

Installed's Thread

Posted by installed - 09 Aug 2010 01:29

Have been on the site for almost two months and I stayed clean for 43 days and then fell. I'm having a hard time starting the climb again so I decided to start writing.

Day 3.

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Re: Installed's 2nd attempt ;-).

Posted by Holy Yid - 09 Aug 2010 03:54

GIVALT!!!! 3 WHOLE DAYS IS SO SO PRECIOUS

Focus on the now not the past.

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Re: Installed's 2nd attempt ;-).

Posted by bardichev - 09 Aug 2010 05:07

I once heard a bartender I'm Kentucky say:

Keep on truckin

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Re: Installed's 2nd attempt ;-).

Posted by Ineedhelp!! - 09 Aug 2010 15:47

Hey Installed,

We have missed you on you know what... You plan on making a grand entrance anytime soon???

-Yiddle

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Re: Installed's 2nd attempt ;-).

Posted by sci1977 - 09 Aug 2010 15:53

Keep writing. KUTGW!!

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Re: Installed's 2nd attempt ;-).

Posted by installed - 10 Aug 2010 05:04

Mkay, 4 days clean, now in my 5th.

Holy Yid: Will definitely try. I'm glad that it's Rosh Codesh as it will probably be easier to get going again.

Bardichev: Working on it. Thanks.

Yiddle2: Good question. Was moving around and couldn't make it. Will be there bezrat hashem today (Tuesday)!

Sci1977: Hope to every day!

Chodesh tov to you all!

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Re: Installed's 2nd attempt ;-).

Posted by installed - 11 Aug 2010 05:21

Day # 6.

No news is good news. Had a bit of an urge today but worked out like crazy and it went away 8). Learnt a lot about the first 3 steps today. Will try to process it all now...

Chodesh tov.

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Re: Installed's 2nd attempt ;-).

Posted by installed - 12 Aug 2010 06:25

Will keep it brief cause I'm in a rush. I'm still "clean" but I was not perfect with my shmiras einaim. I know from last time that this is a slippery slope so I'm upset at myself for not overcoming it but at least I'm still on track. Day 7...

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Re: Installed's 2nd attempt ;-).

Posted by installed - 15 Aug 2010 15:30

Day 10...

Was busy and a guest over shabbos so I didn't have much of a nisayon. Still clean b'h phew...

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Re: Installed's 2nd attempt ;-).

Posted by yehoshua - 18 Aug 2010 07:55

How do you learn the steps, do you go through the Big Book?

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Re: Installed's 2nd attempt ;-).

Posted by installed - 19 Aug 2010 05:02

Hey,

Clean 14 days now. Still pretty distracted most of the day so I'm not facing this nisayon all day which is great. Trying to connect to hashem as well when I feel like I can get into a situation that can be problematic.

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Re: Installed's 2nd attempt ;-).

Posted by Ineedhelp!! - 22 Aug 2010 15:32

[installed wrote on 19 Aug 2010 05:02:](#)

Trying to connect to hashem as well when I feel like I can get into a situation that can be problematic.

I like to try to connect to Hashem even when I dont feel like I'm in trouble. To me "troubled situations" are Hashem trying to tell I am not connecting with Him enough when there's no

adversity. If he's not connecting to Hashem in those times, then let's see how 'ol Yiddle fares in a pressure cooked situation... I'd prefer that Hashem not put me in those situations because it shows that I dont **need** them to connect with Him in the way that *He* wants me to.

-Yiddle

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Re: Installed's 2nd attempt ;-).

Posted by installed - 23 Aug 2010 19:07

Yiddle, good point. It is difficult to think of hashem when we don't "need" him but that might be the point. Thanks for the reminder...

Still clean (18 days).

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Re: Installed's 2nd attempt ;-).

Posted by installed - 04 Nov 2010 14:07

Well...

. Wanna make a new attempt. As my sig suggests, insanity is doing the same thing over and over again and expecting different results. So what will I be doing different this time??!!! Donno, looking for a serious partner for starters. Will not give up movies or secular music yet cause it is too big of a step and I don't want to give it up yet. One thing at a time... I know that it is all connected (movies/music > turn on (at times) > build up > build up > build up>...)

Anyway, nice to be back. I feel great when I succeed for a while ;D

Rosh chodesh in a few days... new beginning? let's hope.

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Re: Installed's 2nd attempt ;-).

Posted by Kedusha - 04 Nov 2010 15:09

Regarding movies, there was once a fellow named Reuven who went to a movie which was all about gourmet food. Due to poor planning, he attended the movie on a fast day, which caused him to obsess about his hunger for the rest of the long afternoon.

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The above is just a mashal, but I trust you know where I'm going with it.