

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 - 23 Aug 2009 06:43

Gut morning all.

R' Guard, thanks for that big hug , definitely put a smile on my face when I saw it this morning.

BeStrong, you saying hi? How are you? What's going on? I haven't heard much from you recently...

Kedusha, sleeping was good... Didn't get much of it, but I slept well, didn't even wake up to my alarm this morning until my dad knocked on the door asking if I was ready to got to shacharis. I totally wasn't, but I jumped out of bed and we made it.

6 days clean...

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Re: fresh start

Posted by Sturggle - 24 Aug 2009 06:22

7 days, studying, but finding it difficult to concentrate. feeling a lot of sadness. want to think about it, stay here, read people's posts and respond, but i also don't want to fail my tests!

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Re: fresh start

Posted by the.guard - 24 Aug 2009 12:05

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Re: fresh start

Posted by Sturggle - 24 Aug 2009 12:09

R' Guard,

why freedom?! I don't feel free at all. I've been having a hard day. I don't think I like myself
maybe change your name from "struggle" to "freedom!"
much, I've been finding other things to do besides for acting out, but it's not easy and I don't feel
and it make it hard to focus!!

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Re: fresh start

Posted by Pintele Yid - 24 Aug 2009 18:49

Heiliga Struggle,

7 days! Gevaldik - now you have a full week of cleaniless! You were mesakin each day of the week!

I think you are deppressed because the Y"H is working overtime to get you give up. He sees that he is in trouble. Just forget about him, have a long talk with Hashem and ask him to send your

Y"H to the Yishma'alim where he belongs, and keep on studying GYE for your own structured battleplan.

Also , please check out my thread that I recently started entitled Bilvovi Mishkan Evneh. I am seeing miracles. It might help you.

Chazak Vematz,

Pintele Yid

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Re: fresh start

Posted by Sturggle - 24 Aug 2009 19:00

R' Pintele,

Thanks for your constant chizuk. It really keeps me going. I've been meaning to look at that thread of yours, but I haven't had the proper time to give it the atteniton that I'd like to. Be"H, b'karov.

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Re: fresh start

Posted by the.guard - 24 Aug 2009 19:38

why freedom?! I don't feel free at all.

Hey "struggle", if you stop struggling so much and let Hashem do it for you, you might FEEL

Did you join one of our free anonymous 12-Step phone conferences yet?

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Re: fresh start

Posted by Sturggle - 24 Aug 2009 20:31

[guardureyes wrote on 24 Aug 2009 19:38:](#)

why freedom?! I don't feel free at all.

Hey "struggle", if you stop struggling so much and let Hashem do it for you, you might FEEL

Did you join one of our free anonymous 12-Step phone conferences yet?

no R' Guard, not yet. but if we get something going in Yerushalayim, than I might prefer that to the phone... Either way, right now is not the best time for me to start with a group. iy"H in three weeks I will be done with exams for school and will be getting ready for the tests of the yamim noraim and perhaps then will be a good time to seriously consider a 12 step group

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Re: fresh start

Posted by Pintele Yid - 24 Aug 2009 21:30

Struggle,

Just think about it, if you get to exams while clean you will be nearing 30 days! ;D

Pintele Yid

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Re: fresh start

Posted by bardichev - 25 Aug 2009 15:22

STRUGGLE KEEP ON WINNING

BANG BANG BANG

WE ARE ROOOOOOOOOTING FOR YOU!

bardichev

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Re: fresh start

Posted by Tev - 25 Aug 2009 21:11

struggle ,

Good luck on your exams , I just took 2 finals last week, I was so busy sometimes, there was no room for the Y"H.

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Re: fresh start

Posted by Pintele Yid - 25 Aug 2009 21:29

[BeStrong88 wrote on 25 Aug 2009 21:11:](#)

struggle ,

Good luck on your exams , I just took 2 finals last week, I was so busy sometimes, there was no room for the Y"H.

We go tot constantly keep ourselves busy with something. Pour over GYE in depth to develop a "personalized" strategy, and learn learn learn and when you can't do any of the above, listen to Carlbach or whatever turns your soul on fire or go do a chesed.

I remmember the Heiliga B discussing chesed projects on one of his posts.

Bottom line - keep busy!

Pintele Yid

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Re: fresh start

Posted by Sturggle - 25 Aug 2009 22:31

I want to go to sleep. For some reason, I also feel a need to write before I do. Addiction? Ya think?

All I can really say right now is that I love you all.

Pintele, Bardichev, BeStrong, thanks for your posts.

I've been having some ups and downs in the last couple of days, which I think I already wrote a little about. It is much easier for me to come on to the forum and write to others, sometimes joking around, other times even seriously, and to avoid confronting myself and what is going on with me. Last night I had a mikreh layla. I wanted to get a chance to see some of the other posts about it before I wrote something. Didn't get a chance to do that until later in the day. Ok, I need to stop typing and rambling and put myself to sleep. Eight (almost nine) clean days... Thank you for being here for me!

b'ahava raba ugmura,

Struggle

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Re: fresh start

Posted by Sturggle - 25 Aug 2009 22:39

[Pintele Yid wrote on 25 Aug 2009 21:29:](#)

listen to Carlbach or whatever turns your soul on fire or go do a chesed.

Just listened to R' Shlomo singing aylecha, so good, that's what I'm falling asleep to tonight!

Can't get enough of GYE! Gnite! (I think I got that song from a link from this site!!)

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