

my fall ( i need help

Posted by melost - 11 Nov 2012 15:19

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im the kind of guy who will or be the best or the worst that means ill have a good week i,ll be the best ill daven with kavanah etc or i wont daven at all kind of wierd. when i found gye and started counting i also started to daven learn but i davka din"t but not with kavana as if i go to high i fall well i was scared that when i"ll fall i wont be able to continue and bevcome depressed. this week i fell i said fanties is not against the rules well after that i decided so what iff i fell i can continue and wentt to daven as if it dint happen

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Re: my fall

Posted by jewish jew - 23 Dec 2012 00:20

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Dov did you write this post a few minutes before Shabbos because it is not written in your typical clean and clear way? I don't know why I just found the reading unclear and not well written. Sorry!

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Re: my fall

Posted by Dov - 23 Dec 2012 04:57

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Thanks, I'll rewrite it. Frankly, I never thought my writing was clear in the first place, so thanks for the compliment, Avrohom!

My objective was to relate by sharing my own experiences and on the way give one eitza and three tools. Nu, thanks for the feedback and I hope that the tools I shared may be picked up and used by you for a while, if u want to and r ready. Gut Voch!

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Re: my fall

Posted by melost - 31 Dec 2012 21:17

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thanks dov i havnt been on for a long time now two weeks now ive davened everyday all the tefilos till now i hardly davened i started speaking to hashem a few times a day thanking him for everything even what looks bad even thanking him when i fall thanks to hashem for everything because it all comes from him i clearly see it as its not me im sober now for 4 days when i fell a few days ago i didnt get upset just learn from it i have to listen to my sponser and call people

im powerless over lust AVROHOM

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Re: my fall

Posted by melost - 23 Jan 2013 19:21

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last week was a disaster up and down alot of acting out bh beenn 2 days sober now i need to sit down and write a stucture for my day

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Re: my fall

Posted by reallygettingthere - 23 Jan 2013 21:06

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[melost wrote:](#)

last week was a disaster up and down alot of acting out bh beenn 2 days sober now i need to sit down and write a stucture for my day

I've been there. I've seen it and experienced it. When my schedule was open the yetzer hora ~~manash~~ turned me into a 5 course dinner with all the trimmings.

Don't expect magic to happen when you set a schedule. It will however get you into a "groove" and there will fewer opportunities to fall (fewer opportunities, not no opportunities)

B'simcha,

Eli

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Re: my fall  
Posted by jewish jew - 23 Jan 2013 21:15

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I am with you on that one Melost.

When my days go well and as planned it is much much easier for me to stay clean. But the problems start when I have to do other things and my day is off balance.

So for starters it is very good to have a well structured, but we need to have the power to fight and win even when pushed off balance, and that is tough.

Yitzchok

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Re: my fall  
Posted by Dov - 24 Jan 2013 08:12

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Are you really using your sponsor and opening up to the real people in your meetings - or still using this forum to 'be really painfully open with' because the nice people here are not **real** people?

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Re: my fall  
Posted by melost - 24 Jan 2013 23:15

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[Dov wrote:](#)

Are you really using your sponsor and opening up to the real people in your meetings - or still using this forum to 'be really painfully open with' because the nice people here are not *real* people?

i actually go to 2 meetings a week sometimes 3 i am open with my sponsor not so much im havinging difficulties and resentment i have people i speak to more then him im not sure exactly why thanks

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Re: my fall  
Posted by melost - 24 Jan 2013 23:30

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thanks all of u i do need to sit down write it and do it i want someone to do it with me i guess thats to do with my being insecure i dont know yesterday decided i have had enough with sa speaking to people the whole day i was helping this guy speaking to him every half an hour while he was travelling so he shouldnt act out was angry at my sponsor i decided finished i will watch porn act out just read a book stop bothering to go to shuir daven well it was hell really depressed today my work/school owes me \$6000 i think its going to closes down been looking for new job im powerless over myself i decided before to go dy shuir and i am now here i am completely powerless over myself got a phone bill today for \$450 from the chat lines scared to tell my wife my phone has been disconnected cant call sa members now dont want to call my sponsor as he told me i shouldnt call him till i have a kosher phone well i think thats enough for

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Re: my fall  
Posted by Dov - 25 Jan 2013 01:28

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It sounds to me like you have a good sponsor, for he is not taking responsibility onto himself for your sobriety. Boruch Hashem for that.

Now, you know I love you, Avrohom, and I believe b'emunah sheleimah that your intentions were 100% beautiful...but I want to say that when you spent all those calls with that poor guy every half hour to 'save him from acting out', **you were bleeding for him**, giving up your own sobriety **for him**. Who do you think you are? I know that guy thinks you are his trach can to

vomit in...but you and I know you are not that at all. You are a good man (not G-d).

And the Torah says **Chayecho kodmin**. Playing G-d *kills* us. It's just more fantasy. And getting sucked into the lie that another codependent addict manipulates you into, is just a poison for you - and for him. We do not go very far, while playing G-d - even to 'do chesed'.

Boruch Hashem your sponsor sounds like a guy you could really learn *a lot* from on this very point! That's great! I hope you continue to use him one day at a time, Avrohom. You are certainly 100% worth it.

Finally, I hope you know that 'giving your life over to Hashem' is not done just by accepting the past and the repercussions of all the *things that we cannot change* (like your \$450 bill from the phone lines - boy do I relate to that!). It is only really done by also accepting the responsibility *to change the things we can...*like getting a kosher phone if that is what your sponsor suggests.

Hatzlocha my friend!!

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Re: my fall  
Posted by Dov - 25 Jan 2013 08:19

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Oh...but you are hurting and upset, I forgot.

You are not alone, Chaver. I hope you find some small nekudaleh to be grateful for in your darkness, fan it, care for it, and let it grow into some real nechoma. Maybe then you and your wife will go into this Shabbos feeling like all is not over, but the project is getting built...

Fell better, too, Avrohom.

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Re: my fall

Posted by melost - 25 Jan 2013 17:46

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thanks on the question of surrporting an sa i guess i need some clarity as u correct im also leaning to much on some other people thank

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Re: my fall

Posted by melost - 30 Jan 2013 15:25

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im back to were i started acting out all the time only thing is im still going to meetings i dont even

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Re: my fall

Posted by reallygettingthere - 31 Jan 2013 00:08

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surrender it to hashem or call anyone i just dont care