

Hi

Posted by Strength365 - 25 Feb 2016 10:02

Hi,

I'm new.

Nervous.

Motivated.

Need Help.

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Re: Hi

Posted by markz - 01 Mar 2016 11:42

Pls excuse me... until I get back to the mikva I can only type with one hand - the other is holding up my pants...

Hey - Do you take offense to my humor?

Cos I wanted to comment on your last comment

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Re: Hi

Posted by Sasha 2 - 01 Mar 2016 11:56

What ive done is i printed out the GYE handbook and more and i keep it hidden and when no one is around i read to my hearts content (my real heart)!

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Re: Hi

Posted by Yesod - 01 Mar 2016 14:01

[markz wrote on 01 Mar 2016 11:42:](#)

Pls excuse me... until I get back to the mikva I can only type with one hand - the other is holding up my pants...

Hey - Do you take offense to my humor?

Cos I wanted to comment on your last comment

Serves ya right, feller, with your suspenders the only use i found was to hold my socks up.

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Re: Hi

Posted by Strength365 - 02 Mar 2016 16:25

[markz wrote on 01 Mar 2016 11:42:](#)

Pls excuse me... until I get back to the mikva I can only type with one hand - the other is holding up my pants...

Hey - Do you take offense to my humor?

Cos I wanted to comment on your last comment

Honestly, I def don't take offense, but i'm not sure i always understand it. But I do appreciate your help! Thanks

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Re: Hi

Posted by Strength365 - 02 Mar 2016 16:26

Day 8 - Today seems like it might be an easier day as hectic at work so no wondering mind(or little wondering mind)

Hashem should help us all stay strong!

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Re: Hi

Posted by Yesod - 02 Mar 2016 16:28

[Strength365 wrote on 02 Mar 2016 16:26:](#)

Day 8 - Today seems like it might be an easier day as hectic at work so no wondering mind(or little wondering mind)

Hashem should help us all stay strong!

Amen!

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Re: Hi

Posted by Strength365 - 02 Mar 2016 16:29

Thanks, i'm too nervous to leave a copy somewhere! but i'll hopefully read a little online when i have time.

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Re: Hi

Posted by doingtshuva - 02 Mar 2016 19:57

[Strength365 wrote on 02 Mar 2016 16:29:](#)

Thanks, i'm too nervous to leave a copy somewhere! but i'll hopefully read a little online when i have time.

When I have printed out my Handbook I asked the shop to add a white page cover to front and back.

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Re: Hi

Posted by goodchange613 - 02 Mar 2016 20:21

I just downloaded it onto my phone so i have it and dont need to go online to read it.

If you dont have a phone you can just download it onto your laptop and hide the file somewhere with a nondescript name like "temp file data"

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Re: Hi

Posted by Mesayin - 02 Mar 2016 20:42

[goodchange613 wrote on 02 Mar 2016 20:21:](#)

I just downloaded it onto my phone so i have it and dont need to go online to read it.

If you dont have a phone you can just download it onto your laptop and hide the file somewhere with a nondescript name like "temp file data"

Or "Truck File Data"

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Re: Hi

Posted by Strength365 - 03 Mar 2016 14:54

Day 9, B'H, I'm still alive, Still here, Now i've started thinking its easy, no problem, I can do it forever. Normally when those thoughts start coming its just a couple of days until the crash!

But I've never tried to do this with everyone here, so there is hope I can get out of the horrible cycle and stay clean!

May Hashem bless everyone with a great day of strength, hatzlocha and bracho

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Re: Hi

Posted by pischoshelmachat - 03 Mar 2016 15:06

On day 9 we say "NEIN" to the Y"H and we say "Yoh" to the Eibishter.

Just ask the RBS"O to help and mean it and you will have another wonderful day!

And since you are cutting yourself off from the Y"H and connecting to the RBS"O, ask him for a special bonus to reward your mesiras nefesh. Coming back to HKB"H creates a massive Eis Ratzon. Please daven for me as well!!

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Re: Hi

Posted by Yesod - 03 Mar 2016 17:05

Live every day as if you fell yesterday

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Re: Hi

Posted by doingtshuva - 04 Mar 2016 00:09

[Yesod wrote on 03 Mar 2016 17:05:](#)

Live every day as if you fell yesterday

Can you explain please?

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