

fresh start

Posted by Sturggle - 06 Jul 2009 19:35

I was on the list before under a different name and I decided to change it. Previously I was "David". I am nearing the end of my 4th day clean. Today was difficult and challenging. Thanks to your help, I have had a filter (K9) on my computer since Thursday afternoon. That has been helpful. Anyway, happy to be on this journey of sobriety. I'm not so sure how much to disclose about myself and what to write on these forums. I hope to make use of them, though. I have needed, do need and will need help and support.

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Re: fresh start

Posted by silentbattle - 09 Jan 2011 18:42

You know what you need to do - first of all, decide whether you really do want to be clean.

If you don't, well, we love you anyway!

If you do, it's one day at a time. That's all for today.

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Re: fresh start

Posted by ben durdayah - 09 Jan 2011 20:48

You know what you need to do...

Decide whether you really want to be clean...

If you do -well... congratulations, you love yourself!

If you don't -a sign that you don't love yourself enough...Start loving yourself!

Love,

EBD, with sincere apologies to silentbattle for the plagiaristic play on his words!

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Re: fresh start

Posted by silentbattle - 09 Jan 2011 21:02

forgiven. ;D

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Re: fresh start

Posted by yedidya aleph - 10 Jan 2011 23:40

CHZAK V'EMATZ!. U CAN DO IT !!!

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Re: fresh start

Posted by Me3 - 11 Jan 2011 15:54

[ben durdayah wrote on 09 Jan 2011 16:53:](#)

Well, that can't be as bad as struggling (not that I know what sturggling is...).

I don't know sturggling is pretty hard. What's struggling?

You have to dig pretty far back to find why he's called Sturrple, like pre dor haflaga days. But if you do make the effort to check you will see that Sturggle is a really special guy.

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Re: fresh start

Posted by ben durdayah - 11 Jan 2011 18:23

To see that he's a really special guy, that you see right away, without having to visit the Flintstones.

But I wouldn't mind if somebody filled me on on why sturggle spells his name that way. I though it was just a typo...

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Re: fresh start

Posted by Eye.nonymous - 14 Jan 2011 09:03

[sturggle wrote on 09 Jan 2011 16:44:](#)

that's right!

i'm not struggling,

i'm sturggling!

Sort of like the agnostic dylexic insomniac who stayed up all night wondering if there's a doG.

(Thought you'd like that, Sturrgle, if you haven't already heard it)

Have a good Shabbos,

--Eye.

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Re: fresh start

Posted by ben durdayah - 29 Jan 2011 22:42

How are you sturrgle?

Git Vuch,

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Re: fresh start

Posted by Dov - 30 Jan 2011 07:40

Sturrgle!

Sorry for not 'bringing on the mussar' as you asked, but frankly I have not read this thread in a long time. Here I pick it up again and you are having this sturrgle. Nu. Like other very wise people have written, keep on trucking. It's just silly to try to hold onto the past...really it holds onto us, instead, and we stall. And that's not a pretty sight, as you know.

Life is a long time, and there are years ahead of you. This has been the best year so far, I bet, and the smoke is probably clearing a bit, rather than getting thicker for you.

Stay in the game and trust Hashem to love you and take care of you better than you love and take care of anyone, especially yourself.

Alei v'hatzlach.

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Re: fresh start
Posted by bardichev - 30 Jan 2011 07:48

I'm lovin it

B

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Re: fresh start
Posted by Sturggle - 30 Jan 2011 08:01

EBD,

thanks for that hello.

and Dov, and Reb B, thanks for sticking your thoughts in, and to Reb B for responding to my call on the "I'm about to FALL" thread.

so I'm really looking for that aliyah right now, because it's been a sturggling struggle for the last while. i had some big falls a couple of weeks back and then i was almost two weeks clean until friday, when i fell again. i am now one day clean.

keep on trying to get back on track. not giving up. thanks for the support guys.

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Re: fresh start

Posted by Eye.nonymous - 30 Jan 2011 12:17

So what's going on? Not just falls and slips. But, in life.

--Eye.

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Re: fresh start

Posted by Dov - 31 Jan 2011 04:09

You are looking for that aliyah now. But do you believe that *you are [b]worth it[/b]*? That you deserve the very **best** Hashem has to offer you today? Let's both open up to this by letting go of our preconceived notions of how we should be, how life should be, and how others should treat us. Maybe we will all get a great day in return. Amen.

Good night! I love all y'all!

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Re: fresh start

Posted by Sturggle - 31 Jan 2011 18:39

Eye, not so much going on in life.

I also don't feel so comfortable divulging too much information here on my thread.

Definitely what I can complain about when I'm down like I am now.

Not sure those things are the source of my problem.

Dov, I don't feel like I'm worth it right now.

Well, I do feel like I am, but there is a lot going on inside of me that is trying to convince me that I'm not.

I fell again today. Someone reached out to me before I fell, I let them know I wasn't doing too well

and I pushed off their support until later, and then I fell. After that I did reach out for their support.

I think, though, that in the end, and in the beginning, the support really needs to come from me.

Ok, maybe not the beginning, that's when I can rely on others and folks like you guys,

but it does all boil down to what I do with that support, how I internalize it and start supporting myself.

Otherwise, I'm going to stay in this spiral for a while, and it might go up at times,

but that won't stop it from going down as well.

Truth is, down we'll go, just a matter of what I do on those downs, how I react and act,

and, lately, I'm doing a lot of reacting that I'm not liking.

Just venting, thanks for listening.

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