

fresh start

Posted by Sturggle - 06 Jul 2009 19:35

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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 7yipol - 07 Feb 2011 21:28

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[sturggle wrote on 07 Feb 2011 20:18:](#)

and mom, thanks for stopping in.

it's always good to be reminded

that you're here for us.

ALWAYS.

Out of sight isnt out of mind...

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Re: fresh start

Posted by Me3 - 07 Feb 2011 22:46

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[7Up wrote on 07 Feb 2011 21:28:](#)

[sturggle wrote on 07 Feb 2011 20:18:](#)

and mom, thanks for stopping in.

it's always good to be reminded

that you're here for us.

ALWAYS.

Out of sight isnt out of mind...

Not necessarily, but you still could be out of your mind.

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Re: fresh start

Posted by Sturggle - 08 Feb 2011 07:21

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thanks Me3 for the laugh in the morning.

and does mom get points for an assist?

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Re: fresh start

Posted by 7yipol - 08 Feb 2011 10:13

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[Me3 wrote on 07 Feb 2011 22:46:](#)

[7Up wrote on 07 Feb 2011 21:28:](#)

[sturggle wrote on 07 Feb 2011 20:18:](#)

and mom, thanks for stopping in.

it's always good to be reminded

that you're here for us.

ALWAYS.

Out of sight isnt out of mind...

Not necessarily, but you still could be out of your mind.

Me3, thanks for reminding me why I love the mechitza.

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Re: fresh start

Posted by Sturggle - 09 Feb 2011 07:16

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went to a group with other ssa guys last night.

was good for me to put myself out there.

it's a group that i've been at before,

just my first time in a while.

i got to share a little about what's going on with me,

listen to others share about themselves,

was good.

still feeling out of sorts,

working on focusing on the now,

today, this hour, these few minutes.

accepting myself where i'm at now.

i must say that now that my head is clearing a little bit,

i'm aware that i'm further along than i was a year ago,

even a few months ago.

despite the falling, i feel the growth.

that's good and it's due a lot to the support i get here.

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Re: fresh start

Posted by Dov - 09 Feb 2011 17:53

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Beautiful. Thanks, chaver.

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Re: fresh start

Posted by ZemirosShabbos - 09 Feb 2011 19:25

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great to hear that things are looking up

kutgw!

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Re: fresh start

Posted by silentbattle - 10 Feb 2011 07:12

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Happy to hearthat. I often have trouble focusing on today, too. I worry about what tomorrow will bring, plan for the future, instead of living the best I can in the here and now, and enjoying it!

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Re: fresh start

Posted by ben durdayah - 11 Feb 2011 08:47

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Ditto on sb's post.

Sturggle, sounds like you're doing great!

KUTGW and KOT!

Git Shabbos,

E

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Re: fresh start

Posted by Eye.nonymous - 13 Feb 2011 20:20

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[sturggle wrote on 09 Feb 2011 07:16:](#)

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i'm aware that i'm further along than i was a year ago,  
even a few months ago.

despite the falling, i feel the growth.

that's good and it's due a lot to the support i get here.

That's a pretty good perspective.

--Eye.

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Re: fresh start

Posted by Rising Up - 14 Feb 2011 00:31

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When buying a stock always check the YTD. Seems like yours is on the + side

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Re: fresh start

Posted by Sturggle - 15 Feb 2011 07:42

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YTD? sorry, a little bit clueless here.

and, I fell again.

and, yes, I'm moving forward.

was after a full week, bummer.

well, everyday is the first day!

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Re: fresh start

Posted by ben durdayah - 15 Feb 2011 12:04

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Sorry to hear about your fall, but you sound pretty good.

Nice to hear your voice,

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Re: fresh start

Posted by Rising Up - 15 Feb 2011 20:08

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[sturggle wrote on 15 Feb 2011 07:42:](#)

YTD? sorry, a little bit clueless here.

and, I fell again.

and, yes, I'm moving forward.

was after a full week, bummer.

well, everyday is the first day!

Sorry for not explaining. YTD stands for **Year To Date**. It shows where you are in reference to one thing. Where you were on this same day 1 year ago.

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