

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 silentbattle - 16 Apr 2010 14:07

Sturggle - like 7up said, real comfort comes from feeling satisfied with ourselves, and creating real relationships in our lives. It takes longer, and it doesn't provide with the instant, always-ready comfort of the addiction. On the other hand, it makes us much happier on every level, and it's real. And it gets better and better as time goes on.

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Re: fresh start

Posted by Dov - 16 Apr 2010 15:25

Hi Sturggle!

To me, the greatest asset the Program has to offer is the warm hand on my inner shoulder that says in my heart, "Don't be afraid, sweetheart, it's gonna be OK. *I'm* running the show, not you...and it's all gonna be OK in the end." if we don't get a basic spiritual rest, we ain't got nuthin'. So, I agree with you in that sense. Keep at it, brother. It's gonna be OK.

To Rage: Please do not kill yourself, because you are the only real hope I have of ever going to a Mets game and enjoying it! (it really is a fantasy of mine....perhaps a bit nauseating, but at least not destructive like the old ones were!

Gut Shabbos all!

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Re: fresh start

Posted by Sturggle - 18 Apr 2010 07:18

at the moment,

I only have a few moments to respond,

so, first of all, thank y'all for posting here,

great to hear from you!!

Truth929,

WELCOME!!!

and Shabbos was good and restful, B"H

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Re: fresh start

Posted by Steve - 18 Apr 2010 12:46

Hi Sturggle,

I think it's kind of a ballance. On one hand we have to give up the belief that we run our lives,

and let Hashem run the show. But on the other hand, if we don't believe in our self-worth and own goodness to some degree, we get depressed and down on ourselves and want the false pleasures to numb ourselves again.

We can believe in our own goodness and worth by being of service to others, recognizing that our mitzvos bring a shefah beracha to the world. We can develop that closeness to Hashem that makes one feel special in His eyes, not one's own (which leads to geivah). This can bring us to an appreciation of all the tov that Hashem does for us. And Hakaras Hatov is the CATALYST for teshuva Mei-ahava.

And why are only rage and dov invited to the game?

And Truth929, welcome to GYE. Do you have your own thread yet? I'm gonna go check.

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Re: fresh start

Posted by truth929 - 18 Apr 2010 19:57

Steve thanks for the welcome, I'm not really sure how to start a new thread, again i am new to this site, but feel free to let me know how to get involved. Thanks

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Re: fresh start

Posted by Sturggle - 18 Apr 2010 20:11

Truth,

start a new topic on this board:

rehab-my-site.com/guardureyes/forum/index.php?board=19.0

looking forward to hearing more about you and from you

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Re: fresh start

Posted by Steve - 18 Apr 2010 20:45

[sturggle wrote on 18 Apr 2010 20:11:](#)

Truth,

start a new topic on this board:

rehab-my-site.com/guardureyes/forum/index.php?board=19.0

looking forward to hearing more about you and from you

AIN'T THAT THE TRUTH!!

DITTO, BABY....

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Re: fresh start

Posted by Sturggle - 19 Apr 2010 09:13

[Steve wrote on 18 Apr 2010 12:46:](#)

And why are only rage and dov invited to the game?

I think Rage, Dov, and Bardichev were the three making the plans, re:Rage's new thread, "Awakening..."

I'm in EY, not too many exciting baseball games going on around here, but I am a Mets fan!

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Re: fresh start

Posted by Dov - 19 Apr 2010 09:19

First of all you crying pickle you, bards probably wouldn't come anyway. He likes the guys in the pinstripes, I'm afraid. So you can have his ticket. Second of all, I'm tired.

have a great day!

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Re: fresh start

Posted by DovInIsrael - 19 Apr 2010 09:50

i am also in EY.

had enough talk of HA-METZ before pesach!

did you know there are baseballs teams here...

more of local thing though.

besides there are no falaphel sandwichees at the ball games in usa - so why bother.

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Re: fresh start

Posted by Sturggle - 19 Apr 2010 09:57

DovInIsrael,

and note: [sturggle wrote on 19 Apr 2010 09:13:](#)

not **too many exciting** baseball games going on around here

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Re: fresh start

Posted by DovInIsrael - 19 Apr 2010 10:00

LOL !!!

I could've guessed

I guess its a good thing I never decided to be a spy.

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Re: fresh start

Posted by Sturggle - 21 Apr 2010 07:29

Hey folks...

So, I'm on day 5 or so...

And I'm feeling some urges.

I'm not sure where it is coming from,

and I am not sure how to combat them at the moment,

any thoughts? ideas?

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Re: fresh start

Posted by Dov - 21 Apr 2010 16:24

Don't combat them, silly, give them up and ask Hashem to get you through the pain. Then make a call to another sicko and ask for a hug. Having these desires is no reflection of your nadreiga, recovery level, or anything. It's just a chance for you to get even better than you already are. I love you and respect you so much already, SB...how's knowing *that*, for a pre-emptive hug?

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