

**GYE - Guard Your Eyes**

Generated: 23 April, 2025, 23:41

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Once again I fall. oyy when will this end  
Posted by rebdovid - 07 Nov 2011 21:07

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Dear Friend fellow comrades.

I fell again after 112 days of being sober, I am clean for just a few minutes now.

I hate this, I know this does serious damage to my neshomo, but I will not surrender I am up for a new start a new fight.

Committing for being clean for the next 10 hours, please pray for me I cannot do this myself.

Thank you.

Dovid.

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Re: Once again I fall. oyy when will this end  
Posted by gibbor120 - 07 Nov 2011 21:17

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I'm with you buddy, I know exactly what it's like. I just checked out some of your old posts. Did you ever join a 12 step phone call or anything? Have you spoken about your problem with a real person? What have you been doing to stay clean?

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Re: Once again I fall. oyy when will this end  
Posted by alexeliezer - 07 Nov 2011 21:20

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Just a bump on the road.

One act does not necessitate or justify another. Stand up, dust yourself off. Daven. Move on. No wallowing. Just moving on.

Like it didn't happen.

Back in the truck now!

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Re: Once again I fall. oyy when will this end  
Posted by mggsbms - 07 Nov 2011 23:06

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Please keep strong

its the next day or two that are crucial

don't let this bog you down

because it will be harder to get up

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Re: Once again I fall. oyy when will this end  
Posted by rebdovid - 07 Nov 2011 23:07

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Thank you Guys I am clean for a few hours now.

It's never ending.

In the past I have joined 12 step programs.

What kept me clean is this forum and other forums and filling my day with meaning and being very busy.

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Re: Once again I fall. oyy when will this end  
Posted by ur-a-jew - 08 Nov 2011 01:00

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[mgsbms wrote on 07 Nov 2011 23:06:](#)

Please keep strong

its the next day or two that are crucial

don't let this bog you down

because it will be harder to get up

Personally I find every day crucial. Each day on this world has a mission to accomplish. If we accomplished yesterday's great. That is precious and we have that. But whether we did or didn't yesterday changes nothing with respect to today since we have a new mission and a new opportunity for growth. Why miss out on it because yesterday you missed. Doesn't make much sense. Hatzlacha

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Re: Once again I fall. oyy when will this end  
Posted by mggsbms - 08 Nov 2011 05:12

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If you fall after a long streak it is very easy to lose sight of what you acomplished and you feel your back to the same problem

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Re: Once again I fall. oyy when will this end  
Posted by rebdovid - 08 Nov 2011 18:04

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Thank you.

I am almost clean for 24 hours. Please pray for me to remain clean for another couple of hours.

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Re: Once again I fall. oyy when will this end  
Posted by ur-a-jew - 08 Nov 2011 18:23

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[mggsbms wrote on 08 Nov 2011 05:12:](#)

If you fall after a long streak it is very easy to lose sight of what you acomplished and you feel your back to the same problem

It also gives you the opportunity to assess whether you are actually learning how to deal with the problem. Maybe we need something else. For example, if filters and accountability software don't work for a porn problem then it's time to reassess your strategy. Maybe you

need to join one of the calls that have started another cycle.

Reb Dovid glad to hear that you made it through the day. Hatzlacha on today as well.

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Re: Once again I fall. oyy when will this end  
Posted by obormottel - 08 Nov 2011 23:24

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Reb Dovid,

stay strong. I find the serenity prayer to be very sobering.

G-d,

please grant me serenity to accept the things I cannot change.

Courage to change the things I can.

And wisdom to know the difference.

Thy will, not mine, be done.

I davened for you as I davened for myself.

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Re: Once again I fall. oyy when will this end  
Posted by rebdovid - 09 Nov 2011 15:22

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Thank you guys I am clean for 43 hours. BH.

I hope to remain clean thorough out today.

with Hashem's help this will happen.

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Re: Once again I fall. oyy when will this end  
Posted by gibbor120 - 09 Nov 2011 15:26

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Re: Once again I fall. oyy when will this end  
Posted by ready - 09 Nov 2011 16:55

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Wow 112 days !!!!! Amazing..... It's progress not perfection One minute at a time. Reach out and hashem will help you get right back on.

One hour at a time buddy  
Hatzlachan

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Re: Once again I fall. oyy when will this end  
Posted by rebdovid - 15 Nov 2011 18:51

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Well I stayed clean for another 8 days. and just fell.  
  
I hate this.... I am committing to stay clean till tonight.

Guys any advice you were very helpful before.

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Re: Once again I fall. oyy when will this end  
Posted by Yosef Hatzadik - 15 Nov 2011 19:28

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Hey, **Reb Dovid!**

If the only way we get to 'meet' you around here is when you hit a rough spot in your journey, what do you think we will be praying for.....?? :-\

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