be afraid!!

KOP!! KOMT!!

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Re: Toughing it
Posted by cordnoy - 10 May 2015 05:30

Welcome,

you took a big first step.

Continued hatzlachah

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Re: Toughing it
Posted by yiraishamaim - 10 May 2015 07:34

Baruch Habah!

Welcome to the Forum.

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Re: Toughing it
Posted by Bigmoish - 10 May 2015 22:10

Welcome. We do not discriminate against any animals here.

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Re: Toughing it

Posted by polar bear - 12 May 2015 16:25

Wow! Thank you all for paying attention! This is really inspiring. By the way the storm passed successfully with no casualties. There was another storm yesterday, but it wasn't even noticeable.

Hoping to move on forward and take up a level.

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Re: Toughing it

Posted by gye1962 - 12 May 2015 20:23

hi and welcome.

i am in the same spot you are right now, hope we can grow together and try to leave this addiction behind us.

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Re: Toughing it

Posted by polar bear - 13 May 2015 16:12

Hello! I'm still here, and still clean! Baruch HASHEM!

GYE has now become MY NEW ADDICTION!

There. I admitted that I have an addiction:).

Whenever I have the urge to surf online, the first stop I go to is GYE. Iv'e watched the presentation video a least 3-4 times, and that sweet background tune is constantly playing in my head wherever I am reminding me that I am on a journey and I'm striving to reach the peak!

Thank you GYE!

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Re: Toughing it
Posted by lomed - 13 May 2015 18:58

Keep up your good work

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Re: Toughing it
Posted by Palti-Yossef - 13 May 2015 19:10

You seem on the way !

Please keep us informed !

Hatslah'a rabah !!

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Re: Toughing it
Posted by serenity - 13 May 2015 20:19

It's a good addiction to have.

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Re: Toughing it

Posted by polar bear - 19 May 2015 16:17

Hi, it's me.

I'm still up Baruch HASHEM. But the Yetzer Hara is really starting to challenge me in areas where I've never been challenged before. He's making life difficult, so I'll become sad and then start falling...

I need a lot of Bitachon and I'm taking it one day at a time.

My fear is that if I do fall, I will be too embarrassed to share it on the thread, and instead of helping myself by informing the supporters, I will neglect the account until the next wave of hope comes.

So I'm posting this now, so you know.

Still toughing it...

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