

For how long by now?

Posted by rt - 11 Jul 2012 20:44

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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 Gevura Shebyesod - 30 Nov 2012 16:25

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Hi Dov,

When I said reset i meant it in terms of not looking back or dwelling on or failures. As in FSKOT. I did not mean it as any kind of justification for acting out. I think you got that but I want to make it clear.

BTW why do you keep on calling me BB? ??? :-

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Re: For how long by now?

Posted by Dov - 30 Nov 2012 18:28

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Yup! Got it. But I just wanted to take the opportunity to wail about something that other people mean when they use that word - understood and I never thought you or anyone in particular here *means* to mean it that way.

And I laughed out loud when I went back and checked it - I did write BB! And did it before, too? Gevalt. Azah goofball ich bin. Sorry, Gevurah. ...not sure where that came from. :-[ :-

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Re: For how long by now?

Posted by rt - 01 Dec 2012 21:45

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a gitten moytze shabbes koydesh.

day 2. right now was pretty slippy...chizzuk on the forum helped (90000 reasons to say no. shteeble said there: if you ask yourself if its good for you u will say: no. (try it). i tried. he was right.

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Re: For how long by now?

Posted by Machshovo Tova - 03 Dec 2012 15:00

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Wow - thanx for sharing with us that successful approach. And keep it handy for yourself as well.

Hatzlacha

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Re: For how long by now?

Posted by Dov - 03 Dec 2012 18:07

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That's great! Sanity is so refreshing. You remind me of the last time I had some...

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Re: For how long by now?  
Posted by melost - 04 Dec 2012 14:02

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3 hours and 40 min

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Re: For how long by now?  
Posted by rt - 04 Dec 2012 18:21

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day 5.

Dov, whats great?

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Re: For how long by now?  
Posted by Dov - 04 Dec 2012 21:12

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That you are able to admit that using images of naked people is not really worth it for you, then you are talking sanity.

Now comes the part about actually getting the help you need to *behave* that way today, so that your present count does not need to restart. I believe that it is not the third or fourth drink that gets us drunk (in trouble), but it is only the first one. The act of masturbating ourselves is often just the restart button for a new round, and not really an end of anything, at all.

But all that clarity, conviction, and determination will not stop an addict. When the time is 'right', he uncorks the bottle and drinks again - to his own shock and dismay.

But if you find a way to get free **without** help from G-d or people (meaning, without a program of recovery) - that's great!

Continued Hatzlocha friend!

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Re: For how long by now?  
Posted by rt - 05 Dec 2012 17:40

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But all that clarity, conviction, and determination will not stop an addict. When the time is 'right', he uncorks the bottle and drinks again - to his own shock and dismay.

agree..

so what is there to do? (i know i've asked before..)

day 6!

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Re: For how long by now?  
Posted by melost - 06 Dec 2012 18:25

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1 1/2 days

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Re: For how long by now?  
Posted by Dov - 06 Dec 2012 23:11

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[RT wrote on 05 Dec 2012 17:40:](#)

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agree..

so what is there to do? (i know i've asked before..)

day 6!

I have never talked with you on the phone yet to try and work out some options that may work for you?

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Re: For how long by now?

Posted by RT. - 11 Dec 2012 23:03

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yom 12. z"e hayom asa hashem, nagila venismecha bo.

hey guys, can I have my old acc. back?

Dov, well yea. in a few weeks we will have winter break. efshar then?

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Re: For how long by now?

Posted by Dov - 11 Dec 2012 23:11

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RT! Any time is good for me. Just let me know and I'll give you my cell# whenever you like, if I haven't PM'd it to you already...

Say, why do you want your old account back? It's really gone?

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Re: For how long by now?

Posted by What Should My Name Be? - 12 Dec 2012 02:04

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it seems that many of us have lost all the info from our old account!! i dont have any of my old PMs!! anyone else have the same issue?

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