

starting again after 37 days clean

Posted by mnman415 - 27 Sep 2010 22:58

ok. today i had a fall. my thread up until now is "this time im in it to win it." not this is it. im trying to fight against the anxiety of falling. i think one of the hardest parts of falling is now you have to start all over. but who cares.

im tightening the rules. this time, if i even start to m***** i will consider it a fall.

im gona have the filter gabbai turn my k9 into a whitelist by having him block out the keyword ".com" or ".org" and have him place my email and GYE in the exceptions box.....

since it is zman simchasenu instead of being sad, im happy that hashem gave me 37 day (i think thats how long it was) every time a thought of anxiety or annoyance comes to me, i yell at it "kafai tovah" youre denying hashems gift of 37 day

i have more to say but i have mincha to go to

a gut moed

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Re: starting again after 37 days clean

Posted by mnman415 - 17 Oct 2010 20:18

thank you kutan. obviosly its hard...but im trying to keep going.

btw, does anyone remember the teffilah that i made? so one time i showed it to my rav to ask for approval. so i think im gona ask him regarding this issue that whenever (cross out) if i have any falls im gona ask him if i can tell him.

ill tell him why and etc.

anyways, im still pushing. im still trucking, i feel like im getting stronger for today. but still im not getting to confident. its still a big urge

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Re: starting again after 37 days clean

Posted by mnman415 - 17 Oct 2010 20:22

i copy pasted that original post to the about to fall thread

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Re: starting again after 37 days clean
Posted by mnman415 - 19 Oct 2010 02:10

today is day 9?

doing pretty good. i got hit by a masive urge attack today. baruch hashem i was not by myself (i was in school) and i was unable to act on it. shortly after, i was able to control my mind. there was a bris of one of the rebbeims son today.

tonight is rachel imainus yartzeit. lets all daven to hashem for our needs. aspecially to cure of from our addictions!

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Re: starting again after 37 days clean
Posted by Shteeble - 19 Oct 2010 02:29

keep shtark!

shtarkeh trucking!

:D

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Re: starting again after 37 days clean
Posted by mnman415 - 21 Oct 2010 01:18

day 11.

i have a very strong urge.

i understand what it means that sometimes we act out as a "self medicated medication"

but what about when you feel like there is nothing wrong? like right now i am good/ comfortable.
i did have anxiety over the course of today, but can that be a reason why i have a strong urge
now? or is it just part of being an addict that sometimes you can just get this strong urge?

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Re: starting again after 37 days clean
Posted by Shteeble - 21 Oct 2010 02:28

just part of being an addict.

When you're clean for a year, the urge never gets strong because you don't view it as being in
the realm of the possible.

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Re: starting again after 37 days clean
Posted by mnman415 - 22 Oct 2010 04:23

day 12

i almost had a real bad fall yesterday (last night)

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ill try to get online tomorrow!

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Re: starting again after 37 days clean
Posted by kutan - 22 Oct 2010 13:58

[HashemsSoldier wrote on 22 Oct 2010 04:23:](#)

day 12

i almost had a real bad fall yesterday (last night)

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ill try to get online tomorrow!

Rephrase:

I kept my sobriety even when it was very hard last night and I felt close to falling.

in the end i am still clean, but it was hard. its late (i know i say that a lot "its late" but it is late
wow.

what an uplifting experience!

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Re: starting again after 37 days clean
Posted by Shteeble - 22 Oct 2010 14:37

Wow!

Kutan!

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 22 Oct 2010 15:09
I wish I had YOUR glasses.

for the sake of accuracy, kutan doesn't wear glasses (whoever heard of a sheep wearing
is decked out in
reb bards' costume, glasses and all.

so the unavoidable conclusion seems to be is that kutan is wearing contacts :o

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Re: starting again after 37 days clean
Posted by kutan - 22 Oct 2010 15:35

Ah, but World probably never saw Mr. B's glasses, that old time photo has been off the site for
ages... and I don't know why. It would make me chuckle each time I saw it!

glasses) and world who seems to have hijacked reb bards' ice cream truck. >
ZS, you are absolutely right... glasses look very silly on sheep. We can eat all the grass we
need to, without any mechanical help, thank you.

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Re: starting again after 37 days clean
Posted by Shteeble - 22 Oct 2010 17:12

Who said a sheep can't wear glasses? ???

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Re: starting again after 37 days clean
Posted by kutan - 22 Oct 2010 17:23

AHHHRG!

I look downright silly!

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Re: starting again after 37 days clean
Posted by mnman415 - 22 Oct 2010 18:00

haha

i sheep sheep have a tendency to wear contacts.

ok so day 13.

gona be hard, we are eating out tinight and a family who has a girl thats my age. i tried getting out but my parents wont let me. gona be a big nissyom, but thats this weeks parsha! the nisayon parsha, i am going to pass just like avraham passed his nissayon

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