

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 - 01 Oct 2009 15:01

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I am starting to feel

loneliness and sadness

getting stronger again...

I even just had a quick lapse

of a desire to find some quick escape,

tG and Guard for my filter!!

I have an idea of something I can do,

and mincha is around now anyway.

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Re: fresh start

Posted by bardichev - 01 Oct 2009 15:03

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mincha!!!!!!!!!!!!!!!!!!!!!! 8)

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Re: fresh start  
Posted by Sturggle - 01 Oct 2009 15:36

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Hey Rebbe...,

Did I ever mention that I hate myself?...

I'm going to do an errand now that I don't want to do.

Bye.

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Re: fresh start  
Posted by Kedusha - 01 Oct 2009 15:39

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[sturggle wrote on 01 Oct 2009 15:36:](#)

Hey Rebbe...,

Did I ever mention that I hate myself?...

I'm going to do an errand now that I don't want to do.

Bye.

Where do we see in the Torah that it's a Mitzvah to love yourself?

I'll give the Chevra a chance before I post the answer (it's not very hard).

P.S. This is post number 700!

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Re: fresh start

Posted by bardichev - 01 Oct 2009 15:43

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P.S. This is post number 700!

bard 1400

g\_\_ 2800

see the pattern

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Re: fresh start

Posted by Sturggle - 01 Oct 2009 15:53

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shabbos kodesh?

v'ahavta l'reacha kamocho?

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Re: fresh start

Posted by Kedusha - 01 Oct 2009 15:55

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[sturggle wrote on 01 Oct 2009 15:53:](#)

shabbos kodesh?

v'ahavta l'reacha kamocha?

V'ahavta l'Reacha Kamocha is what I was looking for.

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Re: fresh start

Posted by Sturggle - 01 Oct 2009 16:00

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shabbos kodesh was a response to bardichev.

the second one was for kedusha.

and, so?

i am not good at keeping many of the mitzvos.

i should (my therapist says thats a bad word) prob go back to cleaning my room,

blast some music

and get off this computer.

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Re: fresh start

Posted by habib613 - 01 Oct 2009 16:01

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[sturggle wrote on 01 Oct 2009 15:36:](#)

Hey Rebbe...,

Did I ever mention that I hate myself?...

I'm going to do an errand now that I don't want to do.

Bye.

k. i want you to go one page back and reread my thread

and then reread what mom said

i mean business.

no more looking in the mirror and saying i hate you.

cuz then i'm gonna be upset.

no reason to hate yourself

what has happened happened, no way to change it. you can only affect your future. and the only way to affect your future positively is by being

positive.

oh come on just smile.

btw- this is helping me tons. cuz i hate myself too. shhhh so really i'm just giving myself a pep talk. and i'm practicing it in front of you to see if it works.

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Re: fresh start

Posted by Sturggle - 01 Oct 2009 16:09

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habib,

first of all, keep up the pep talk,

it's good for all of us.

second of all, it's not about what happened,

and i don't have so much control over my future,

it's the present i can work on.

and, hence, i don't like myself

(i decided hate is too intense of a word).

i don't like myself right here, right now.

and i know im just doing this to myself

and its all about my attitude,

so, ok, i hate my attitude

(i decided to be intense again).

oh man! acting out was so much easier than this!

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Re: fresh start

Posted by Kedusha - 01 Oct 2009 16:17

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[sturggle wrote on 01 Oct 2009 16:09:](#)

oh man! acting out was so much easier than this!

Don't have nostalgia for acting out. Acting out is most likely a major contributing factor to the feelings of self-dislike.

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Re: fresh start

Posted by Sturggle - 01 Oct 2009 16:24

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i dunno about that.

i think it's a vicious cycle,

acting out contributes,

but i think my self-dislike

is alive and healthy

on its own two feet.

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Re: fresh start

Posted by Kedusha - 01 Oct 2009 16:31

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[sturggle wrote on 01 Oct 2009 16:24:](#)

i dunno about that.

i think it's a vicious cycle,

acting out contributes,

but i think my self-dislike

is alive and healthy

on its own two feet.

Perhaps, but a major step you can take is to end what you acknowledge is a vicious cycle. Any self-dislike that may remain will likely be much more manageable.

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Re: fresh start

Posted by Sturggle - 01 Oct 2009 16:36

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I hear that.

I can't really work on anything

if I'm still acting out.

True. Yesod.

Working on that.

Not to have nostalgia...,

that's hard...

Kedusha,

Thanks for posting here

and putting up with me.

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