

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 letakain - 24 Sep 2009 19:11

lol!

now, now, uri!

no chossid bashing!

reb b's on the verge of retiring as it is

Don't encourage him!

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Re: fresh start

Posted by bardichev - 24 Sep 2009 19:12

NO WAY RETIRING

AS LONG AS I AM REBBE HERE I HAVE ACHANCE AT GETTING A BRACHA UNDER THE

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Re: fresh start

Posted by Sturggle - 24 Sep 2009 19:36

ok, so what were you blechene hoizening about?

i didn't go to any chassidishe cheder either!

and Rebbe, you are still a guest here...

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Re: fresh start

Posted by Sturggle - 24 Sep 2009 20:50

has this become the new family hang out?

chillin... 8)

I wanted to relate that I went to maariv

and davening wasnt so great. I started to feel some bad feelings kicking in,

thinking about 40 days, giving up, losing it...

It was the start, but not too strong.

At shul, I saw I guy I know who has similar struggles to me

and we haven't seen each other in a while,

so we schmoozed and I was able to tell him about diff things I've been doing,

I mentioned GYE, he said he's heard of it,

and he's totally Israeli, Hebrew speaking and all,

something in some Hebrew paper, seemingly about Guard himself.

Anyway, I walked home in better spirits,

no feeling of the need to act out, but I'm getting a bit nervous that

I might just get caught one of these days...

well, as it is good to get some rest, I head to bed.

Gnite and love to all...

Sturggle

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Re: fresh start

Posted by the.guard - 24 Sep 2009 23:23

I mentioned GYE, he said he's heard of it,

and he's totally Israeli, Hebrew speaking and all,

something in some Hebrew paper, seemingly about Guard himself.

www.guardureyes.com/GUE/PDFs/rimon.pdf

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Re: fresh start

Posted by letakain - 25 Sep 2009 02:10

didn't understand all of it, but COOL!

maybe somebody could get the yated/hamodia/mishpacha....to print this in ENGLISH!

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Re: fresh start

Posted by Kedusha - 25 Sep 2009 02:54

I thought I saw this (or a similar) interview with R. Guard in English.

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Re: fresh start

Posted by Sturggle - 25 Sep 2009 09:42

im feeling very sad right now.

my therapist says thats ok and i should be with the feeling.

im sitting in a sort of public place and i dont think it would be so good to cry here.

i think my kup is a shtikel backwards...

my therapist also said that were not meeting for the next two weeks,

which means i wont see him until three weeks from today.

and i brought up shidduchim...

and he said he doesnt know if im ready

and thats sad for me...,

oh man, here come the tears :'(:'(

awkward...

well, at least no one is sitting directly across from me

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Re: fresh start

Posted by Sturggle - 25 Sep 2009 09:44

and now my negative voices are starting up...

I hate myself,

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~~great~~ fresh start

Posted by Sturggle - 25 Sep 2009 09:50

in the middle of all this,

i actually got a HUG,

but sometimes it's harder to appreciate them than others.

truth is, i appreciated it, and fully felt it at the moment,

but right afterwards other feelings came up...

I'm sitting in a cafe, I don't drink coffee...,

just eating a bit and there's internet here,

for you guys, only for you guys...

So, some woman walked up to me and wanted to ask me a question.

She looked chiloni, but who knows.

She said she runs a tehillim group for kids on shabbos

and give out gifts and candies,

like balloons and stuff.

She wanted to know if she could give out gifts on YK.

I had the zchus of discussing with her

what YK is really about, she thought it was a day of aveilus.

I told her its a day of kirva with HKB"H.

Come to think of it, I could have asked her to say our perek of tehillim on shabbos...

Oh well...

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Re: fresh start

Posted by Sturggle - 25 Sep 2009 09:53

btw, yesterday was three months for me with GYE!!

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Re: fresh start

Posted by 7yipol - 25 Sep 2009 11:12

Sturggle, kol hakavod! Being allowed to make a Kiddish Hashem is no small hug! In fact, I cant think of any hug bigger than that.

Yesterday was 3 months, and tom iyH will be 40 days! Whooooa! Today is the eye of the GYE storm :D

Smile, feel proud of yourself - with good reason, and have a super fantasical shabbat!

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Re: fresh start

Posted by TrYiNg - 25 Sep 2009 11:27

love the conva you were having with yourself...

WOOOOHOOOO! IS IT THE MAGICAL NUMBER 40? Man, you have what to be proud of on

If it makes you feel any better
yom kippur.

im feeling very sad right now.

and now my negative voices are starting up...

I hate myself,

great...

Felt the same way yesterday (what does guard say? Tzoros rabim.. ;D)

By me, it led to a fall eventually . Watch yourself

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Re: fresh start

Posted by habib613 - 25 Sep 2009 12:36

40

40's big!!!

k, so you're not ready for shidduhim. you will be soon.

and so much better not to be in that world right now. believe me.

i can think of like 5 reasons off the top of my head.

1) it can get depressing

2) sometimes girls act flirty. better to wait till 90 to try to deal with that head on

3) it's no fun.

4) starting shidduchim is no indication that your going to get married any sooner. Hashem decides, not you.

5) k, i only thought of 4 reasons.

and two wweks is not so long, when you take into account that it's mostly vaca. and so you can spend the WHOLE DAY on GUE!! how exciting!

we'll all be your therapists!

g'shabbos! and happy 40!!

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