

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 Sturggle - 15 Sep 2009 17:08

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i tried that. i could try other ppl,, but ayn li koach kvar

i dont want to explain to anyone what im feeling

i dont want anyone to know

if i cant protect myself then at least i can protect them

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Re: fresh start

Posted by ninetydays - 15 Sep 2009 17:09

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Sturggle -

If the lust is killing you NOW and you want to overcome it now while GYE is an amazing site - get away from the computer and start taking a jog. Run as fast as you can go until your heart rate hits 180. It really works and when you get back home the lust will definately be diminished.

Hatzlacha -

Update us as soon and as often as you can!!

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Re: fresh start

Posted by battleworn - 15 Sep 2009 17:12

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Sturrgle, you're not flying that plane for fun! There are targets out there that you need to take out in order to bring the geulah (both your personal one and the general one)

Sorry that you weren't informed before, but every nissoyon is a message from the Commander-In-Chief to you. Now is the time to FIRE! Now is the time to muster up all your resources. Talk to us! Post away! TALK TO HASHEM!!! He's right there with you. This is your oppertunity! The hardest times are the times of the greatest growth!

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Re: fresh start

Posted by kanesher - 15 Sep 2009 17:13

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Yasher Koach on shouting out!

I know this; fighting this thing has improved my life - the pleasure in my life - in ways I could have never imagined beforehand.

Hold on; this too shall pass.

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Re: fresh start

Posted by letakain - 15 Sep 2009 17:14

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WHOEVER KNOWS STURGGLE'S NUMBER- WHAT ARE YOU WAITING FOR!

sturggle, my brother! empower yourself! YOU ARE GOOD!

and secrecy is only going to feed it! please, please, please don't keep quiet! Don't you remember! "Lust glows in the dark!"

turn on the lights! do 100 jumping jacks!

and we are not protected- we are all exposed- the Y'h's telling you that we don't want to hear! WHAT A FILTHY LIAR!

we DO want to hear! we want to know!

talk!

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Re: fresh start

Posted by Sturggle - 15 Sep 2009 17:15

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ninety, i know what you say is true

but i dont want to jog now

i dont if that makes any sense

ive been hardly able to move from my bed all day

ok, im crying here, but i think thats good...

its relieving some of the tension i feel inside

i dont think this is over

but thanks for responding

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Re: fresh start

Posted by Sturggle - 15 Sep 2009 17:18

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jumping jacks sound like fun...

but guys i dont want to talk right now

i dunno...

its nothing new anyway

you can just read my previous posts

i dont like myself, period.

something i need to work on i know...

the fleeting pleasure of giving in to lust

can put on such a real disguise

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Re: fresh start

Posted by letakain - 15 Sep 2009 17:19

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cry. cry to Hashem and cry in anger to the Y"H!

but, please, struggle, cry on the phone to a real person!!!

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Re: fresh start

Posted by battleworn - 15 Sep 2009 17:21

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Hey, instead of crying all by yourself, maybe give me a call. 052-713-9525

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Re: fresh start

Posted by letakain - 15 Sep 2009 17:22

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this is nothing new to any of us. you need to talk to someone. i know it's scary but IT IS SUCH A HELP. you need help and you showed that you want help by posting.

go get it!

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Re: fresh start

Posted by Sturggle - 15 Sep 2009 17:23

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im crying to you guys...

and it helps...

really does.

virtual or not, i feel a big group hug

and trust me i am crying!

:( :( :( :( :( :( :( :( :(

im going to stop posting for a bit,

try to take care of some things around my apt

ill update you guys

and, seriously, thanks for the hug

i think maybe thats exactly what i needed

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Re: fresh start

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Posted by letakain - 15 Sep 2009 17:25

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and even if you don't feel good about yourself- Hashem wants you to win this! The malachim are watching, they're holding their breath!

and we're davening- actually crying- for you! Hold strong!

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Re: fresh start

Posted by Kedusha - 15 Sep 2009 17:25

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Dear Sturggle, aka Struggle,

Passing just this one test might be your protection on the upcoming Yomim Noraim.

Why not read (hard copies of) the GYE handbooks?

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Re: fresh start

Posted by letakain - 15 Sep 2009 17:26

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SOMEBODY CALL STRUGGLE!

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