

enough is enough!

Posted by i-man - 04 Jul 2015 21:54

I am a new member of the gye family and i feel that with chizuk from my brothers in arms will give me additional ammo in this battle of good vs evil

=====

Re: enough is enough!

Posted by i-man - 20 Aug 2018 02:28

To add to R' HM's beautiful words of chizuk : Many of us when we start working we are desperate even for a short period of time of being clean , say a week - and then we eventually get to a much longer time , yet when we fall after that we get tzebrochen - if only we could remember that desparation we felt before we exceeded what we beleived we could do.

=====

Re: enough is enough!

Posted by ???? - 20 Aug 2018 10:48

Whats an a amazing way to look at it! great chizuk!

I guess counting days has it's downside as it puts your mind to think that you gotta start it all over again... still, the benefits outweigh it.

=====

Re: enough is enough!

Posted by i-man - 23 Aug 2018 04:01

Last week i fell , probably the biggest fall in a year , naturally now I have the yezer horaah whispering all his nonsense in my ear to do it again , but now i feel the power of the chevra on the forum - I dont want to let down people who follow my progress ,who encourage me and want me to succeed , i dont want to have call people to tell them i failed and need help , Wow mamash incredible...

=====

====

Re: enough is enough!

Posted by i-man - 28 Aug 2018 04:11

The fire in my heart was contained 95 percent for quite some time , but unfortunately its raging out of control - unbelievable ...

hey markz do you do firetrucks too ?

=====

====

Re: enough is enough!

Posted by Markz - 28 Aug 2018 04:38

[i-man wrote on 28 Aug 2018 04:11:](#)

The fire in my heart was contained 95 percent for quite some time , but unfortunately its raging out of control - unbelievable ...

hey markz do you do firetrucks too ?

Mine is on fire too

Trouble's PM is outa control

This week California wildfires are raging on gye

How about we strike a match?

Figuratively.

I mean let's talk - fire your email to markzgye@gmail.com

I can't promise long convo, but we can start

=====

====

Re: enough is enough!

Posted by i-man - 28 Aug 2018 12:49

Is it better to talk to multiple people

or to have 1 person to be accountable to ?

or maybe both??

I know it might seem kind of obvious but theres always differing opinions and experiences.

=====
=====

Re: enough is enough!

Posted by Gevura Shebyesod - 28 Aug 2018 14:10

=====
=====

Re: enough is enough!

Posted by Peretz246 - 28 Aug 2018 16:05

I think it's better to have quality rather than quantity - 1 person rather than a few. But make sure that the person you have has the following qualities:

C - Confession: Can you be open with them about your struggles?

H - Honest: Are they committed to honesty?

A - Accessible: Are they accessible? Can you call them at different times?

M - Maturing: Are they growing or not?

P - Plan: Do they help you come up with a workable plan to quit acting out?

=====
=====

Re: enough is enough!

Posted by i-man - 28 Aug 2018 16:19

[Peretz246 wrote on 28 Aug 2018 16:05:](#)

I think it's better to have quality rather than quantity - 1 person rather than a few. But make sure that the person you have has the following qualities:

C - Confession: Can you be open with them about your struggles?

H - Honest: Are they committed to honesty?

A - Accessible: Are they accessible? Can you call them at different times?

M - Maturing: Are they growing or not?

P - Plan: Do they help you come up with a workable plan to quit acting out?

I definitely have a champ...

=====
=====

Re: enough is enough!

Posted by Peretz246 - 28 Aug 2018 16:31

BH!

=====
=====

Re: enough is enough!

Posted by grateful4life - 28 Aug 2018 17:42

[Peretz246 wrote on 28 Aug 2018 16:05:](#)

I think it's better to have quality rather than quantity - 1 person rather than a few. But make sure that the person you have has the following qualities:

C - Confession: Can you be open with them about your struggles?

H - Honest: Are they committed to honesty?

A - Accessible: Are they accessible? Can you call them at different times?

M - Maturing: Are they growing or not?

P - Plan: Do they help you come up with a workable plan to quit acting out?

Peretz,

Welcome to the forum! It was great talking to you yesterday. Your recovery is fascinating! Please post your story on the forum for the benefit of the gye community when you have a chance. We could really use your experience strength and hope!

G4L

=====
=====

Re: enough is enough!

Posted by i-man - 29 Aug 2018 06:21

My matzav really went downhill this week- I'm falling Badly, I'm in very negative spirits ,and the soton is wreaking havoc with my head and cheshbonos ...

Thats it. I gotta tighten my bootstraps and start over I know what I need to do for the most part , I also may need to change up aspects of my mehalech - that will mainly be determined by ideas I get from friends here.

=====

====

Re: enough is enough!

Posted by cordnoy - 29 Aug 2018 07:08

[Pidaini wrote on 07 Jul 2015 03:52:](#)

Machooooooooool Lach, Machooooooooool Lach, Machooooooooool Lach!!!

The ikkur is to Keep on Trucking!! Whether it's mega or monstuh, mamish or moiredig.....Just keep on Trucking!!

Another point is to remember the "habitat" in which falls usually take place, isolation. Keeping in touch and honest with friends is one of the most helpful preventatives.

Another component which a fall feeds off of is being unproductive. Try and keep doing things, anything, that is productive.

Keep on trucking, just one more mile!! When you're there, give us a beep, we'll tell you what
)

Sounds like you're keepin' connected. What's with the productivity? Went thru many of the posts on this thread now; have you read the handbook?

Godspeed

=====

Re: enough is enough!

Posted by lionking - 29 Aug 2018 07:36

[cordnoy wrote on 29 Aug 2018 07:08:](#)

[Pidaini wrote on 07 Jul 2015 03:52:](#)

Machooooooooool Lach, Machooooooooool Lach, Machooooooooool Lach!!!

The ikkur is to Keep on Trucking!! Whether it's mega or monstuh, mamish or moiredig.....Just keep on Trucking!!

Another point is to remember the "habitat" in which falls usually take place, isolation. Keeping in touch and honest with friends is one of the most helpful preventatives.

Another component which a fall feeds off of is being unproductive. Try and keep doing things, anything, that is productive.

Keep on trucking, just one more mile!! When you're there, give us a beep, we'll tell you what
)

Sounds like you're keepin' connected. What's with the productivity? Went thru many of the posts on this thread now; have you read the handbook?

Godspeed

Cord's,

Thanks for bumping my truck. Good post. I've been a little in isolation recently. Only doing well since I am too busy to fall, which isn't the greatest way to drive.

=====

=====