

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 - 05 Oct 2009 22:41

i said i was going to get out of the house in the morning,

i was only listening to mom's advice.

ups and downs for the day.

doing alright, heading to sleep.

you guys make me laugh, smile and cry.

thanks.

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Re: fresh start

Posted by letakain - 06 Oct 2009 02:23

go sturggle!!!!!!! 8)

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Re: fresh start

Posted by Momo - 06 Oct 2009 07:51

I was getting worried about you.

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Re: fresh start

Posted by Sturggle - 06 Oct 2009 12:06

Glad to hear you're OK.

Fell

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Re: fresh start

Posted by Momo - 06 Oct 2009 12:14

Dear Sturggle,

Fell, shmell. You're winning the war overall. Let the Y'H have one battle victory.

Each day you're clean is a battle victory on your side.

Pick yourself up and continue winning the war, one day at a time.

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Re: fresh start

Posted by the.guard - 06 Oct 2009 13:41

Hi Sturggle... The honesty in admitting a fall is the first step. Kol Hakavod on that.

Second is to realize that you are still definitely winning this battle. You've been almost 50 days clean! Imagine how many times you said "no" to the Yetzer hara in that amount of time!

Third is to learn from the fall what caused it, and make new and better fences. This ultimately uplifts the fall to Kedusha.

Fourth. Please read Principle #24-30 of the attitude handbook. You'll find a lot of great yesodos for dealing with a fall.

Remember, the addiction feeds off the depression caused by the falls. Make sure not to let this get you down! If you learned only this principle on GuardYourEyes, it would have been worth it just for that. The Yetzer Hara wants you to get DOWN about the fall, even more than he wanted you to fall.

Sometimes a person was "brought" to fall from heaven, only to see what he will do *THEN*.

With Simcha Shel Mitzva, we can get through all difficulties. Use the time of Sukkos to rejoice that you came so far this time. AMAZING!!

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Re: fresh start

Posted by Kedusha - 06 Oct 2009 14:02

Dear Sturggle,

I'm very sorry about the fall.

Remember that, we have no Bechirah regarding what happened already, but we do have Bechirah from this moment on. Chazak v'Ematz. The Mitzvas HaYom is to be b'Simcha, in fact to be totally b'Simcha ("Ach Sameach"). You may need to do a few things to restore your equilibrium, such as going to Mikvah, saying the Tikun Klali, and reciting Viduy. But after doing these things, which should not take more than an hour or so, it will be time to return to the Mitzvas HaYom.

Hatzlacha, my friend!

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Re: fresh start

Posted by habib613 - 06 Oct 2009 14:52

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I'm so sorry sturggle

or i was a second ago.

now i'm optimistic.

cuz if you made it this far now, imagine how far you CAN make it.

falling shmallling don't mean nothing.

like the baby learning to walk. when he falls down he laughs, and picks himself back up.

but if he falls down and all of a sudden all the adults start making a big deal- oh no, baby fell, aww, come here baby, don't worry, momma here...

all of a sudden baby starts crying like there's no tomorrow.

we have to be baby. and we have to realize that the YH is like the overprotective parent. when we fall, the YH comes over and says, aww, poor sturggle. did you fall? aww, come close to me, i'll take care of you. isn't it terrible that you fell? no, don't try again. if you do, you may fall again.

so now go tell your YH to drop dead

then go put a bandaid on your booboo (do teshuva)

and then start walking again!

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Re: fresh start

Posted by Rage AT Machine - 06 Oct 2009 14:57

sturggle, have you come back to the front lines? the action is flaring and we need you to return fire...

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Re: fresh start

Posted by Rage AT Machine - 06 Oct 2009 16:02

[habib613 wrote on 06 Oct 2009 14:52:](#)

we have to realize that the YH is like the overprotective parent.

ive often thought my in-laws to be the devils themselves, in disguise, but my own folks?
hmmmm....interesting, very interesting...

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Re: fresh start

Posted by letakain - 06 Oct 2009 18:34

i'm so sorry sturggle.

but i'm also impressed that you admitted on the forum

that's the first step.

and don't let the y'h convince you that everything you've done

is down the drain because you fell

because it's not
it is still super that you were clean for so long
but it's hard to fall
we just want to sit on the floor
because it hurts
and crying expresses that pain
and we just want to scream "OH, G-D, WHY ME?"
and then we say, "wait, why me?"
no! this is not me!
this is the y'h talking!
he wants me to be sad and wallow in my misery
well PUSH HIM OFF!
KEEP FIGHTING
SMASH HIM TO SMITHEREEEEEEEEEEEENS!
because it's so worth it to fight
and we all love you
no matter what!

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Re: fresh start
Posted by Moshebenavraham - 06 Oct 2009 21:40

I'm also sorry to hear about the fall Sturggle but I just wanted to say that I'm new and your posts and amazing battle has been a real inspiration to me and I'm sure others, so just get back up there and don't let one fall mess up all the great work you've done so far.

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Re: fresh start

Posted by 7yipol - 07 Oct 2009 16:31

Im so sorry about your fall Sturggle.

NOT because the fall itself is such a terrible thing, (its not)

but because I know how much you must be hurting.

You made almost 50 days and that is something worth *celebrating!*

Did you ever imagine yourself clean for 50 days?

Did you ever imagine yourself trying so hard to heal?

Did you ever imagine so many people really caring about you?

Celebrate the tremendous accomplishment.

In shamayim, it was predecreed that Hashem wanted a 50 day karbon from you. You gave it with sweat and tears; tahor and kadosh.

Perhaps the next karbon is predecreed to be 80 days. Or 30. Or 5. Or 90. Or forever. All He wants is that its brought over tahor and kadosh.

And the most tahor and kadosh karbonos are brought *b'simcha*.

Our long term goal is forever.

Our short term goal is right now.

Because to an addict; 'right now' can be forever,

and 'forever' is right now.

With tremendous respect,

mom 7up

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Re: fresh start

Posted by Rage AT Machine - 07 Oct 2009 16:35

efo atta yeladuchky

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