

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'e"h

Posted by cordnoy - 05 Jan 2018 16:28

[heemircha wrote on 05 Jan 2018 16:12:](#)

encouraging and thoughtful that i know i can do this for good !

[LoveU,Hashem wrote on 03 Jan 2018 23:48:](#)

Nu cord??

Get it out. The oilem is waitn'...

(I still need an elaborate explanation of this n' tendency of yours..)

Is this a b"b thread? Need to know before I make a missin' g spot joke.

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Re: I will make it b'e"h

Posted by Shlomo24 - 06 Jan 2018 04:47

[cordnoy wrote on 05 Jan 2018 16:28:](#)

[heemircha wrote on 05 Jan 2018 16:12:](#)

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Hahahaha

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Re: I will make it b'e"h

Posted by mikestruggling - 06 Jan 2018 20:32

[cordnoy wrote on 05 Jan 2018 16:28:](#)

[heemircha wrote on 05 Jan 2018 16:12:](#)

[LoveU,Hashem wrote on 03 Jan 2018 23:48:](#)

Nu cord??

Get it out. The oilem is waitn'...

(I still need an elaborate explanation of this n' tendency of yours..)

Is this a b"b thread? Need to know before I make a missin' g spot joke.

I was sorely tempted to click "report to moderator"

This post will suffice

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Re: I will make it b'e"h

Posted by MayanHamisgaber - 08 Jan 2018 22:41

I feel stupid as I fell once more but this will be the last time bl"n

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Re: I will make it b'e"h

Posted by Markz - 08 Jan 2018 22:50

[MayanHamisgaber wrote on 08 Jan 2018 22:41:](#)

I feel stupid as I fell once more but this will be the last time bl"n

It doesn't have to do with IQ and the proof is in the pudding - I'm probably the smartest guy on gye and yet I fell many times...

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Re: I will make it b'e"h

Posted by mikestruggling - 09 Jan 2018 13:02

Markz- What's up with the pudding? Can I have some?

Mayan- If it's your last time why are you feeling stupid? You should feel great from now on no more acting out! Baruch Hashem!

On the other hand, if you feel stupid then it may not be the last time.

Smile Hashem loves you.

Warning: Spoiler!

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Re: I will make it b'e"n

Posted by MayanHamisgaber - 09 Jan 2018 19:46

[mikestruggling wrote on 09 Jan 2018 13:02:](#)

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Very funny guys

I think anyone who is honest with himself feels the same

Maybe stupid was the wrong word maybe I should have written ashamed as per my give and take with Tzomah but whatever I will explain my feelings

I was/am ashamed to admit about my fall why because I hold myself better than this and maybe that is the problem i.e.ego it was to the extent that I was not even going to click I had a fall but I can not live with a lie but right now I just want to dig a grave and bury myself in it and end it all.

I know everyone means well but I am a shy and sensitive piece of dirt

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Re: I will make it b'e"n

Posted by mikestruggling - 09 Jan 2018 21:47

[MayanHamisgaber wrote on 09 Jan 2018 19:46:](#)

[mikestruggling wrote on 09 Jan 2018 13:02:](#)

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Don't worry. I can relate.

I shared today with someone in program all my feelings and I said my life is not unmanageable because I may die. I don't care. I don't like my life. He insinuated that maybe it's because I'm in a spree and I can't forgive myself (i.e. I hate/resent myself). Today I recognized that yes I hate myself for acting out. That's the simple truth.

Now I can work with that I'm right now sipping on a beer to spoil myself and show myself some affection. So yes of course it is normal to hate yourself after acting out. However you can and will love yourself when you get back on the horse.

Smile you are gonna love yourself.

Warning: Spoiler!

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Re: I will make it b'e"n
Posted by Markz - 09 Jan 2018 22:04

Dirt don't have feelings...

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Re: I will make it b'e"n
Posted by MayanHamisgaber - 09 Jan 2018 22:06

You are right

I am a shy and sensitive piece of rotting dying putrid flesh that will soon be nothing but dirt
eaten by worms and smelling worse than a week old piece if meat

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Re: I will make it b'e"n
Posted by tzaddik212 - 09 Jan 2018 22:23

Mayan Hamisgaber is a Neshomo, which is a Chelek Alokie Mimal. You are a Piece of the Kisei
Hakovod. Your the most precious thing in the world.

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Re: I will make it b'e"n
Posted by MayanHamisgaber - 09 Jan 2018 22:28

Maybe I was maybe I still am but I have very much soiled this thing and to get the muck and
grime off aint gonna be easy or anytime soon

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Re: I will make it b'e"h

Posted by youcan - 10 Jan 2018 01:20

[MayanHamisgaber wrote on 09 Jan 2018 22:06:](#)

You are right

I am a shy and sensitive piece of rotting dying putrid flesh that will soon be nothing but dirt eaten by worms and smelling worse than a week old piece of meat

This would happen to you even if you would never act out/fall...

the same will happen with your friend who is perfect (in your eyes) & he is not feeling so bad about it. It will happen to all of us one day, doesn't matter if we think about it or not. So why focus on it? Especially now that you need some chizuk?

(I know the answer, it makes you feel better that at least you're angry when you act out. But I'm not sure it's the right approach)

Let's enjoy life as long as we are alive! I once saw a quote: "Life is short, eat dessert first".

Hatzlacha rabba! Be happy! (at least try...)

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Re: I will make it b'e"h

Posted by youcan - 10 Jan 2018 01:22

I would hate my self for the fall & feel stupid to think that it was the last time...

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