

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 GrowStrong - 23 Oct 2017 06:28

my life changed when i learned i was sick getting better and not evil trying to get good. encouraging and thoughtful that i know i can do this for good !

Do you think you moved past the point of bechira into something akin to an addiction?

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Re: I will make it b"h

Posted by Hashem Help Me - 23 Oct 2017 11:20

Many of us here know your turmoil and pain. You are not alone. stay connected and iyh you will get better. The day will iyh come where you will look back and celebrate how you changed your life.Hatzlocha.

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Re: I will make it b"h

Posted by mikestruggling - 23 Oct 2017 12:03

[Path of life wrote on 23 Oct 2017 05:59:](#)

I feel like giving up the fight with the YH , its so tough so hard.

its goes back a looong time (over 10 years)

How many tears I had already shed not to fall again, only to fall again and shed another couple of buckets.

The guilt feelings, the double life, the constant fight.... just cant anymore!

Please help!! feel like giving in and just stop the looong fight

You may or may not be an addict.

I'm an addict I gave up and I'm trying to let Hashem into my life (really I'm trying to live Hashem's life) using the 12 steps. Look at my count that's not a lot of sobriety. It doesn't make a difference for the next 24 hours I can survive without lust. I'll use the tools I have so that I shouldn't be led there.

to Mayan hatzluche rabba whatever you do. I dont understand why you are not doing 12 steps live meetings. I am mevatel daas to whoever you ask. I know very close to nothing but maybe ask again. the joy of living the steps is indescribable it can take you thru anything (even in laws)

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Re: I will make it b"h

Posted by MayanHamisgaber - 23 Oct 2017 12:08

Path of life

I am sorry to hear that you feel so down

But you came to the right place kudos to you for posting and just try to listen to the great truckers hear and you will do fine

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Re: I will make it b"h

Posted by MayanHamisgaber - 23 Oct 2017 12:10

Mikestruggling

Thanks for the well wishes

As to your wonderment I am not an addict and I feel live 12 step meetings will do more harm than good

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Re: I will make it b"h

Posted by cordnoy - 23 Oct 2017 12:57

[Path of life wrote on 23 Oct 2017 05:59:](#)

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Mine was/is over 35 years.

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Re: I will make it b"h

Posted by Markz - 23 Oct 2017 13:06

[MayanHamisgaber wrote on 23 Oct 2017 12:10:](#)

Mikestruggling

Thanks for the well wishes

As to your wonderment I am not an addict and I feel live 12 step meetings will do more harm than good

Live meetings may not be good...

But don't get into the trap of some that are addicted to saying "I'm a non addict", give yourself a few years to decide and maybe get a 2nd opinion because ??? ??? ????? ??????? ????

[MayanHamisgaber wrote on 18 Dec 2016 12:08:](#)

I would sometimes get caught over the years but nothing helped me for long including talking to rebbim that i was and still am very close to. Now my wife is encouraging me to join gye so here we go hope i can finally become the yid i know i really am

You have already opened up to rebeim, so why not open up and keep a running kesher with another recovering gye?

btw If I'd be getting caught I'd definitely consider myself a powerless addict and would take for myself the necessary Truck route to sanity

Maybe you prefer living it out in the land of insanity? Hey - I'm just kidding

Have a great day ;-)

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Re: I will make it b"h

Posted by mikestruggling - 23 Oct 2017 15:06

See how much Markz loves the oilem he remembers posts from almost a year ago then he tows

it into the discussion with his truck

I love you Markzzz

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Re: I will make it b"h

Posted by Markz - 23 Oct 2017 15:20

Im addicted to gye...

What can I do? I'm a post addict a help!!

I can do with a hitch...

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Re: I will make it b"h

Posted by Path of life - 23 Oct 2017 15:23

[cordnoy wrote on 23 Oct 2017 12:57:](#)

[Path of life wrote on 23 Oct 2017 05:59:](#)

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Thanks,

but the fact that it is possible to struggle so many years make me feel even more at a loss.. will that be my fate on this world to keep fighting struggling?

I thought all along the older you get the less desire you have... guess I am totally wrong

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Re: I will make it b"h

Posted by cordnoy - 23 Oct 2017 15:35

[Path of life wrote on 23 Oct 2017 15:23:](#)

[cordnoy wrote on 23 Oct 2017 12:57:](#)

[Path of life wrote on 23 Oct 2017 05:59:](#)

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It's your choice to determine your attitude. It can be negative, but you can choose to be positive. There are those that come onto gye and click right away towards recovery. Some take time. Some fall off.

It was addressin' your initial comment, "oy, I fought for so long, I give up." There are those here who can prove that wrong.

And there are many here and not here who can prove your last post wrong. No, it does not need to be your fate, but it's up to you.

B'hatzlachah

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Re: I will make it b"h

Posted by Path of life - 23 Oct 2017 16:38

[GrowStrong wrote on 23 Oct 2017 06:28:](#)

my life changed when i learned i was sick getting better and not evil trying to get good.

Do you think you moved past the point of bechira into something akin to an addiction?

What is the fine line between Bechirah And an addict?

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Re: I will make it b"h

Posted by Shivisi_Hashem - 23 Oct 2017 17:40

[Path of life wrote on 23 Oct 2017 05:59:](#)

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hay! dont give up, yes we all know its tough, but the good feeling after fighting off a fake urge of lust is unbelievable, just live a positive life, keep on talking to yourself, yes, i can do it, i will do it, i will ask for help and supprt and ill get it, just think that the day is almost over and why mess with success, keep on positive, and positive only, you have no idea how far it will take you... positive life is best, thats the only way to make it,

stay strong, stay positive, dont give up. yes you do have to Koach to stay clean..... and remember tefilah has a huge koach.....

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Re: I will make it b"h

Posted by MayanHamisgaber - 23 Oct 2017 17:41

[Markz wrote on 23 Oct 2017 13:06:](#)

[MayanHamisgaber wrote on 23 Oct 2017 12:10:](#)

Mikestruggling

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As to your wonderment I am not an addict and I feel live 12 step meetings will do more harm than good

Live meetings may not be good...

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Have a great day ;-)

Okay Markz I'll bite/catch the rope

Agreed that I might need to b in touch with some of the oilum here and I have a few #'s to call

Please explain why getting caught would make you think you are a powerless addict

btw it has not happened in a while now b"h and I definitely feel that things are getting better

Thank you all for posting here and trying to help me even though I can be thick headed somewhat...

Path of life

Thanks for bumping my thread and breathing some life here KOMTNMW

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