

I am back!!

Posted by poshut yid - 21 Jan 2009 18:38

My friends, I have been absent for about 2 weeks now. As you all know I fell after 32 days. It was very painful and although I have tried several times to get up I have kept falling. Every Shabbos (the last 2) I made new takkanos but on Monday morning they became forgotten. Once they were forgotten the yetzer said, "whats the point", just another day...you will start fresh tomorrow.

Rabbossai, TODAY IS THE DAY. I will not let him rule over me anymore. My first goal is to get to day 3 which is erve Shabbos Kodesh so I can go on the wall and go into Shabbos with more kedusha. The seforim bring down that the ikkar teshuva is on Shabbos especially during the Yemai Shovavim.

Please help get back on the road so we can all be Mekadesh Shaim Shomayim together.

B'Birkas Kol Tuv,

poshut yid

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Re: I am back!!

Posted by the.guard - 21 Jan 2009 19:40

Pashut Yid, it's so good to have you back. We were all worried for you.

Do you have a strong internet filter? Are you joining the free phone conference? Are you reading the Chizuk e-mails each day? Did you consider therapy?

I am not trying to scare you away :-)) I just want you to realize that this is an insidious disease and unless we take strong steps, we are likely to fall again.

You have LEV days under your belt. Falling will never take that away from you. Every day clean is yours forever and will give you strength to get stronger and stronger.

Commit now to NEVER GIVE UP. That's our motto on this site and forum.

Welcome home.

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Re: I am back!!

Posted by poshut yid - 21 Jan 2009 22:55

Shkoach! I have started therapy with Michelle and I will be loining on Tuesday nights. I do read yhe chizuk emails although I will admit that after falling and not being able to get up I felt lije a hipocrite so I skipped a few days. Tomorrows job is to look into the filter.

Itfeels good to nbe back.

p.y.

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Re: I am back!!

Posted by battleworn - 22 Jan 2009 13:48

WELCOME BACK! We missed you sorely!

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Re: I am back!!

Posted by strugglingwoman - 22 Jan 2009 16:41

I feel like such a failure after I fall, but all we can do is get back up again. It is good that you have a positive outlook.

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Re: I am back!!

Posted by the.guard - 22 Jan 2009 17:15

Poshut, I put you back on the chart!

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Re: I am back!!

Posted by poshut yid - 22 Jan 2009 19:38

Please wait until day 3

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Re: I am back!!

Posted by poshut yid - 23 Jan 2009 19:17

B'H day 3 is almost over and I am looking forward to Shabbos and the weekend. Usually my nisyonos come during work so I am looking forward to being away from it. I have just made sure to keep busy and not go to any questionable sights. So far it has worked. I have learnt I can only take it one dy at a time>

Good Shabbos

P.Y.

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Re: I am back!!

Posted by Binyomin5766 - 23 Jan 2009 19:26

Mazel Tov, Poshut Yid! You should have a wonderful Shabbos and a successful new week to follow! Each day you are getting stronger. Good Shabbos.

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