

gettingbackupnow!!

Posted by gettinghelp - 04 Feb 2009 22:39

Finished DAY 1.This with Hashem's kindness and help with be my new 90 journal.Despite the fact that I fell after 4 wks, I feel stronger and more at ease with what it takes to have a proper and real recovery.I will have a more detailed post soon

=====

Re: gettingbackupnow!!

Posted by the.guard - 21 Mar 2009 21:49

You're doing great, I updated your chart to 22 days...

But dear GettingHelp, if you're feeling shaky and REALLY want to "get help" - why don't you do the one thing that everyone knows can REALLY make a difference, and join a strong SA group in your area?!

Please read what I wrote to Ben today, to congratulate him on reaching 90 days. You can see it [here](#). Read the excerpt from the article I posted there. It is very important for all of us to understand.

=====

Re: gettingbackupnow!!

Posted by gettinghelp - 25 Mar 2009 15:24

I do see my addiction Dr wkly and I do attend meeting via the phone.I am really starting to see some serious results in my life.B'H I am getting help!

=====

Re: gettingbackupnow!!

Posted by Ykv_schwartz - 25 Mar 2009 19:23

That's great! We are cheering you on.

=====

Re: gettingbackupnow!!

Posted by gettinghelp - 25 Mar 2009 19:30

B"H GUE helped with what could have been a HUGE fall.

=====

Re: gettingbackupnow!!

Posted by the.guard - 25 Mar 2009 19:40

We love you gettingHelp. Your honesty in facing this monster within is refreshing! Stick with us and we'll do all we can to help you!

I want you to know that I restricted your account only for your soul. Your soul can continue posting here, and read the other men's posts, and continue to get and give Chizuk. However, I did limit the account to your Yetzer hara, **who you anyway don't want**. As you know, with an addiction, the yetzer hara is so sly, so sneaky, so insidious and plays so dirty, that I wanted to limit his ability to bother you and give you crazy ideas. I wanted your soul to feel safe on this forum - and be able to use it only for Teshuvah and Chizuk, without being afraid from yourself.

I would usually block such a strong yetzer Hara from our forum altogether, but I hear your Yetzer Tov calling out for help with true sincerity and I want to give him a chance.

Please continue with therapy and please **STRONGLY** consider joining an all-men 12-Step SA group in your area. You need still to **get** more **help** than just therapy and posting on our forum.

We want to help you, we are here for you.

=====

=====

Re: gettingbackupnow!!

Posted by Mevakesh Hashem - 25 Mar 2009 19:47

Yes, gettinghelp, we are all here for you.

Please consider what GUARD did to your account as a huge gift! In fact, send him a thank you card!

You can win this battle! Stay strong and stay away from the enemy's territory (u know exactly what I mean!)

Chazak V'Ematz!

=====

Re: gettingbackupnow!!

Posted by gettinghelp - 25 Mar 2009 21:43

A father only punishes a son because he loves him and wants him to be better. A father can see just how much potential a son has to offer and by punishing he is in fact making him a better son. SO A BIG THANK YOU TO GUE for all the help and chizuk.

=====

Re: gettingbackupnow!!

Posted by the.guard - 25 Mar 2009 22:22

You're welcome. Stick with us, keep up the fight, keep davening. You'll get there. You'll even be able to help others one day.

What do you say to the Chizuk e-mails the past few days? Are you looking into 12-Step SA groups?

We're here for you.

=====
=====

Re: gettingbackupnow!!
Posted by gettinghelp - 26 Mar 2009 15:05

Humbled but that much stronger from yesterday's events.All I want for this Rosh Chodesh is to get thru today clean and healthy,please G-D.

=====
=====

Re: gettingbackupnow!!
Posted by gettinghelp - 26 Mar 2009 17:48

About to attend a phone meeting,just wanted to add"For every time we have a test that we pass,we move up to a higher level in our relationship with ourselves and Hashem.

=====
=====

Re: gettingbackupnow!!
Posted by Ykv_schwartz - 26 Mar 2009 19:01

profound. Thanks for inspiring us

=====
=====

Re: gettingbackupnow!!
Posted by gettinghelp - 26 Mar 2009 21:07

B'H a really good simple plain Rosh Chodesh,full of blessings and nissim!!!! just need to open

my eyes wider to see all the help Hashem has sent and to use it daily, hour by hour. Again a big thank you to GUE for all the help he has given to me by being Hashems shliach. May he be blessed to continue in his most beautiful ways!!!!!!

=====

Re: gettingbackupnow!!

Posted by Ykv_schwartz - 26 Mar 2009 21:40

optimism is so contagious. Keep inspiring us. We love it all.

=====

Re: gettingbackupnow!!

Posted by gettinghelp - 27 Mar 2009 14:36

We all on GUE have come along way, each in our own special way. B'H there is a place like this the Hashem has created in his loving kindness see that there is so much in the way of help for our addiction, it humbles me. We (I) need to reach out more and take it all in. I look at and read the different ways people, holy people of GUE have been giving and getting help and it makes me smile. I have been so lucky and blessed to be on this site and receive so much help, thank GUE!!!! We must never ever let the y'h get us down, depressed or to give up. May we all be blessed to take the holy sparks of kiddushah from this Shabbos and use them to grow.

=====