

For how long by now?

Posted by rt - 11 Jul 2012 20:44

Shalom Alejchem haChevra. I thought it would be a nice idea that everyone would post for how his clean by now and update regularly.

I will start: bY now (11 Jul) I am sober for 15 days. Hope not to fall :-) good luck @all.
R"T

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Re: For how long by now?

Posted by tamidbesimcha18 - 09 Sep 2012 05:50

Bh today was my 95th day!!!

Its a little strange, its being so easy lately....By the days without triggers, its really easy to stay clean,

it looks like the fantasies are going away!!

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Re: For how long by now?

Posted by rt - 09 Sep 2012 11:42

@Dov: you are.

@Gevura: yep, I've thought about that...

@Tamid: congrats. and have a gotten tumid :D

@TMC: we will miss ya, TMC! btw, dont forget to put 5 dollarim to tzedoka

@all: today will be day number 59. Yesteday by slichos i asked haShem, to five me some che"n in his eyes for the che"n days i have...I will spot for some time to go online, see ya all after sukkos!

have a ksiva vechasima toyva! wish ya'll meaningful and tearful prayers.

byebye,

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Re: For how long by now?

Posted by E-Tek - 09 Sep 2012 14:06

And Dov, before you complain (and I know you want to), don't forget that anyone that teaches you something is a Rebbe.

And if you aren't here to teach, who is?

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Re: For how long by now?

Posted by Dov - 11 Sep 2012 02:53

This is not teaching - it is donating blood.

The days He has given me so far are....only one: **today**. And He has given it to me 5667 times. And the only day I ask him for right now is the rest of this one.

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Re: For how long by now?

Posted by Dov - 11 Sep 2012 02:58

Used a calculator just now, for I have never counted the days up ever before (to my recollection). Those who make a big deal about big numbers just don't get it yet. And i certainly do not **really** get 'it' yet, either. Hashem is not nearly through with me and Tatteh tatzileinu mishgiyos!

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Re: For how long by now?

Posted by gothika - 25 Sep 2012 12:22

[dov wrote on 09 Aug 2012 01:36:](#)

Nebulamud!! Wow!! You are back!

I missed *you*, I missed your bizarre and cute *username*...and I just missed the point of your post. Oh, you feel exhausted after falling. Right...so:

Please tell me -

Is the exhaustion you refer to from your fall, or is the exhaustion from those 80 days of relentless fighting against your obsession/habit?

And I am back *again* dov! I was referring above to being exhausted over both struggling for 80 days AND falling over by OBSESSION/ADDICTION(and habit by extension)

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Re: For how long by now?
Posted by rt - 27 Sep 2012 14:57

short update.

77 days beezras haShem.

Hope ya'll had a gmar chatima toyvo.

yiddeeeeeeeen!!

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Re: For how long by now?

Posted by Dov - 28 Sep 2012 18:37

[NebulaMud wrote on 25 Sep 2012 12:22:](#)

Nebulamud!! Wow!! You are back!

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Nu, to me it makes little difference (really no practical difference at all) if someone is struggling and 'holding his breath' - or masturbating his brains out to schmutz. Either way, we get covered with mud, as tzaddikim have said (regarding *normal* people, and not even addicts) - and it is a death knell to sobriety and the Good Life.

Exhaustion is yucky, may Hashem spare me from it today and help me just surrender the lust I have and give it all up for today, no strings attached, trust Him and get on with real living, Amen! I need my energy for real living, not for silly battles. I can't afford to be battleworn.

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Re: For how long by now?

Posted by tocontrolmyself - 04 Oct 2012 12:51

hi guys im back.i lost focus bc i was so busy and a fell a few times.i dont know how mant about

4 and if i had access i would have pulled out....im doing much better i sat down yesterday and did some 12 ster 'chazara' hope your all doing well.it wont be long b4 i will be in israel bh and i wont have any contact probably..

how r u guys ? rt it likes like your doing great!!!

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Re: For how long by now?

Posted by rt - 05 Oct 2012 08:55

yooop bechasje haShem i am takke doing well. 85 dayz.

baruch haShem matzliach in shmiras hamachshovo (from pritzusdikke hirhurim.). have still to work on shmiras eynaim.

chatzlocho

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Re: For how long by now?

Posted by Dov - 05 Oct 2012 08:56

We're moving right along, b"H. And you?

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Re: For how long by now?

Posted by tocontrolmyself - 05 Oct 2012 13:25

had a rel bad day yesterday but i called someone up and we talked and i feel much better,more hopeful

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Re: For how long by now?

Posted by Dov - 05 Oct 2012 16:57

You *are* working some kind of program or *something* besides just making calls to *feel* better, though, right? I feel sorry for sober sitting ducks...

Stay cool, bud 8)

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Re: For how long by now?

Posted by rt - 10 Oct 2012 07:31

If my heshbon is right, today is day number 90.

have a nice isru hag

RT

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