

life of a lamed vavnik

Posted by lamed vavnik - 08 Aug 2009 19:52

Hello Everyone

I'm clean only four days and i'm already trying to mess up!!'m on the chart but only b/c i have a good filter B'H!! really want to stay on and stay clean but just sitting in front of the computer turns me on thinking of all the things i COULD be seeing if i only didn't have a filter !!some body tell me this will wear off and i'll be able to fell normal in front of the screen b/c i want to stay with this site. :'(

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Re: life of a lamed vavnik

Posted by bardichev - 02 Sep 2009 15:28

DON'T LOOK WHER YOU FELL....

JUST LOOK WHERE YOU SLIPPED.....

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Re: life of a lamed vavnik

Posted by lamed vavnik - 02 Sep 2009 21:24

Ok guys i had a good day today so i'm feeling a little better . tomim and uri i think your saying the same thing . i really can't throw those days down the toilet. b/c i already did them. and they were good days . i really felt good during those days . OK we start again. i want to be clean . H' help me.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 02 Sep 2009 21:28

U know guys you're saying some smart stuff . i just still feel a little low . i'm working right now on just keeping on going and not shutting down.

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Re: life of a lamed vavnik

Posted by SoHard,YetSoRewarding - 02 Sep 2009 22:13

Oy, Lamed Vavnik, bizt duch aza Tzadik

(you're such a tzadik)!!!!

All HaShem wants from you is the sacrifice, the struggle, these little victories over the Y"H.

The rounds of applause making the rounds in the higher spheres after each tiny victory are DEAFENING!!!

Go Get 'Em!!!

fondly

Shmilu

(formerly known as SoDifficult)

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Re: life of a lamed vavnik

Posted by bardichev - 03 Sep 2009 16:34

HOW IS THE SECRET TZADDIK DOING??

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Re: life of a lamed vavnik

Posted by lamed vavnik - 03 Sep 2009 20:21

better today. you know it's funny . as a person, in my job, interacting w/ people, i had an excellent and very successful day . but as i got on the forum i had this real empty feeling hit me . like something was missing . i want my sobriety back .but i think it's a good thing. i feel a hole i want to refill . i really liked that feeling . H' please help me get it back . 1 day clean .happy for that. :-\

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Re: life of a lamed vavnik

Posted by Rage AT Machine - 03 Sep 2009 20:46

Keep your head up! You are here and not on some trashy site that you hate but need. One hour at a time, bro, one hour at a time.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 04 Sep 2009 11:23

right ,right . I am much better off than I was . I have opened it up and am dealing with it and that is much more than i've ever done in my life. No thats not true, i tried to deal w/ it as a bachur but people didn't want to really help me or thought it wasn't such a big deal . Only now I have people to help me deal with this long term in a serious way. Not just by telling me to get married which has only messed up my marriage (B'H not permenantly). I am doing pretty OK! ;D . 2 days clean.

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Re: life of a lamed vavnik

Posted by lamed vavnik - 06 Sep 2009 21:27

1 day . had a terrible friday nite. was insulted, stressed,nervous and frustrated. when the

triggers came i fell for them again . i was on the rebound from falling .it happens every time i fall.i figure i'm already down might as well I have a funny trigger though. it's sounds . a sound reminds me of bad things i've heard and has a very powerful effect on me. what do i do ? i can't stop myself from hearing things?! And i usually hear them at quiet times in the house at night, when i have no support or distraction. how do i run away from my own brain?

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Re: life of a lamed vavnik

Posted by bardichev - 06 Sep 2009 21:30

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YOU DONT

YOU PULL YOUSELF UP TO FULL RANK

AND.. AND..

YOU TAKE EM ON

YOU BRING OUT YOUR GEMAN SHEPARD

YOUR SMITH AND WESSON

YOU SAY GET OFF MY PROPERTY!!!!

OR ELSE!!!!

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Re: life of a lamed vavnik
Posted by the.guard - 07 Sep 2009 20:31

Everyone has different triggers... but the common denominator is, that **we all wish we could run away from our own brains!** :-[

Maybe it would help to think that our brains are just some icky mush. Will we let [that mush](#) control us and sin against G-d?

See [this page](#) for lots of great tips on dealing with bad thoughts (read top to bottom).

G-d luck!

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Re: life of a lamed vavnik
Posted by lamed vavnik - 08 Sep 2009 21:23

this is not working. i'm not getting a handle on myself.i can't get started being clean again.
HELP!!

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Re: life of a lamed vavnik
Posted by bardichev - 08 Sep 2009 21:32

HELLO ONE DAY OR EVEN ONE HOUR AT A TIME

MIKVAH IS A GREAT START!!!

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Re: life of a lamed vavnik

Posted by Rage AT Machine - 08 Sep 2009 21:52

Dude, let me remind you of something someone once wrote:

"11 days. this is saving my life .I hope this isn't just premature excitement but with this forum it is feeling easier . H' please help me not to lower my guard.Keep me strong! I'm finding it diificult not to think of a large number of days"

In response Guard HaAnav wrote, "Don't think about 90 days. Ask Hashem for help one day at a time and he'll give it to you... Like the maan in the dessert. Each day it came for that day only."

A few days later, "14 days! i'm feeling better than i have in a long time. i feel like i'm going somewhere. one day at a time. H' help me finish today!"

You rode this one day at a time theme to 27 days...

Seems like you need to stop thinking about getting a string together you need to stop thinking negatively and start doing what has always worked for you here: one hour at a time one minute at a time...like bardichev says one hour...when the triggers start triggering rush to this network...spend time going through the stories, the handbooks, the lessons...live for the minute youre in and make that minute a good one...

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