

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 Itaher mesiemen osoi

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Re: We're gonna do this!

Posted by gibbor120 - 07 Jan 2016 14:26

[iwant2begood wrote:](#)

You have a point because I'm very busy with myself these days not interested in friends or anything other than myself

Quite common, and not very healthy. It's something I struggle with.

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Re: We're gonna do this!

Posted by iwant2begood - 07 Jan 2016 17:31

I keep on telling myself that with time it will get better but that's not quite true because addiction feeds of isolation and if I keep to myself I'm not going to recover . But what's the idea when I feel depressed and I'm not in the mood of shmoozing with anyone??its just so hard!

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Re: We're gonna do this!

Posted by stillgoing - 07 Jan 2016 17:44

[iwant2begood wrote:](#)

Wow can't believe it's been 3 full weeks that I'm clean!!! Today and yesterday were prob. My 2 hardest days since I started but thanx to you guys I stayed clean. I call the first 3 weeks the "the 3 weeks of hell" for after that it becomes much easier! good luck were gonna do this!!!!

Indeed, some days are much easier then others. But how do you know that after 3 weeks it gets easier? My own experience is that the way that I allow my thoughts to roam, (and my feet to lead me, and my hands...) have a much bigger impact on how easy or not-easy my day will be. What do you think?

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Re: We're gonna do this!

Posted by iwant2begood - 07 Jan 2016 22:32

Of course it's true that you always have to be on guard and when looking around and following your thoughts that triggers lust but we know that with time the struggle gets easier and I have found in previous experiences that after 3 weeks it gets much easier

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Re: We're gonna do this!

Posted by iwant2begood - 08 Jan 2016 14:06

Hi guys today is day 23 and bh I'm still clean!! bh today is going easy I'm taking 1 day at a time last night I spent a lot of time with friends and I felt much better after that. shabbos is coming which is sort of an easier day so have a beautiful and relaxing shabbos good luck

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Re: We're gonna do this!

Posted by BenTorah.BaalHabayis - 10 Jan 2016 07:42

Amazing! Keep up the good work!

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Re: We're gonna do this!

Posted by iwant2begood - 11 Jan 2016 01:39

Hi guys today is day 25. I'm felling gr8 . I started doing some exercise and I found that it helped the depression and stress tremendously. good luck were gonna do this

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Re: We're gonna do this!

Posted by Josephsbrother - 11 Jan 2016 02:40

Exercise is a very important tool, I also get mine in almost daily, bicycling, and walking are some of mine. It definitely keeps stress down, the power of the will is strengthen by the labor of the hand,

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Re: We're gonna do this!

Posted by markz - 11 Jan 2016 02:58

[Josephsbrother wrote:](#)

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You guys are both trucking or apparently cycling at about the same pace - KEEP ON Tri-cycling

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Re: We're gonna do this!

Posted by Workingguy - 11 Jan 2016 04:12

[markz wrote:](#)

[Josephsbrother wrote:](#)

Exercise is a very important tool, I also get mine in almost daily, bicycling, and walking are some of mine. It definitely keeps stress down, the power of the will is strengthen by the labor of the hand,

You guys are both trucking or apparently cycling at about the same pace - KEEP ON Tri-cycling

Markz,

I think the strongest tool in recovery that helps me stay sober is the smile I get when I see all your whimsical posts, puns, and the multitude of ways that you have to say the same thing-

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Re: We're gonna do this!

Posted by Josephsbrother - 12 Jan 2016 03:17

A smile for the next miles of your journey.

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Re: We're gonna do this!

Posted by iwant2begood - 12 Jan 2016 23:01

keep on trucking!

Hi guys today is day 27 bh I'm still clean I had a long talk with my sponsor earlier. I feel like a diff. Person I could finally share my struggle with somebody that understands me! I also joined Doves desperadoes phone Confrence I'm starting tmrw. Hatzlocha ! Btw thanx jb I started doing some exercise and it helped a lot even just walking!

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Re: We're gonna do this!

Posted by markz - 12 Jan 2016 23:49

AMAZING

I love seeing a yeshiva bachur doing stunts on his truck

KEEP ON TRUCKING

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Re: We're gonna do this!

Posted by iwant2begood - 13 Jan 2016 00:06

Lol

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