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 17:38

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letakain21 wrote on 15 Sep 2009 17:26:

SOMEBODY CALL STRUGGLE!

im chatting with the heilige rebbe miberdichev

and uri will call when hes ready to

battleworn wrote on 15 Sep 2009 17:21:

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

and thanks for the number

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Re: fresh start
Posted by Kedusha - 15 Sep 2009 17:38

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One more thing, dear Struggle (that name seems more appropriate at the moment):

Don't fall on a whim. I'll say it again: Don't fall on a whim. Falling is too painful to do just like that. If a person, c"v, feels like he must fall, he should, at least, think it through. Write down 10 reasons you <u>don't</u> want to fall. Then write down 10 reasons you <u>do</u> want to fall (if you can come up with that many). Then take the issue "under advisement," and don't issue a decision before tomorrow.

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Re: fresh start
Posted by battleworn - 15 Sep 2009 17:39

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"If G-d had a refrigerator, your picture would be on it. If He had a wallet, your photo would be in it. He sends you flowers every spring. He sends you a sunrise every morning. Whenever you want to talk, He listens. He can live anywhere in the universe, but He chose...... your heart. Face it, Friend, He is crazy about you!"

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Re: fresh start
Posted by Sturggle - 15 Sep 2009 17:43

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Kedusha,

thats why its so scary for me

cause if it will happen it will happen on a whim

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maybe a sudden one

maybe a psychotic crazed "though out" one

if i can accomplish what youre suggesting id be in good shape

Battleworn,

thats beautiful,

more tears...

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Re: fresh start
Posted by Sturggle - 15 Sep 2009 17:47
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i guess nishmas gets some credit for that as well (just saw todays email), thank you, battleworn,
for bringing it here

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Re: fresh start
Posted by Kedusha - 15 Sep 2009 17:52
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Dear Struggle,

Please read this article. I was crying the entire way through. It may help you "switch gears."

www.theyeshivaworld.com/article.php?s=Biegeleisen

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Re: fresh start
Posted by letakain - 15 Sep 2009 17:53

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Re: fresh start
Posted by Sturggle - 15 Sep 2009 18:01

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i thought you were on the phone!! >

please dont be mad.

im going away from the comp for a bit.

see yall soon.

and thanks so much

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Re: fresh start
Posted by MosheF - 15 Sep 2009 18:02

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sturggle, I feel for you brother, I really do and don't know how I can say to help. 30 days, wow!
 I fell at 32 days and was told in SA that it get very difficult around the 30 day milestone and
then it finally passes. There must be something to it, a reason why the yetzer hora puts so
much effort into destroying the 30 days or maybe it's psychological, either way, accept the
impossible pain and ignore the crazy obsession and try to pass the milestone period one half
hour at a time, good luck, i'm davening for you.

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Re: fresh start
Posted by letakain - 15 Sep 2009 18:05

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i'm not mad at you. don't worry. i just want you to overcome!

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Re: fresh start
Posted by Lechayim - 15 Sep 2009 18:13

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I am also hitting 30 days this week iy'h. My YH is burning in me today. Its crazy!! Can anyone
help me please?

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Re: fresh start
Posted by Rage AT Machine - 15 Sep 2009 18:28

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yeah sturggle im old and im bitter...the reason for the bitterness? because i shouldve done this
when i was your age, instead i made this so much more difficult on myself by not properly
addressing the problem sooner....so my message to you is: you will have to deal with this
sooner or later; it will not go away by itself...the earlier you start, the better off youll be...wait until
youre my age and youd have thrown away so many good years and youll be making out dated
a team references on a forum in 10 years...seriously, if you choose to blow away the 30 days
you will making a huge terrible mistake that you will realize a mere 10 seconds after youve done
it...do yourself a favor and be strong; stand tall; take a punch, youre strong, but dont let it knock
you down...

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Re: fresh start
Posted by Kedusha - 15 Sep 2009 18:34

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Dear RAM,

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It's such a pleasure having you on the forum!

I can relate to the notion of wasted years. But we need not look at it that way. Instead, we can channel our experience into helping others, which means, in effect, that all those years weren't wasted after all.

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Re: fresh start
Posted by kanesher - 15 Sep 2009 18:37

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HAIL RAM!

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