

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

=====

Re: For how long by now?

Posted by rt - 24 Oct 2012 11:46

Thanks Dov. Needed to hear it.

Day 104.

Here, a nice chizzuk mail I just read:

I'm sure we've all had some difficult tests in the past and overcame them. If someone would offer you a million dollars to sell to him the reward and benefit that you gained in overcoming these tests, would you sell them? I doubt it.

So think about it. Do you still feel you need chizuk today? Someone who just won the lottery doesn't usually need Chizuk :-) You have something worth more than millions of dollars!

=====

Re: For how long by now?

Posted by rt - 28 Oct 2012 17:59

108 days.

hirhurim are away.

ò,Ó

=====
=====

Re: For how long by now?

Posted by Dov - 29 Oct 2012 02:09

Gevaldig! That's a tremendous credit to Hashem for helping us folks so well, and to you for being willing and ready to let Him.

Kein Yirbu!

=====
=====

Re: For how long by now?

Posted by rt - 30 Oct 2012 19:33

Shalom chevra!

It was going pretty good. and then, just today. I saw this dream. a horror. grrr.

I will not write down all the details...

but thats how it starts always after me being clean for a while.

i have a dream like this, and then start to think about this things again.

i did not start yet to think.. and hope will not.

thats why i write it here.. not to think about it (that i COULD start again)...

well, bye. be well. still clean, rashe teivos.

=====
=====

Re: For how long by now?

Posted by Gevura Shebyesod - 30 Oct 2012 19:46

Hi RT,

I think that's pretty common. The YH can't get you when you're awake so he sneaks in while you're sleeping.

I also struggle with dreams constantly. Just last night it happened TWICE! I dreamt of acting out and got 3/4 to the "end" and i woke up and tossed and turned till the feeling passed. The main thing is to put it out of your mind. It's not your fault.

KUTGW & KOMT!!!

=====

Re: For how long by now?

Posted by rt - 31 Oct 2012 17:48

111 days (according to my count...90days-charts taynes, there are just 110 days, veyesh lepakpek bidvorov)

Well, yea, It IS quite normal, I agree. But the hirhurim come back.

Right now it's hard again.

hmm.

Hope some chizzuk mails will do their job...

Interessant. In fact everything in the world shries: Avidas Hashem!!!

from the other side, A LOT OF THINGS shrie: Prizus! hefkeirus! znus! hey, mister jew, come to us! grrr.

And if you say "yes" to the bad side the yetzer will not let you have so much geshmak... chas veshulem you should not miss gehinnom in Oylam haze gam ken.

grrr.

Its hard right now.

Be well chevra..

If you could be mispalel for me? ulay yeracheim.

RT

=====
=====

Re: For how long by now?

Posted by Machshovo Tova - 31 Oct 2012 19:39

[Machshovo wrote on 31 Oct 2012 18:46:](#)

...Pretend it's day 1 and give it all you got, and ditto for tomorrow etc.

??? ??? ???? ?????? ??????

Hatzlacha

MT

=====
=====

Re: For how long by now?

Posted by Dov - 31 Oct 2012 21:45

Until you are actually working a program of real recovery - whether it is the 12 steps or something else, that's not the point - you are just holding your breath. How long does Hashem want you to hold your breath? I doubt He wants any of us to hold our breath at all!

One who is working a program is focused on working his program - not on **not** touching his penis. The one who is focused on '*not touching*' is already touching it all day long in his mind, no? A waste of time.

=====

=====

Re: For how long by now?
Posted by mr. emunah - 01 Nov 2012 17:56

yup think *BUT NO GREEN ELEPHANTS*

=====

=====

Re: For how long by now?
Posted by rt - 02 Nov 2012 09:32

Day 0

=====

=====

Re: For how long by now?
Posted by Machshovo Tova - 02 Nov 2012 14:30

Sorry to read about that, RT. We are confident that you will start fresh

???? ??? ????? ??

Now you have double experience: You did it before, so you can do it again. And you also know what pitfalls to avoid.

May it be a yerida letzoreh aliya. Hatzlacha!

MT

=====
=====

Re: For how long by now?

Posted by Dov - 02 Nov 2012 16:55

Omein

=====
=====

Re: For how long by now?

Posted by tehillimzugger - 04 Nov 2012 03:01

[dov wrote on 02 Nov 2012 16:55:](#)

Omein

Indexing...

=====
=====

Re: For how long by now?

Posted by Dov - 04 Nov 2012 03:56

[TehillimZugger wrote on 04 Nov 2012 03:01:](#)

Omein

Indexing...

You either need to get a life, or get more Woodford. It's one or the other, buddy.

=====

=====