

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

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 obormottel - 15 Nov 2011 22:06

Reb Dovid,

I was helped in great measure by subscribing to and reading chizuk emails and posting on the forum. Of course, having a filter. Surely, watching my eyes everywhere: the street, the shul (if that's an issue for, I don't know), the internet.

Have you read the handbooks yet? They are gold, but you can't get the gold without digging.

Start digging, my friend.

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Re: Once again I fall. oyy when will this end

Posted by rebdovid - 16 Nov 2011 14:06

Thank you guys.

Yes I know I need to get more involved and remind myself that it's an ongoing battle.

For now I am 19 hours clean.

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Re: Once again I fall. oyy when will this end

Posted by gibbor120 - 16 Nov 2011 14:31

Thanks rebdovid. Sometimes, I feel fine, like why do I need to post or call people?

Posts like yours remind me that I need to keep it up even when times seem good.

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Re: Once again I fall. oyy when will this end

Posted by Yosef Hatzadik - 16 Nov 2011 16:49

[gibbor120 wrote on 16 Nov 2011 14:31:](#)

Thanks rebdovid. Sometimes, I feel fine, like why do I need to post or call people?

Posts like yours remind me that I need to keep it up even when times seem good.

Thank you **Reb Dovid** for reminding **gibbor120** to post & call people.

We love when he does that! (& when you do too! Do you have my number?)

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Re: Once again I fall. oyy when will this end
Posted by gibbor120 - 16 Nov 2011 19:09

you're too kind :-[.

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Re: Once again I fall. oyy when will this end
Posted by gibbor120 - 17 Nov 2011 22:49

Follow this link to a DQ (Dov Quote).

www.guardyoureyes.org/forum/index.php?topic=4695.msg125944#msg125944

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

well Friends la m still clean almost three days later.

Thank you guys for your support I couldn't make it without your help.

Good Shabbos

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Re: Once again I fall. oyy when will this end
Posted by obormottel - 18 Nov 2011 21:49

Gut Shabbos, Reb Dovid!

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Re: Once again I fall. oyy when will this end
Posted by rebdovid - 22 Nov 2011 20:38

Just slipped.

I truly hate it seven days clean, I guess I managed to slip through my k9 filter and google pictures.

Please daven for me, this is death.

I realize then physical feeling that I experience in my mind, it's just like drugs.

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Re: Once again I fall. oyy when will this end
Posted by gibbor120 - 22 Nov 2011 20:45

Well the rebbe (that's bardichev, you can check out some of his posts) hasn't been in for a while, but he would say FELL SHMELL KEEP ON TRUCKING. He would actually instruct you to yell it out loud several times.

Get up buddy, this is just round 1!

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Re: Once again I fall. oyy when will this end
Posted by kidushashem - 22 Nov 2011 22:21

yeah rebdovid, don't look back, it does you no good. If it was good for you, you would be looking back at *all* your Aveiros from a million years ago. Your Aveira 5 minutes ago is no different. Just keep on trucking. I know it's cliché but it's true.

If you're clean for 5 minutes, you can do another 5. Just do it 5 at a time. And then a couple hours at a time...

And then a day at a time.

Love

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Re: Once again I fall. oyy when will this end
Posted by rebdovid - 27 Nov 2011 01:00

Guys thank you for your kind words.

I fell again.

I need your help and hashems help I don't seem to be able to do it myself.

As in the past it helped me to commit to staying clean till the morning.

Thank you.

Re: Once again I fall. oyy when will this end
Posted by Dov - 27 Nov 2011 07:07

[rebdovid wrote on 22 Nov 2011 20:38:](#)

Just slipped.

I truly hate it seven days clean, I guess I managed to slip through my k9 filter and google pictures.

Please daven for me, this is death.

I realize then physical feeling that I experience in my mind, it's just like drugs.

If you truly believe that you are like a drug addict, then what would you say to a drug addict who begged you to help him quit?

Would you say "hang on for five more minutes - if you can do that, then you can hang on for five more!"? Or would you say that he cannot sit on his behind and wait till he plotzes, but that he needs to do something about it. Something different, cuz waiting and fighting it till you can't any more is exactly what he has been doing for ten or fifteen years already!

What are you doing that is actually an action for your recovery from this crazy compulsive behavior? Would that be 'good enough' in your opinion for a drug addict, or not?

Hatzlocha, chaveri!!

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Re: Once again I fall. oyy when will this end

Posted by rebdovid - 28 Nov 2011 19:39

I hope this will help me remain clean.

I am hoping to remain clean for until tonight 11 pm.

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