

Tzvi's Progress

Posted by Tzvi - 08 Nov 2010 15:36

Today is day one for me.

That may not sound great, but the truth is it's much better than day zero. Kedusha was one of the people that gave me advice on what to choose for a taphsic k'noss.

I chose kappettel 119 as the k'noss like he suggested.

I'm not doing shavuois though. I'm stam doing a kaballah bli neder which should be good enough for me.

Unfortunately I'm used to falling a few times a day, and often I will have to suffer with very strong urges that just don't seem to go away.

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Re: Tzvi's Progress

Posted by Tzvi - 09 Nov 2010 19:06

amein.

Thank you.

And thank you raboisai for continuing to follow my progress.

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Re: Tzvi's Progress

Posted by Tzvi - 09 Nov 2010 22:27

Now is very tough.

The urge is bigger than ME.

It's huge.

I surrender the urge to the RBS"O.

I can't do more than that.

I I I I can do nothing nothing nothin.

Only the RBS"O. zehu.

I accept the pain.

I accept the pain.

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Re: Tzvi's Progress

Posted by Kedusha - 09 Nov 2010 22:48

Well said, Tzvi - sounds like you're internalizing step one!

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Re: Tzvi's Progress

Posted by ZemirosShabbos - 09 Nov 2010 22:50

as kedusha said, sounds like you have the right address for the help and power you need!

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Re: Tzvi's Progress

Posted by Tzvi - 10 Nov 2010 01:05

oy is it painful.

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this is embarrassing, but it is very painful to hold myself back.

I need chizuk.

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Re: Tzvi's Progress

Posted by installed - 10 Nov 2010 01:19

Take a jog or play a computer game (or some other mind numbing activity) it may help. Donno how old you are but you may find this somewhat fun...

www.pouetpu-games.net/index.php?section=2&game_id=1&w=640&h=480

Best of luck!!!

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Re: Tzvi's Progress

Posted by bardichev - 10 Nov 2010 03:33

As they say in the marines

Pain is fear exiting the body

KOT

B

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Re: Tzvi's Progress

Posted by jewinpain - 10 Nov 2010 03:56

Bards. That's a nice one

Tzvi, don't get stressed I too suffer from stress and anxiety that killed me, but I learned how to deal with that b"h keep on trucking, I still owe u a long reply from yesterday. Didn't forget about u, just been in my truck all day, and now I am dead meat,I'll try in the next day or 2 to share with u more about my fight with the stress and the urge to act out,

KOT

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Re: Tzvi's Progress

Posted by dovekbashem - 10 Nov 2010 06:25

Tzvi,

When you are hurting, we are hurting so don't carry that pain all by yourself. However, I have bad news for you... when you fall, you bring us all down with you... and we don't want to go there!

Stay strong my brother. Hashem wants you clean... but I neeeded you clean. I'll make you a deal - if you stay clean just for today, so will I.

Keep in touch my friend. Hatzlocha.

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Re: Tzvi's Progress

Posted by Tzvi - 10 Nov 2010 12:02

wow!

Such wonderful responses.

Thank you raboisai.

Thank you so much.

When I get some time I want to respond to each reply individually.

bchasdei H' YISBORACH

day 3!!!!

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Re: Tzvi's Progress

Posted by ZemirosShabbos - 10 Nov 2010 15:12

wow, Tzvi, u r doing phenomenal!

chazak chazak venischazeik!

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Re: Tzvi's Progress

Posted by Dov - 11 Nov 2010 03:45

All the best, Tzvi! What a world of difference a shtikle sobriety makes. Alei v'hatzlach!

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Re: Tzvi's Progress

Posted by bardichev - 11 Nov 2010 04:46

Gevaldiggggg

Kotzvi

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Re: Tzvi's Progress

Posted by Tzvi - 11 Nov 2010 15:22

BE"H today is day 4.

Thank you raboisai for the support.

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