

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 fire - 13 Mar 2011 04:19

your are doing very well, 3 weeks is very impressive!! Im only at 12 days and im not going to say it is easy, but im doing what is best for me and nothing is better than having control in this area. Just remember u always have a choice. and tell urself when u have a flare that u are in control of ur actions and that u can say no!!!!

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Re: fresh start

Posted by Sturggle - 01 Apr 2011 08:45

hi guys. been a few days. i think i'm flying.

officially i'm 45 days clean, but that's not the ikar.

feels great.

this morning i was feeling good, on the way to my therapist

and i looked up at the sky. it's blue, all blue, no clouds.

it might have been like this here for the last few days,

because there has been rather nice weather.

today was the day i noticed it.

and that's how i was feeling, blue skies, no clouds.

my next thoughts were, wait, i've still got stuff,

still feeling a bit of tension in my body, could get down about this or that,

and the mashal became complete.

the blue skies hold in the world and a lot of crazy stuff happens here,

there may be no clouds and the sky is clear blue,

but on the land itself there are quakes and crashes, deaths and strife,

and the sky is still clear blue, serenely holding it all in.

i may have stuff going on, sadness, anger, fears,

sucky life situations, but i can hold on to that backdrop

of serenity and clear blue skies, and be present with it all,

not letting any of it darken my skies.

thanks for everything,

have a gut gevalt shabbos,

sturggle

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Re: fresh start

Posted by ZemirosShabbos - 01 Apr 2011 14:24

no clouds also mean that no bogeys can hide in them and swoop down at your 6 o'clock, my

great to hear you are doing good!

dear fighter pilot
good shabbos

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Re: fresh start

Posted by Dov - 03 Apr 2011 02:33

Baby steps. You are geshmak, mister.

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Re: fresh start

Posted by Sturggle - 03 Apr 2011 22:03

[dov wrote on 03 Apr 2011 02:33:](#)

Baby steps. You are geshmak, mister.

huh?

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Re: fresh start

Posted by Eye.nonymous - 04 Apr 2011 06:51

Even when there are clouds... the sky is still blue behind them!

--Eye.

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Re: fresh start

Posted by Dov - 04 Apr 2011 17:41

Are you geshmak? Of course you are!

Do we need to take baby steps or not? Of course we do!

What's not clear? Whenever I am done hearing malochim singing and everything seems to be falling into place, I step back and appreciate it, then sit and rest. Running with the high feelings has always gotten me worse off than I was before, not better. So I say, "baby steps...it's gonna be just fine."

Have a geshmak day.

[sturggle wrote on 03 Apr 2011 22:03:](#)

[dov wrote on 03 Apr 2011 02:33:](#)

Baby steps. You are geshmak, mister.

huh?

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Re: fresh start
Posted by Me3 - 04 Apr 2011 17:54

Well, I'm so glad you went and cleared let up. Really Sturrgle, I'm not quite sure what you didn't get there, I mean his meaning was sooo obvious!

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Re: fresh start
Posted by Dov - 05 Apr 2011 16:59

Obviously, all three (that makes *six* for Me3) are cracked!! :-*

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Re: fresh start
Posted by Sturrgle - 06 Apr 2011 08:51

you could say that again!

great to have you guys around here,

whether i understand the depths of your words or not!

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Re: fresh start
Posted by Sturrgle - 17 Apr 2011 15:46

important to understand that the goal is not for things to be good all the time or great, more important to be and to accept being for what it is.

chag kasher v'sameach!

may we all be zoche to experience our personal geulot along with geulat haklal!

b'ahava,

sturggling

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Re: fresh start

Posted by Eye.nonymous - 18 Apr 2011 07:52

[sturggle wrote on 17 Apr 2011 15:46:](#)

important to understand that the goal is not for things to be good all the time or great, more important to be and to accept being for what it is.

...and to do the best we can while we're at it, because maybe there's something that we can do something about.

G-d grant me the serenity to accept the things I cannot change

And the courage to change the things I can

And the wisdom to know the difference.

Lately I've been getting caught up on the first line, and forgetting about the rest, which has been very frustrating.

--Eye.

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Re: fresh start

Posted by Dov - 18 Apr 2011 20:09

I doubt that getting caught up with any of the individual lines of that ditty can be all that bad. Any one of them can stand on their own.

Love,

Dov

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Re: fresh start

Posted by Sturggle - 20 Apr 2011 05:42

gut moed!

sure that Dov. and Eye, you make a good point.

I heard from one of my rebbeim an idea that I think may be related.

don't know how well I can explain it here,

so I'll say it simply and maybe someone will understand.

[sturggle wrote on 17 Apr 2011 15:46:](#)

more important to be and to accept being for what it is.

[Eye.nonymous wrote on 18 Apr 2011 07:52:](#)

...and to do the best we can while we're at it, because maybe there's something that we can do something about.

being is more of a trait of HKB"H, becoming is more of a trait of us men

we are aspects of HKB"H, as in we have a neshama, as well as we are our own separate entities.

we would be more appropriately called human "becomings" than human "beings".

because we are not perfect and we can do something about it,

so maybe I'd rephrase my words and say,

it is important to understand that the goal is not for things to be good all the time, or great,

but to become and to accept becoming for what it is.

let Gd do the being part, and the good and the great part as well,

we may be able to tap into that, but it is not our natural state,

although I think we are good and great, and might not feel so at times.

make any sense? I think it's a cool idea.

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