

Restarting the journey

Posted by Snowflake - 04 Nov 2019 19:13

Hey guys, I had been clean for a year before marrying (using GYE), and during my 5 year marriage (still married B"H) had 3-5 relapses total. I had everything pretty much under control. Basically I'd have a fall once a year or less.

A recent tidal wave swept my life, where almost my faith and marriage went down the sink with it. Loads of personal problems. Thank G-d they seem to be under control now B"H. Needless to say I'd been stuck in shmutz for quite a few months. In the past month my wife came to know of my struggle, and I was very happy with the fact she supported me, instead of judging me. This "allowed" me to be back here and start the 90-day journey again and make full use of the tools here. I guess we are always in day 1 right?

Just wanted to share an interesting machshave that I read somewhere, regarding addictions: if we want to make teshuva, we need to completely change who we are. A new man, with new habits. The old man is always going to make the same mistakes. The new one has a completely different life, in regards to habits, behaviour, etc.

Prior to the struggle I'd been neglecting praying with a minyan and studying Gemore as I used to. Now I think it's high time I take back control of my jewish life. Hopefully this should help me get back on track. Today is literally day 1.

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Re: Restarting the journey

Posted by Snowflake - 21 Jun 2021 19:01

Thanks David. I am in quarantine now, so it's just me and the G-d for the next 10 days or so. I'm just gonna skip it.

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Re: Restarting the journey

Posted by DavidT - 22 Jun 2021 13:28

[Snowflake wrote on 21 Jun 2021 19:01:](#)

Thanks David. I am in quarantine now, so it's just me and the G-d for the next 10 days or so. I'm just gonna skip it.

Hi Snowflake,

I hope you're doing better in all aspects.

Being alone is a great opportunity to realize that you're never alone. We have a loving father in heaven that's always with us and is looking out for our best interests. Also, please remember that you have your GYE friends that are always here for you. We're all praying that you should find your bashert very soon and you should be able to build a beautiful home and future life!

You're a real inspiration for me and many many others!

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Re: Restarting the journey

Posted by Snowflake - 23 Jun 2021 10:29

B"H day #45 clean

Thanks David, your words gave me chizuk.

Now that most of the virus symptoms are B"H gone, I'm stuck with the emotional part. Being locked up for 14 days straight with no human contact is no easy task. Especially with a YH full of bright ideas. But I will keep what you said in mind. A yid is never alone.

I just really miss my kiddos, but I know it would be stupid to get them here earlier than nature should dictate. Why expose them to this terrible virus?

Anyway, still trucking B"H.

Every post here gives me chizuk so feel free to post.

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Re: Restarting the journey

Posted by DavidT - 23 Jun 2021 20:49

There is a nice Shiur about from Rabbi Akiva Tatz that talks about "Loneliness". **(The shiur can be found [here](#)).**

Here's a quote from the Shiur:

*"Darkness brings a natural fear. Not the fear of being attacked, but the fear of being alone. One who is spiritually developed does not fear being alone. On the contrary, he feels a tremendous thrill in being alone. The Greeks extinguished that. Western culture is **afraid** to be alone. The Jewish idea of meditation is not to switch off and relax, but to **switch on** the real mind and connect. We are supposed to do this at least three times a day."*

Let's try to feel Hashem more - as I said, we're never alone.

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Re: Restarting the journey

Posted by Snowflake - 24 Jun 2021 14:24

B"H Day #46 clean.

Almost gave up last night.

I was in very down spirits.

B"H I convinced myself I was in a bad/depressive mood and that's ok. We all have good and bad days. I told myself I'd hold off on the decision to act out till tomorrow. Went to bed early and woke up feeling much better.

Maybe saying no is not the best answer. Stalling, particularly when vulnerable, seems to be the best course of action.

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Re: Restarting the journey

Posted by Zz613 - 25 Jun 2021 00:13

Wow! I'm reading through your thread now and it's really inspiring, keep it and feel better!!

And keep us posted on the good news

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Re: Restarting the journey

Posted by Snowflake - 27 Jun 2021 13:17

Thanks for the chizuk guys, unfortunately I fell on Shabbes. I know it's all excuses but, I'm just too lonely. Staying in quarantine is hell. One would think I'd be healed from the virus already. Everyday I still wake up feverish and sick. But the biggest trigger is remembering my ex. Everything here reminds me of her. Still, although I fell, I feel like I still got this. Not giving up. Back to day #1

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Re: Restarting the journey

Posted by Snowflake - 02 Jul 2021 14:55

So, finally B"H the quarantine is over. I finally tested negative.

I wondered if I should write this post or not, but here goes.

I have had quite some falls these days, but B"H on day 2-3 now.

Reinstalled the filter (yeah I had uninstalled it and done wrong things).

I can't say how clear headed I am right now, but just enough to get by I guess. I'll be reading the Torah this Shabos and can't bear to watch P and read from it. I just can't do it, so the only way out is not watching P and not acting out. I was in pretty down spirits, remembering my ex and being hopeless about shidduchim. I guess I just want not to feel lonely asap, but I need to be patient. It's better to be alone, than married to another wrong person. In the meantime, now that I can go out, I think I can handle the urges. But to be honest, to be locked up at home 24/7, I don't think I can make it. B"H it's over now so, hopefully I can get back on track too. Yesterday I walked 3 miles in the park nearby. That really made me feel great. Might go for another walk today. Not a bad idea at all.

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Re: Restarting the journey

Posted by Snowflake - 06 Jul 2021 14:06

So I fell twice on Shabbos, it was kinda bad, but, back on track once again, day #3 clean already B"H.

Not giving up...

Not that it makes much of a difference, but on Shabbos I still had not seen my kids for more than 2 weeks, so I was pretty depressed. I'm with them right now and feeling much better.

For accountability's sake, I want to announce I've paid up my \$172 debt due to falling and being subscribed to R'Grant's challenge. I've donated the amount to GYE.

I'm trying to go back to a day-by-day basis on this journey. Not wanting to think too far ahead.

Covid has left me a bit too tired, but I think that's actually good. I've been going to bed earlier, and no energy at all to stay up thinking about wrong stuff.

Thank you all for the thank you's and support.

Snow

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Re: Restarting the journey

Posted by Realestatemogul - 08 Jul 2021 05:01

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Re: Restarting the journey

Posted by Sapy - 12 Jul 2021 13:34

Too hot outside for snow?...

how are you doing?

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Re: Restarting the journey

Posted by Sapy - 12 Jul 2021 13:34

Too hot outside for snow?...

how are you doing?

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Re: Restarting the journey

Posted by Snowflake - 12 Jul 2021 17:11

We don't get snow in Brazil, but it's winter here, and a pretty cold one btw.

Unfortunately I've been having some falls. Trying to get back on the horse (not sure you guys say that in english, but we sure do say it in portuguese). I'd say my biggest problem is motivation right now. But I guess that's the consequence of not studying too much Torah.

Trying to go back to my seder...

Today is day 1 again.

Thanks for the heads up.

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Re: Restarting the journey

Posted by Sapy - 05 Aug 2021 20:21

How are you doing buddy?

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