

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 Dov - 20 Jan 2010 22:30

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Yeah. Best wishes to you, a really sweet yid!

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Re: fresh start

Posted by imtrying25 - 21 Jan 2010 18:30

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Sturggle?? :o :o

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Re: fresh start

Posted by Sturggle - 29 Jan 2010 12:16

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hiya peeps.

I want to share something that my therapist wants me to commit to.

Do not become a victim to your feelings.

"?? ?????? ????? ??????"

Maybe that way I won't be acting out so much.

Maybe w/o acting out so much that goal will be easier.

I dunno.

gut shabbos!!

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Re: fresh start

Posted by Sturggle - 29 Jan 2010 12:17

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oh, and as long as i'm not duped into starting another thread every time i post, i might stick around for a bit...

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Re: fresh start

Posted by imtrying25 - 29 Jan 2010 12:21

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[sturggle wrote on 29 Jan 2010 12:17:](#)

oh, and as long as i'm not duped into starting another thread every time i post, i might stick around for a bit...

I actually think the duping is that were making believe your not gonna start a new threead every time, till we have you back full fledged. then we start the fun again! :D :D :D :D :D :D :D :D :D :D :D

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Re: fresh start

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Posted by Sturggle - 31 Jan 2010 09:01

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umm...,

umm...,

and is that comment meant to keep me away

or keep me here?

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Re: fresh start

Posted by Momo - 31 Jan 2010 09:25

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I WUZ HERE

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Re: fresh start

Posted by Sturggle - 31 Jan 2010 11:07

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this forum makes it so easy for you,

your name is there,

the date and time are both listed,

so all you gotta do is say "i wuz here"

wow, how times have changed...

oh, and thanks for stopping by!!!

;D :D

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Re: fresh start

Posted by Sturggle - 31 Jan 2010 17:02

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last night i had what was something between a nocturnal emission and a fall,

so i'm gonna say it was a slip.

i have a lot of studying to do and i am a little bit on edge.

i am trying to concentrate on my work,

but it is not so easy for me.

i keep on taking breaks.

i would really appreciate some chizuk if you could jot down a few words,

so that when i need i can come here to read and get back to studying.

all day i've felt the urge to act out after what happened last night,

it's like the yh is trying to convince me that since i'm not considering what happened a fall,

i should go straight for the fall today, while fully conscious of my actions.

well, maybe i'll beat him with a stick instead...

til next time!

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Re: fresh start

Posted by Dov - 31 Jan 2010 18:03

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Here's a question for *you* to think about, and please consider leaving out the politically-correct hashkofa and deep philosophy, just get honest and have a little talk with your own heart: Do you think Hashem loves you even while you are acting out? Yes, or No, and why.

*You* jot down some stuff, we'll talk it over.

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Dov

Posted by Tev - 31 Jan 2010 19:42

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Posted by [struggla21](#) - 31 Jan 2010 20:29

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Posted by Sturggle - 31 Jan 2010 21:04

I think I might have some insight of my own.

Definitely still good to talk it over.

My therapist got me on that the other day...,

he said that when I'm down and/or having a hard time,

I should step out of myself and as an aspiring therapist ask myself,

what's up with this guy?!

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Re: fresh start

Posted by Dov - 31 Jan 2010 21:08

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[sturggle wrote on 31 Jan 2010 21:04:](#)

....Dov's question

is not whether or not HKB"H loves me,

when and why,

but if I think He loves me or not while I am acting out and why I think that.

...yup, exactly. Cuz there are times when the truth about what's *inside me* isn't everything - it's the *only* thing.

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