

We're gonna do this!

Posted by iwant2begood - 27 Dec 2015 21:32

I'm a yeshiva bochur struggling with lust for the past 7 years first it started off with small stuff then like all addictions it progressed I can't explain what an effect it had on my life I was shattered and depressed inside I wished someday that I didn't exist and the hardest part was that I had no one to share it with I had many times a clean streak but then relapsed often getting even deeper in the addiction I saw no way out i joined the 90 journey 11 days ago and bh since then still clean I need chizzuk and support but I'm sure I'm gonna succeed with hashems help habu ltaher mesiemen osoi

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Re: We're gonna do this!

Posted by markz - 27 Dec 2015 21:49

My friend - we're following you **avidly** on your 90 day thread

guardyoureyes.com/forum/19-Introduce-Yourself/271654-90-day-journey

Keep on trucking and keep doin' what I try to daily - give a honk!!

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Re: We're gonna do this!

Posted by gibbor120 - 28 Dec 2015 19:37

WELCOME! Read the handbook. Keep posting.

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Re: We're gonna do this!

Posted by lomed - 28 Dec 2015 21:22

Welcome! keep it up!

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Re: We're gonna do this!
Posted by ysftw - 28 Dec 2015 21:48

Welcome!! Behatzlocho...keep us updated

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Re: We're gonna do this!
Posted by iwant2begood - 28 Dec 2015 22:02

Thanx for the support I guess I'm not alone anymore! Today was day 12 It didn't go that easy a lot of thoughts get on popping up with urges but bh I'm still clean and going strong nothing in life comes easy anyone that made it big worked hard So follow me as I travel through my 90 day journey

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Re: We're gonna do this!
Posted by heiligeryid - 28 Dec 2015 22:10

Can't you see me? i'm right in front of you, 1 day ahead, day #13!

Let's continue together!

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Re: We're gonna do this!
Posted by Shlomo24 - 29 Dec 2015 01:20

One Day At A Time (ODAAT)

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Re: We're gonna do this!
Posted by iwant2begood - 29 Dec 2015 12:43

Today is day 13 not going that easy but bh still clean I find that when I'm feeling down and stressed that's when these feelings come to my mind but I need an idea to take away the void which is causing me to be down I set up a strong taphsic fence which that is helping but of course there is nothing like the support from you guys! I'll keep going strong with hashems help we're gonna do this! just 1 day at a time!

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Re: We're gonna do this!
Posted by markz - 29 Dec 2015 12:50

[heiligeryid wrote:](#)

Can't you see me? i'm right in front of you, 1 day ahead, day #13!

Let's continue together!
Guys you're doing great!!!

Kkkkeeeppp Oonn Tttrruuccckkiinn'

eyeWannaBeGood, HeiligeYid is in front of you, maybe he needs you to push his truck too once

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Re: We're gonna do this!
Posted by iwant2begood - 29 Dec 2015 13:06

My hardest of this struggle part is keeping it to myself there are days that I literally can't function due to my struggle yet I have to make up all kinds of reasons (I'm tired not feeling well etc.)I wish I could just be myself

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Re: We're gonna do this!
Posted by markz - 29 Dec 2015 13:11

[iwant2begood wrote:](#)

My hardest of this struggle part is keeping it to myself there are days that I literally can't function due to my struggle yet I have to make up all kinds of reasons (I'm tired not feeling well etc.) I wish I could just be myself my friend I don't follow what you're saying

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Re: We're gonna do this!
Posted by iwant2begood - 29 Dec 2015 13:15

I mean to say that the hardest part is when you can't be open with other people and you have to make up all sorts of lies

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Re: We're gonna do this!
Posted by Shlomo24 - 29 Dec 2015 14:45

[iwant2begood wrote:](#)

I mean to say that the hardest part is when you can't be open with other people and you have to make up all sorts of lies

I identify with this also. I found it very hard to lie about my whereabouts or what I was doing. But I lied much more in my active addiction and my moral conscience didn't bother me as much then. This is a consequence of my actions and that is life for now. What I have learnt though is how to be vague so it's not an outright lie. Also just because someone asks me a question does not mean that I have to answer them. I could politely tell them it's none of their business.

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Re: We're gonna do this!

Posted by iwant2begood - 29 Dec 2015 16:26

But when your depressed and down you wish you could tell your friend what's really bothering you instead of telling him I'm just under the weather

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