

getting tough

Posted by strugglingandstrivngBT - 26 Dec 2011 03:40

So I'm in it for the long haul this time. At day 20 and staying strong but its starting to get hard. (starting HA!). im having cravings and I know what I can do with just one click. BH I havent and I made it through a shower clean too (no pun intended) but I was thinking about dropping it all. ugh. i need some chizuk. thanks for listening.

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Re: getting tough

Posted by strugglingandstrivngBT - 30 Dec 2011 04:04

so I wanted to share a maiseh that goes along with your advice. not to toot my own horn, just to share how right you are. my shiur had a bechina today, and I spent a bunch of time helping guys chazar for it and one just told me he thinks he did really good. I feel great about that. I think this is a step forward in this. BH I'm still clean, feeling a bit better, and spiritually I'm on my way back up. thanks for the support and aitzeh.

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Re: getting tough

Posted by gibbor120 - 30 Dec 2011 14:16

[strugglingandstrivngBT wrote on 30 Dec 2011 04:04:](#)

not to toot my own horn

I'll toot it. TOOT TOOT! Great! Glad to hear it! Have a good shabbos!

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Re: getting tough

Posted by Dov - 03 Jan 2012 21:45

Dear SSBT,

Just curious - no *need* to answer, for I am a big boy (and I have plenty of Kleenex right here)...but I would *prefer* knowing:

Are you ignoring my responses to you (such as the one below)? I really put my heart into the posts, be"H. It is an effort for me, and I am not giving lovely advice and stam spouting, but am sharing a piece of myself from inside my very life. I'd be more than happy to do all this stuff on the phone with you in person any time you like, instead, just to listen to you say what you need to say - or better yet, to *meet* you and listen and talk in person. Iv'e already met about 15 GYE guys - none have dropped dead yet. I want to help, if I can be used for that. That's all. But it is also time-consuming. So...

Just let me know if I should post elsewhere and I'll be OK with that. Just a question. You are free to ignore this, too - it is *your* thread, chaver.

- Dov

PS. And please Keep On Tooting.

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Re: getting tough

Posted by strugglingandstrivngBT - 03 Jan 2012 22:07

not at all. However, I am not sure what to do with the information or ideas. I dont know how to apply friendship to my life. I never have. Its very hard for me to make friends and as i posted earlier i am not neccisarily in the most conducive environment for it. its a slow process anyway. so while I know your advice is good, its tough to actualize. i am also in the middle of finals studying and cant focus on my self right now. next week i can, and maybe then would be a good time to talk. so far today I'm clean. last night i fought a tough battle and came out victorious. had a good talk with a mashgiach regarding some of my confusion and doubts. he actually may ut in touch with someone who goes through similar things, which could be good on many levels IYH. I also have an appt on friday where im going to work through some internal things. BH

things will be going up soon.

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Re: getting tough

Posted by Dov - 04 Jan 2012 00:12

Luckily, making friends is a natural and guaranteed result of us making it our business to being useful to other people. That's all. It's not necessarily about sharing ideas, relating to each other, agreeing, or even opening up.

So it need not be that scary, for anybody. No one is really looking, their is no 'failing mark', and nothing serious to lose.

It has little to do with feeling, thinking, or talking. It's all about **doing**. And anybody can **do**.

Eventually the friendship develops slowly and surely. He takes care of these things for us.

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Re: getting tough

Posted by strugglingandstrivngBT - 04 Jan 2012 02:09

great, so by making friends I'll be able to let Him help me make friends. I know that statement makes sense, but it seems contradictory. definitely not easy...

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Re: getting tough

Posted by gibbor120 - 04 Jan 2012 17:05

Don't worry about how easy or hard it is. Worry about whether you **need** to do it for your own health and sanity.

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Re: getting tough

Posted by Dov - 04 Jan 2012 17:38

Please excuse my lingo here, but if you read my post just above you'll see that I am trying to say that 'making friends' is not about you, at all. It is about saying "to heck with me - can I be of any use to you?" Without abusing ourselves, we look around us for a change, and ask ourselves and others what we can do to be of use to those around us, in our families, in our school. It is only about giving, not at all about getting.

V'sof ha'friendship lavo.

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Re: getting tough

Posted by Gevura Shebyesod - 04 Jan 2012 17:57

"u'Knei Lecha Chaver", "Buy" yourself a friend. One buys something by giving....

I have a hard time with this too....

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Re: getting tough

Posted by gibbor120 - 04 Jan 2012 18:14

[dov wrote on 04 Jan 2012 17:38:](#)

Please excuse my lingo here, but if you read my post just above you'll see that I am trying to say that 'making friends' is not about you, at all. It is about saying "to heck with me - can I be of

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V'sof ha'friendship lavo.

I stand corrected :-[. I hope you will still be my friend ;). I do think that the initial motivation is selfish, cuz otherwise, why do it. I guess we have to have a selfish motivation to be unselfish or something like that :-\.

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Re: getting tough
Posted by Dov - 04 Jan 2012 18:20

I was directing the entire comment at SSBT, not you, you sweet and heilige knucklehead.

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Re: getting tough
Posted by gibbor120 - 04 Jan 2012 18:51

[dov wrote on 04 Jan 2012 18:20:](#)

I was directing the entire comment at SSBT, not you, you sweet and heilige knucklehead.

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Re: getting tough

Posted by gibbor120 - 04 Jan 2012 19:23

A 'friend' sent me this...

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Re: getting tough

Posted by Dov - 04 Jan 2012 22:22

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