GYE - Guard Your Eyes

Generated: 18 May, 2025, 14:58

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.

Re: fresh start Posted by Dov - 20 Jan 2010 22:30 Yeah. Best wishes to you, a really sweet yid! Re: fresh start Posted by imtrying25 - 21 Jan 2010 18:30 Sturggle??:o:o ______ ==== Re: fresh start Posted by Sturggle - 29 Jan 2010 12:16 hiya peeps.

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

Do not become a victim to your feelings.

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

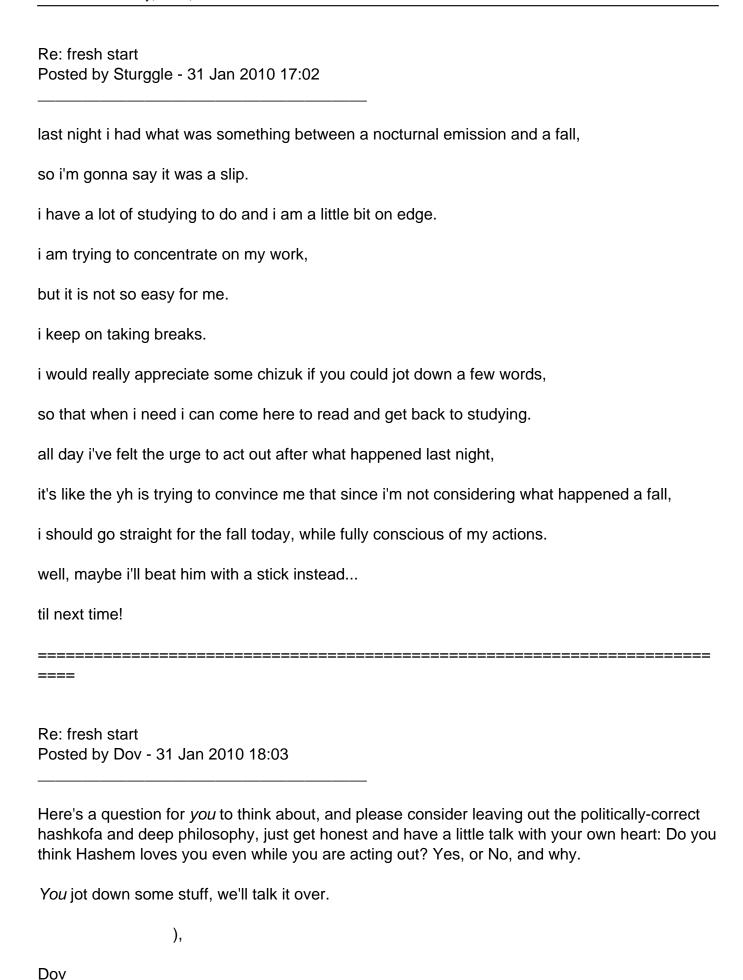
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Maybe that way I won't be acting out so much.
Maybe w/o acting out so much that goal will be easier.
I dunno.
gut shabbos!!
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Re: fresh start
Posted by Sturggle - 29 Jan 2010 12:17
oh, and as long 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
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

Re: fresh start

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GYE - Guard Your Eyes Generated: 18 May, 2025, 14:58 Posted by Sturggle - 31 Jan 2010 09:01 umm..., umm..., and is that comment meant to keep me away or keep me here? :-\:-\:-\ Re: fresh start Posted by Momo - 31 Jan 2010 09:25 I WUZ HERE Re: fresh start Posted by Sturggle - 31 Jan 2010 11:07 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

3/6



BUTGESTREET of psychology,

I think I might have some insight of my own.

GYE - Guard Your Eyes Generated: 18 May, 2025, 14:58 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?! ______ Re: fresh start Posted by Dov - 31 Jan 2010 21:08 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.