

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 Eye.nonymous - 04 Apr 2013 10:53

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[RT. wrote:](#)

btw. 've just downloaded the big book of a.alk. is there anything i have to know before starting reading it??

Yes. I read the Big Book a few times on my own, and it made no difference whatsoever. It wasn't until I worked through the Big Book, guided by someone more advanced in recovery, that I understood WHAT I was actually supposed to do, and just exactly HOW I was supposed to do it. Also, without guidance and group support, I am basically UNABLE to follow the instructions (you'll see many times the Big Book calls for working with other people--you can't do that just by reading the book on your own.) Furthermore, on my own, I have absolutely no accountability and no real motivation to follow through with any of the necessary recovery work.

I know that many other people share in this sentiment. If you're really serious about this, I would reccomend joining the next Cycle of the Duvid Chaim phone meetings. This information was in today's chizzuk E-mail:

Beginning next Monday - April 8th!

3 X a day: 8:30 AM, 12 PM, 10:20 PM EST

Find the time that works best for you!

You can find out all the information (call in number, etc) on the GYE website.

Good luck,

Elyah

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Re: For how long by now?  
Posted by RT. - 04 Apr 2013 16:48

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Thank You

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Re: For how long by now?  
Posted by Dov - 08 Apr 2013 04:32

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Hi!

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Re: For how long by now?  
Posted by RT. - 09 Apr 2013 01:03

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Hello.

Mmm, seems like day 10.

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Re: For how long by now?

Posted by Eye.nonymous - 09 Apr 2013 09:18

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Hi!

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Re: For how long by now?

Posted by RT. - 10 Apr 2013 00:11

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Well. Hi! What do you want, Mister?

day 11.

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Re: For how long by now?

Posted by RT. - 12 Apr 2013 16:37

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day 14. If anybody is interested :D

By the way, what does this Karma mean?? (I mean, what is the shaychus to here?).

And by the way. Just recently something became clear to me. Even if I am sober. even if for a month or a year or a decade. I still can die (or get cancer or lose a limb) ANY moment. Oh my G. Scary world.

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Re: For how long by now?

Posted by Dov - 12 Apr 2013 17:29

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Important point, yes. Reality is good to recognize, indeed.

Where are you going with that in your heart, though? What's your point? (not to us here at all, but to *yourself*)

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Re: For how long by now?

Posted by Eye.nonymous - 12 Apr 2013 18:15

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[RT. wrote:](#)

day 14. If anybody is interested :D

Congrats!

--Elyah

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Re: For how long by now?

Posted by tehillimzugger - 12 Apr 2013 21:48

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[RT. wrote:](#)

And by the way. Just recently something became clear to me. Even if I am sober. even if for a month or a year or a decade. I still can die (or get cancer or lose a limb) ANY moment. Oh my G. Scary world.

To quote someone we know and love, "what is the shaychus to here?

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Re: For how long by now?

Posted by Dov - 12 Apr 2013 22:13

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OK, so he is not responding yet (probably Shabbos where he is), so here is where I was going,  
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...yet if we *continue* with the porn-masturbation cycle, then how well will we be equipped to deal with the inevitable stuff you are referring to? I was always afraid Moshiach might (c"v) come right when I was somewhere shamefully acting out in my car, or that I'd be hit by a drunk and killed (*really* c"v this time) far from wherever I was *supposed* to be driving and everyone would wonder what I was doing *there* (and only half-dressed!?). What a shame.

But more to the point, we *all* get old (if we are lucky), we all lose things in this life (R"L), and we all die. They are all real and inevitable.

The familiar guy in his porn shell has all those same things, too! It's hard enough for a *healthy* person to accept those things and respond properly - how much **worse** is it to be woken up from a porn stupor into *those* harsh realities?

Thank-G-d we are clean today.  
at least. (nobody ever need to ask me to comment, apparently!

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Re: For how long by now?

Posted by Machshovo Tova - 12 Apr 2013 22:15

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[RT. wrote:](#)

And by the way. Just recently something became clear to me. Even if I am sober. even if for a month or a year or a decade. I still can die (or get cancer or lose a limb) ANY moment. Oh my G. Scary world.

True. Such things are not in our control - Hashem yishmor.

But if something like that has to happen ch"v, wouldn't it be better if it happens with one's pants intact?

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Re: For how long by now?

Posted by RT. - 14 Apr 2013 00:04

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@TZ: 1-0 for you (shkoach for making me laugh)

@eli: shkoech

@all: well. it's something obvious, don't really know why did I post it. maybe 'cuz it excited me so much. in any case it didn't make any nafka mina for me. it was not stated to be commented. ah, just nevermind.

day 15. I decided today to speak with a certain person and tell him everything (like it was suggested by Dov). I think I'll do it after Shvues.

a gitte voch.

p.s. Wow, I thought nobody would really read what I write here :D

have to be more serious next time.

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Re: For how long by now?

Posted by Eye.nonymous - 14 Apr 2013 09:28

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[RT. wrote:](#)

I decided today to speak with a certain person and tell him everything (like it was suggested by Dov). I think I'll do it after Shvues.

Why wait?

--Elyah

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