

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by Hashem Help Me - 08 Aug 2017 18:36

Sorry Mayan you are having a rough time. You know you have inspired many, including me. encouraging and thoughtful that i know i can do this for good! You seem to genuinely care about all of us. Time to have some compassion on yourself. Get up, wash off the dirt, and get back on track one hour at a time. You know it can be done. You have tasted it. This period was a ditch in the path up a mountain. Now that you have crossed it, you realize you are still high up on the trail. Best wishes. G-d bless you.

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Aug 2017 19:14

Thank you all for trying to repair this broken vehicle

Caring for others and giving a way to see things is easy as Dov says even a young child has a really clear mind right after he acts out. The trick is to be able to see oneself as if from another persons point of view, something that I cannot do.

Inspiring others I do not know about that but if there are those that get inspired so be it.

If I would have compassion on myself I wont say where I would be now.

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Aug 2017 19:17

I am tired of all this

I just want to be normal (do not say that I am)

I want all of this to stop

I just want to live a normal healthy happy life

I do not think that that life will ever be mine

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Re: I will make it b"h

Posted by cordnoy - 08 Aug 2017 20:00

[MayanHamisgaber wrote on 08 Aug 2017 19:17:](#)

I am tired of all this

I just want to be normal (do not say that I am)

I want all of this to stop

I just want to live a normal healthy happy life

I do not think that that life will ever be mine

I don't know if you're normal or not; I know that I am not.

I also wanna live life without lustin'.

Will that happen? I don't know.

Has it happened? Nope.

The past two days - even more than usual. I spoke to God about it a bit today.

However, "healthy" and "happy" can be adjectives that describe my life as of late - certainly more than before. It did take lots of work and some risks were taken in recovery, but it was/is well worth it.

B'hatzlachah to you

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Aug 2017 20:12

Nice to see you still postin'

I was expectin' this type of response but did not think it would be you.

Thanks

p.s. No I am not normal

I too speak to G-d

I am not holdin' my breath waitin' for an answer

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Aug 2017 20:48

ttttthhhhhhhhhhhhhhhbbbbbbbbbbbbbb

(that was for the edit) :-p

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Re: I will make it b"h

Posted by Ihavestrength - 09 Aug 2017 00:51

Hey mayan, I love your posts. Maybe you should join the phone conferences. Or take some other step. Make the fall worth it. Sry if that's not relevant. I wish you only the best. I know the anguish of this horrible addiction.

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Aug 2017 15:13

I have listened to many of Dov's recordings and I have gained from them....

However I feel triggered and annoyed when listening so I do not think that calls are the thing for me. What will work? Hell if I know.....actually even if I do not know there is going to be Hell to

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Re: I will make it b"h

Posted by Markz - 09 Aug 2017 15:24

[MayanHamisgaber wrote on 09 Aug 2017 15:13:](#)

I have listened to many of Dov's recordings and I have gained from them....

However I feel triggered and annoyed when listening so I do not think that calls are the thing for me. What will work? Hell if I know.....actually even if I do not know there is going to be Hell to

pay

The only hell I heard dov talk about was the one on this world, which can lead one on real steps to being sober

Sweating about the one in the world to come doesn't do much for many of us

Maybe you're better than me

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Aug 2017 15:26

I do not sweat it

I just wrote what I was thinking at the time

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Re: I will make it b"h

Posted by Ihavestrength - 09 Aug 2017 15:55

[MayanHamisgaber wrote on 09 Aug 2017 15:13:](#)

I have listened to many of Dov's recordings and I have gained from them....

However I feel triggered and annoyed when listening so I do not think that calls are the thing for me. What will work? Hell if I know.....actually even if I do not know there is going to be Hell to

pay

Maybe not Dov's calls. Maybe the morning call (martin b.) Or afternoon one (duvid chaim). It's a pretty friendly atmosphere.

Best of luck

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Aug 2017 16:07

The problem is not the friendliness of the calls B"H Dov, Cords, GS, Mikestruggling, Workingguy, BigMoish (I think, just naming those that have been active on calls that I have joined, sorry if I missed someone) have all been really great and supportive. I think it is the content that is the issue.

Thanks

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Re: I will make it b"h

Posted by Trouble - 09 Aug 2017 16:56

Would it help you if you'd specify what content bothers you and why?

"Surrender" used to drive me bananas.....until I was finally able to relate to it on some level.

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Aug 2017 17:19

Surrender, Fall, Prayer,..... none of that bothers me

What I mean by content is that I still do not think I am an addict so in my head I do not need to be going to meetings/calls and hear about how and what everyone else is going thru. I feel that I am using it as an alternative way of acting out, much the same way that Dov says it is an excuse to think about my penis all day. (sorry for the crass lingo)

Thank you

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