

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 Sturggle - 17 Sep 2009 21:11

Thanks for your kind words.

I have what to post about today.

B"H, nothing major in the lust category.

Wow, I should read that sentence again and really take it in.

That's something I shouldn't take for granted.

I did feel pain and sadness at points throughout the day.

I wonder if it's alright for me to posting about my underlying issues here

and not focus so much on the sex part of things.

That's not real anyway, but it is coming from a real place.

Guard, did you really think that two weeks ago?

Any thoughts?

Just something I was thinking about

Otherwise, I'm going to leave off here.

Slichos are early tomorrow.

And again, I will not be around much tomorrow

or after yom tov. I am thinking about all of you

and davening for all of you!!

b'ahava,

Sturggle

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Re: fresh start

Posted by Rage AT Machine - 17 Sep 2009 21:13

shana tova, or as they say in spanish, have a gut gebentched yahr. we'll be prayin for you, bro..

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Re: fresh start

Posted by habib613 - 18 Sep 2009 02:31

[guardureyes wrote on 17 Sep 2009 17:45:](#)

sturggle, I just want to say you're an amazing guy! About two weeks ago you sounded so bitter and I asked myself, "who IS this guy?" And now I am just amazed at your happy, loving, holy,

inspiring attitude!! You bring so much life to the forum!

hey!!! I was going to mention that sturggle seemed happier!

oh well.

and i think your depression and your addiction were so intertwined that posting about both here is not only ok, it's GOOD

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Re: fresh start

Posted by TrYiNg - 18 Sep 2009 08:26

I'm glad your attitude is so positive now.
I did feel pain and sadness at points throughout the day

Im not sure if this is what your talking about, but before I was in recovery, I couldn't feel any emotions at alll. (besides for those few lucid moments when I understood what I was doing and then I would be in turmoil , & cry bitterly for hours, feeling sad to the point of pain) I even stopped listening to music, which is something I LOVE. Once I started stopping (hey, that was) I gradually was able to feel more of my emotions again.

Shana Tova Sturggle! May you only know of happiness and recovery this Yr! With moshiach,

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Re: fresh start

Posted by Sturggle - 18 Sep 2009 11:32

[habib613 wrote on 18 Sep 2009 02:31:](#)

and i think your depression and your addiction **were** so intertwined that posting about both here is not only ok, it's GOOD

I think **are** would be the right word here.

Habib,

not a knock on you. just a thought. you probably didn't even mean davka "were".

Guys, I'm happy that you are all noticing a positive change.

I am feeling it a bit.

I am also entitled to some good days, no?

A rollercoaster is a rollercoaster. Ups and downs.

And sometimes they're sharp and hair-raising.

You know that feeling when you're stomach feels like it's going to fall out?

Anyway, just stopping in for a sec.

Thinking of you guys...

RATM and Trying,

Amen and thanks for the good wishes.

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Re: fresh start

Posted by TrYiNg - 18 Sep 2009 11:36

A rollercoaster is a rollercoaster. Ups and downs.

And sometimes they're sharp and hair-raising.

Ye , and I'm someplace in the middle :D Y'know, when you have no idea wats coming next..

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Re: fresh start

Posted by habib613 - 18 Sep 2009 11:50

i really did mean were. but i guess you say i was wrong.

shana tova!

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Re: fresh start

Posted by Sturggle - 18 Sep 2009 12:25

If it's really over, great.

But that's a thought I have had many times in the past.

I've been working on this for a while.

Both the addiction and the depression.

I think there's still a lot of work.

I don't think that's a bad thing, though.

Not going deeper into that at the moment.

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Re: fresh start

Posted by Sturggle - 18 Sep 2009 12:29

I would like to take this opportunity, as others have done,

to ask for mechila from anyone who I may have deliberately or inadvertently offended in a any way,

whether you may be aware or unaware.

As so, I forgive everyone and anyone who has possibly wronged me in any way.

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Re: fresh start

Posted by the.guard - 20 Sep 2009 16:54

Guard, did you really think that two weeks ago?

But that's Ok, I am not only very humble, I am also very forgiving :D

It's beautiful to watch your positive attitude lately... Keep it up!

(feel free to vent as well...)

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Re: fresh start

Posted by Sturggle - 21 Sep 2009 07:24

[guardureyes wrote on 20 Sep 2009 16:54:](#)

Guard, did you really think that two weeks ago?

and did you already forget what you responded to me?

the truth comes out... you think/thought i am/was bitter...

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Re: fresh start

Posted by the.guard - 21 Sep 2009 11:31

and did you already forget what you responded to me?

What, you already forgot that PM you sent me?

the truth comes out... you think/thought i am/was bitter...

yes, "**thought**". But not anymore :D

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Re: fresh start

Posted by Rage AT Machine - 21 Sep 2009 14:06

you should know that your struggle, sturggle, inspired me a number of times through rosh hashana...i think of all the little battles weve seen in this war none is tougher than yours...i recognize the grandour of the challenge youve been presented and i admire the way youve fought...you, hermano, are one hechuva an inspirational jew...

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Re: fresh start

Posted by jerusalemsexaddict - 21 Sep 2009 14:17

i agree wholeheartedly.

i dont know if any of us really understand the struggles sturggle has daily.

i think i know more than any on this forum,and i stand in awe of this guy.

hes on 35 days!!

its true,he complains sometimes.

but its not really complaining.

this guy cries out.

and hes there for me so so much.

his own problems become like nothing when he hears others are falling.

hes a machine of marvelous middos.

im actually at his house right now and hes reading this over my shoulder,blushing away.

but yea,hes the man.

and his resolve has helped me through my own battles time and time again.

and thats when hes not calling me to check on me.

and with all that he goes through-35 days!!!

baruch hashem we have sturggle,our big brother

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