

Hope At Last

Posted by jewishfaker - 29 Dec 2010 07:02

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I started a couple days ago writing on the "introduce yourself" forum and it gave me alot of chizuk. Because I went ahead and read the handbooks, forums etc. This helped me start the 90 day challenge (something I never would've done otherwise).

So first off I would like to give a thanks to all those that replied to my original post and brought me to start this challenge. Every day that I've held out so far and biezras Hashem that I will be

My first post on gye was as follows a letter I almost wrote to a therapist I've been seeing for depression, and went as follows

"I didn't want to wait because i was afraid I'll end up not saying anything. Truth is it makes sense that I'm running away. Running from life or better yet running away from myself. I have what to run away from. I really am a failure and would rather live a fake life then face reality, because every time I tried facing reality I failed. We all do have some monkey in us and we act on whats comfortable. Life ain't comfortable, or better yet I cant live with myself, so I dont. There is another way to deal with it, but I dont think you'll approve. Its called suicide. Problem is It wont make things any better, otherwise I wouldve done it already.

People think of me as this great guy but I know the truth. I know there aint anything really there . Its a fake a fraud. I know this sounds like Im feeling hopeless, but truth is I am. I turned clean in the future is to your credit to oblivion because its so much easier, or better yet its the only thing I can do. After enough times of being punched one tends to stop picking up his face. Its only natural you know. Im sick of this whole life. Sick of being who I am. Sick of pretending to be someone else. I dont even know if ill send you this ill probably just erase it. Its not worth it anyway. I guess it is because even the smallest hope is better then none. flake whats the difference if theres hope if I wont go through with it anyway.

dang I do need help, but if I cant face myself how can I expect anyone else to. If I cant admit my reality to myself how can I admit it to someone else. flake this is so stupid maybe I should just jump. Ill tell Hashem I couldnt do it. It was to hard. flakeKKKKKKKK....

Truth is I am getting by this way. It didnt take away the problem, but its that other guy its not me. Ill split my parents into good and bad why not split myself. dang I know this makes no sense but....."

As you can see I was feeling very low and quite desperate. More like hopeless, but I got to say that for the first time since this depression hit (about a year and a half) I really feel hopefull! I feel like I have hope. Hope to become clean. Hope to live a normal life and hope to get back to myself!

I am right now finishing the fifth day that Ive been clean. I can't believe this myself! Please

Hashem, help me together with all those suffering from this terrible sickness to break free and searve you in earnest. Amen.

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Re: Hope At Last  
Posted by bardichev - 02 Jan 2011 01:44

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KOT!!

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Re: Hope At Last  
Posted by ZemirosShabbos - 02 Jan 2011 02:24

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super-gevaldig!

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Re: Hope At Last  
Posted by NOYA - 02 Jan 2011 05:04

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I'm proud of you. Gold star!

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Re: Hope At Last  
Posted by jewishfaker - 02 Jan 2011 05:33

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I was clean since last friday so this is my 9th day (didn't finish the 9th yet). I'm so happy and excited about it! Not only is this awesome because I'm clean, it

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Re: Hope At Last  
Posted by NOYA - 02 Jan 2011 22:06

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That's wonderful!

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Re: Hope At Last  
Posted by ben durdayah - 02 Jan 2011 22:23

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I'm also in the beginning of my journey, and I really feel that your posts are mechazek me.

Just look at the despair in your first posts -all caused by the S"M and Koichos HaTum'ah -and the Gevaldige positive energy (with all those smiley faces!) flowing from your posts as the clean days build up. As far as fear of falling? See Bard's - the barkeep/kickboxing instructor/Rebbe of Chassidim for help A.not to fall B.How to take a fall (CH"V).

Just stick around here and treat the shmutz that you didn't want to talk to your therapist about -and you won't be needing to see him for depression.

Oh, and save your money for some Woodford!

Ben Durdayah

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Re: Hope At Last  
Posted by jewishfaker - 02 Jan 2011 23:14

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[ben durdayah wrote on 02 Jan 2011 22:23:](#)

I'm als in the beginning of my journey, and I really feel that your posts are mechazek me.

I really feel the act of posting is mechazek me. Thats why I post. The fact that I get feedback and people follow my journey and give me chizuk etc like YOU are doing [ben durdayah wrote on 02 Jan 2011 22:23](#):

Just stick around here and treat the shmutz that you didn't want to talk to your therapist about -and you won't be needing to see him for depression.

Oh, and save your money for some Woodford!

IS WHAT KEEPS ME STRONG!

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Re: Hope At Last

Posted by ben durdayah - 02 Jan 2011 23:19

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My Tatte a"h used to practice 'Echoz bazeh -Umizeh Al Tanach Yadecha'

We were brought up on single malt scotch, small batch bourbon, and vodka from the freezer -at least I didn't turn out an alcoholic (we only drink on Shabbos, Yom Tov, and Simchos and never even got drunk Purim until we went away to yeshiva...)!

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Re: Hope At Last

Posted by the.guard - 03 Jan 2011 18:36

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Keep up the good work.

Your first post was so full of utter despair... Sometimes that's what it takes. We hit bottom before we can start to climb again.

Keep the faith and take it one day at a time!

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Re: Hope At Last

Posted by jewishfaker - 03 Jan 2011 18:56

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Thanks guard. I'm working on my 11th day now, and to think of how desperate I was and how far I've come is unbelievable! I hope it continues and TIZKU LIMITZVAS

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Re: Hope At Last

Posted by installed - 03 Jan 2011 19:08

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love your signature. So true.

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Re: Hope At Last

Posted by jewishfaker - 06 Jan 2011 07:37

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Trying to be real and stuff. Tonight i started falling a bit into chatting with someone online I didnt do anything "bad" per se but the fact that I chatted even though it wasnt about sex bothers me. I feel that if i trully realize the poisen i would've stayed further away. So you'll say "just stay away" but i feel like i wasnt able too. I feel like the question is why i dont realize how much i shouldnt

get even close to doing something wrong. Im confused...

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Re: Hope At Last

Posted by ben durdayah - 06 Jan 2011 10:05

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Think about what you just said, "**I feel like I wasn't able to...**". Repeat it a number of times until it really, really sinks in, and there you have it- **Step #1**.

The fact that it bothers you is also good, that means that you're starting to feel that your life has become unmanageable. You're doing great! If you listen to your inner voice, you'll come to see that that is the completion of step #1.

When you're done, we can move on to step #2.

With you in your struggle,

Ben Durdayah

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Re: Hope At Last

Posted by ZemirosShabbos - 06 Jan 2011 15:55

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good points Ben

just want to add that it is unrealistic to expect that you can just stop cold-turkey

it took many of years and years of searching out the garbage

it becomes a habit and an obsession

it will take time and effort to get out of it

a change in attitude

a feeling that you are giving a piece of yourself away

if you keep at it you will be'h succeed

you will slowly change for the better

you will see where it is that logic shuts off and obsession takes over

take steps to save yourself when that happens

you will see how much better it is to live a normal clean and happy life

might not be today or next week but it will come be'h

you have it in you

you have an unbeatable Partner, talk to Him, let Him help you

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