

I need help

Posted by gyegye2 - 09 May 2012 15:15

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I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by gibbor120 - 08 Jul 2013 21:15

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I was going to say. Get back up and KOT!

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Re: I need help

Posted by cordnoy - 08 Jul 2013 21:31

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and don't dwell on the past; just the moment

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Re: I need help

Posted by gibbor120 - 08 Jul 2013 21:44

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Some questions to think about:

What have you been doing until now to stay sober? What helped and what didn't? What gedarim can help you in the future? Do you need stronger measures than the ones you have been using until now? What are they? Are there tools that you have thought about using, but were hesitant to use until now because of some fear? Are you ready to use them now?

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Re: I need help

Posted by gyegye2 - 09 Jul 2013 20:56

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i am following the nutshell program

[guardyoureyes.com/the-gye-program/initial-evaluation](http://guardyoureyes.com/the-gye-program/initial-evaluation)

i am now up to the the 12 step program

but i don't think it is for me

since my worst time was when i fell 3 times a week, and this was just for a few month.... then i got up with the help of this website.... today i am falling once in 28 to 48 days

it is not that bad.... is it?

hashem understands it....

this is not destroying my life like it used to....

it is very normal i think

of course i am trying to get better by analyzing my falls and thinking about other ways....

but i think that the 12 step program are for extreme addicts that nothing is helping them

what do you think buddies?

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Re: I need help

Posted by gibbor120 - 09 Jul 2013 21:26

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[gyegye2 wrote:](#)

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I think that getting better is dangerous. Many of us have had periods of sobriety or relative sobriety and felt "it's not that bad"... and that was the beginning of a downfall.

You say "Hashem understands it...". I think that misses the point. Of course he understands it, he put the obstacle in front of us in the first place. He also "understands" that our lives will be MUCH better if we don't drink any of it. That is what he told us in his instructions for living (AKA the Torah). I think He should know best, He created us - right?

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Re: I need help

Posted by cordnoy - 09 Jul 2013 22:06

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once in 28 - 48 days?

for how long has this been going? a year?

so 5 times in past year.

yes, that is good, but you, and all of us can do better.

we don't want to be mechallel Shabbos every fifth week; do we?

you have a tremendous past strength to build on; don't take a rest!

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Re: I need help

Posted by gyegye2 - 10 Jul 2013 20:45

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right GIBOR120

HASHEM UNDERSTANDS IT...

DO YOU THINK THE 12 STEPS IS FOR ME?

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Re: I need help

Posted by gyegye2 - 10 Jul 2013 20:46

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I AGREE cordnoy

DO YOU THINK THE 12 STEPS IS FOR ME?

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Re: I need help

Posted by gibbor120 - 10 Jul 2013 21:16

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gyegye2, I have no idea if the 12 steps are for you, but there are a few anonymous 12 step phone conferences that you can join and find out. There is really nothing to lose.

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Re: I need help

Posted by cordnoy - 10 Jul 2013 21:20

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like gibbor said...different things are for different people

you have to see what will work for you

the key for all of us is to do something!

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Re: I need help

Posted by gyegye2 - 11 Jul 2013 20:57

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oh wow gibor120

i thought that i have to go over every week to meet people

maybe i will have it a try

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Re: I need help

Posted by gibbor120 - 11 Jul 2013 21:13

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Take a look here [guardyoureyes.com/tools/calls](http://guardyoureyes.com/tools/calls) . dov and Duvid Chaim are among the popular ones. Find a time that works for you and just make the call.

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Re: I need help

Posted by gyegye2 - 17 Jul 2013 21:04

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last friday another fall after 3 days

i want to be able to block my self websites that my filter doesnt box.

who wants to keep my k9 password?

please reply with your email address, so i can set it up...

thank you

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Re: I need help

Posted by inastruggle - 17 Jul 2013 21:13

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There is an option on k9 to block sites without having the password.

There is a filter gabbai here but if you like I can take care of your password.

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