

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

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Re: After a long tome i'm back again
Posted by BS D - 29 Jan 2010 00:03

Thanks guys for ur help.

I'm going to bli neder disconnect myself- that means i'm gonna miss u guys- no more gue!

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Re: After a long tome i'm back again
Posted by silentbattle - 29 Jan 2010 00:10

If it works for you...I'll miss you!

There are also filters for phones, aren't there?

And remember - if you use your fall as an opportunity to learn more about yourself and this struggle, then the fall itself is part of moving forward! Check out my thread for what I wrote about this recently.

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Re: After a long tome i'm back again
Posted by imtrying25 - 29 Jan 2010 00:44

[BS D wrote on 29 Jan 2010 00:03:](#)

Thanks guys for ur help.

I'm going to bli neder disconnect myself- that means i'm gonna miss u guys- no more gue!

Although i agree with you and think that disconnecting is a great idea, there is a downfall. You wont be able to have people to call out to. Even without the internet us addictis know how to get into trouble. So therefore i strngly suggest you get to know someone/s on the forum and be able to keep in touch with him on the phone. This way in time of need you have someone to call and be there for you. All the while understanding your sitch and everything.

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Re: After a long tome i'm back again
Posted by Kollel Guy - 29 Jan 2010 08:59

Why don't you keep in contact with someone here, and have him update your 90 day chart?

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Re: After a long tome i'm back again
Posted by BS D - 11 Mar 2010 10:31

Hi everyone i'm back.

I've got some bad news for the boys that i've just fallen. However i've been making vows to stop me from doing certain things (yet i still managed to fall) and they run out after shabbos so i need some chizuk to continue.

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Re: After a long tome i'm back again
Posted by silentbattle - 11 Mar 2010 16:02

It's hard to give advice without knowing more, but my first recommendation would be to post more...open up about your challenges, about how you're feeling, etc.

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Re: After a long tome i'm back again
Posted by Steve - 12 Mar 2010 05:47

WELCOME BACK, BSD, AND WELCOME HOME!

Be strong, my Holy chaver. Dont be too hard on yourself - this is all about PROGRESS, NOT PERFECTION. As Human beings, we all go through the rollercoaster of ups and downs, heights and falls. We are not Malachim. don't expect to be. Just take one day at a time.

An excellent way to work on BREAKING the CONTROL the YH has on oneself, is to do a daily routine of NOT giving in to all of your desires. The Raavid (I believe) has a Taanis that is easy, yet very powerful. This is brought down in the Rabbeinu Yonah's Yesod HaTeshuvah found in the Rosh Hashanah Machzorim. At the end of each meal, 3 x per day, leave over the last bite or two of each item you are eating and drinking. Dont take it off at the beginning, but at the end, so it is from that which you were anticipating to finish. Leave it over, and think or say "I am leaving this food over so as NOT to fulfill my desire to it's fullest, L'Tzorach Borei, in Honor of my Creator." It's not Baal Tashchis, cuz it has a purpose.

This method get's one used to not answering to all his teivos, every day, three times a day. It is EXTREMELY POWERFUL. You will be re-wiring your mind to avoid temptation, and in a simple way. Doing this for at least one month straight, every day but Shabbos (no taanis on Shabbos - ask your Rav about Yom Tov) will have an immediate effect that you will FEEL deep inside.

I hope I get to know you better over time on the forum. So PLEASE POST POST POST!!

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Re: After a long tome i'm back again
Posted by zalmandovid - 12 Mar 2010 06:46

Dear BS"D,

If you want something bad enough you can achieve it. Hashem is on your side. But we also must put in our dose of effort. All we have to do is let Hashem in. Once you are on the path of the just Hashem sends you extra doses of help.

A man named Koppel, a chasid of the Heilige Baal Shem Tov, used to earn a living as the "honest weight & measures" of the local marketplace. Everyone trusted him, and paid him a kopek each time they weighed produce on his scales.

While waiting for customers, Koppel recited the Tehillim, especially repeating the verse:"Shivisi Hashem Lnegdi Tomid, G-d is always before me." (Tehillm 16,8), and so the peasants nicknamed him Koppel Shivisi.

Once, Koppel left to visit the Baal Shem Tov, so another man tried to replace him with a scale and a yardstick. But the peasants rejected him, saying:"If Shivisi is here, then we're in business; but without Shivisi there is nothing doing."

Moral of the story: If "G-d is always before us," then there is a "market" and activity. Otherwise, there is nothing doing.."

We must always remember we stand before Hashem. He WILL help us. He always does. What father wouldn't?

Peace out buddy,

Zalmandovid

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Re: After a long tome i'm back again
Posted by BS D - 13 Mar 2010 21:10

Thanks everyone for your inspiring posts. It really helps me knowing that people out there are listening to me.

B"h i had a clean streak me three days and that felt great.

However i just fell but b"h i still am strong on the vows i made and i have renewed them again for this week. I find that we cant let the y"h have a tiny entrance into our lives coz he will grab any chance he can get.

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Re: After a long tome i'm back again
Posted by the.guard - 13 Mar 2010 21:42

BS"D you will succeed.

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Re: After a long tome i'm back again
Posted by silentbattle - 14 Mar 2010 01:13

Absolutely true - remember, one day at a time, keep growing.

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Re: After a long tome i'm back again
Posted by bardichev - 14 Mar 2010 01:19

Keep on trucking

And woodford helps!

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Re: After a long tome i'm back again
Posted by BS D - 14 Mar 2010 15:54

Well today is my new day 1

b"h i'm managing so far- it must be the birchas tzadik that i got from the guarder rebbe!!!

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Re: After a long tome i'm back again
Posted by DovInIsrael - 14 Mar 2010 16:00

welcome back!

I decided I am not strong enough to do a 90-day...

but I do believe I can do One-Day...

so I just decided to do One-Day, 90-times !

try this:

Look straight in the mirror - and tell yourself:

I BELIEVE IN YOU !!!

do this at least three times a day - could be once right after the other.

VERY POWERFUL!

the subconscious believes everythign we tell it.

Visualations and positive thinking are two very powerful techniques.

YOu can do it!

Dvine (DoV IN Israell)

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