

After a long tome i'm back again
Posted by BS D - 15 Nov 2009 16:34

hi everyone

i haven't posted for such a long time

well in the past few months i've been on a rollercoaster. ive had ups and downs. ive been clean
i suppose most of the time. but i have fallen many times.

i have additional pressures on my head ie shidduchim. but every time it doesn't work out i'm
happy. coz i know i havent really sorted out my problem yet.

i fell today and now would like to restart the 90 day. pleas help

=====

Re: After a long tome i'm back again
Posted by BS D - 23 Apr 2010 07:12

Thanx shlomo for the post it really is a boost and lays down our struggle in the right perspective!

Thanks once again and hatzlocha in ur journey to 90 and on!

=====

Re: After a long tome i'm back again
Posted by BS D - 25 Apr 2010 07:36

B"h i had a great shabbos!

I now have had with Hashems help 2 clean days!

I just have to focus on today!

=====

Re: After a long tome i'm back again
Posted by silentbattle - 25 Apr 2010 08:09

Awesome!

Today is the only day you need to focus on. Can you stay clean for today? Just today? Yes, you can. Right now, no matter how strong the urge is, you can stay clean - for a day at a time, an hour at a time, 5 minutes at a time.

Rock on!

=====

Re: After a long tome i'm back again
Posted by BS D - 26 Apr 2010 22:34

Thanks guys for all ur posts they are mamesh mechazek me!

With Hashems help i'm still clean and holding at 4 days!

I just keep davening for help that Hashem should keep helping me (and all of us!) and continue to guide me so that we dont c"v fall for the traps of the y"h!

=====

Re: After a long tome i'm back again
Posted by silentbattle - 27 Apr 2010 00:59

4 days - that's great! Keep it up, and remember, one day at a time...you can prepare for future tests, but don't focus on them. Right now, the only urges you need to fight are the ones that are here right now. Tomorrow's urges? Not your problem.

I know it helps me if I visualize myself being tempted, and just getting up and walking out of the

room. So when the situation actually occurs, I already have training in walking away.

And thanks for your davening - it helps!

=====

Re: After a long tome i'm back again
Posted by BS D - 27 Apr 2010 23:35

Thank you Hashem for 5 clean days!

I had a strange dream last nite- in my dream i had a massive test and other people failed and i managed not to fall! It felt amazing!

I woke up in the morning with fresh chizuk!

=====

Re: After a long tome i'm back again
Posted by silentbattle - 28 Apr 2010 21:20

That's great - see? That's where you're holding, that's what you're capable of!

It's funny, I've had a few dreams like that as well...well, it was just me, but basically, I had the chance to do an aveirah, and I walked away! It feels great! ;D

=====

Re: After a long tome i'm back again
Posted by BS D - 29 Apr 2010 20:38

Thanks for all ur help Silentb!

B"h i'm up to day 7! I just keep davening to Hashem for help with y"h and that i shouldn't get to confident- i think that has always been my downfall!

When i wake up i say modeh ani and thank Hashem that i'm still clean and ask for help to stay clean for that day!

With His help we'll succeed!

=====

=====

Re: After a long tome i'm back again
Posted by silentbattle - 30 Apr 2010 00:37

That sounds like a great approach - please continue to let us know how you're doing! We care about you, and also (as I've said before), posting is a good way to stay focused, and stay in touch with how you're feeling!

=====

=====

Re: After a long tome i'm back again
Posted by BS D - 01 May 2010 22:09

Thank you Hashem -i'm still clean!

B"h i think i'm now 8 days clean! Had a great shabbos and just wanna try carry on 1 day at a time!

Thanks guys for all the chizuk so far- u can't imagine how much it helps just seeing other people replies to my posts- shows i'm not doing this alone!

=====

=====

Re: After a long tome i'm back again
Posted by silentbattle - 02 May 2010 03:46

8 days is great!

How are you feeling about all this?

=====

=====

Re: After a long tome i'm back again
Posted by BS D - 24 May 2010 15:43

I'm back again after a break from internet access!

During my break i found that although i wasn't using the net. But since i wasn't involved in gye i was very easily tempted to look around whilst on the street etc- which caused me to fall. However the whole reason i got rid of my filtered net was because i found a way round it and fell!

What i've come to realise is that i can't shteig without gye and if you're not shteiging then you're falling!!

So today is a new start!

=====

=====

Re: After a long tome i'm back again
Posted by silentbattle - 24 May 2010 22:54

That realization is very valuable - how are things going?

=====

=====