

Im still here

Posted by thatguyoverthere - 22 Sep 2013 12:23

My thread at "introduce yourself" apparently became a bit too triggering and was moved to baalei batim. Anyhow, just wanted to let you guys know that Im still here, and still going strong. I dont have much time to hang around, but constant updating here is one of the things that keep me from falling.

Day 28! Feeling great!

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Re: Im still here

Posted by skeptical - 03 Nov 2013 19:02

Mazel Tov on your 70!

But on here, we don't really bring out the trumpets and champagne. That's because it's not how many days you've managed to be clean that matters, but how you are this moment.

Keep moving forward!

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Re: Im still here

Posted by LeHavote Aish - 03 Nov 2013 19:03

Tell us some of your secrets to success if you can please!

KOT!

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Posted by thatguyoverthere - 10 Nov 2013 14:44

Day 77! That's got to have some sort of kabbalistic significance, no?

thatguyoverthere wrote:

Day 77! That's got to have some sort of kabbalistic significance, no?

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Re: Im still here

Posted by tryingtoshteig - 11 Nov 2013 18:42

[thatguyoverthere](#) wrote:

Day 77! That's got to have some sort of kabbalistic significance, no?

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Re: Im still here

Posted by thatguyoverthere - 17 Nov 2013 17:51

I am on day 84 and I feel great. I was dangerously close around 80-81 though. Without explaining too much, it took a lot of strength. I went back to my list of things and realized that there were a few things I had "let go" as the time went by. Since I finished the handbooks I didn't start to read them again. I more frequently accidentally brought my phone with me to the bathroom, or on a few occasions even surfed or played with it (no shmutz). I noticed that I started to turn away a lot slower or didnt turn away at all when things came up in commercials, billboards, etc... these small things that can really drag you down if they accumulate. Plus, I hadnt had time to spend any time here in a long time.

All these caused the almost-slip I had. Very scary. I thank G-d for keeping me pure, and will start taking more precautions now. End of fiscal year coming up, and a lot of work and deadlines to do, plus a bunch of deadlines in my university studies. Will be staying very busy.

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Re: Im still here

Posted by thatguyoverthere - 17 Nov 2013 17:55

[LeHavote Aish wrote:](#)

Tell us some of your secrets to success if you can please!

KOT!

Well, that list of mine helps a lot. As I said, when things went downhill I realized it was because I had started to neglect some of them. Another thing is that even though Im too busy to visit this forum very often, I try to find in which threads the best talks are (especially check where Dov is hanging out) and subscribe to them. That way I get lots of chizukim to my email, besides the regular daily chizuk. It's a way of increasing the amount. =)

Another thing is the things I have vowed to do if I fall again - like telling an IRL friend, or joining an SA meeting. If I fall again I probably need those things, but since I desperately want to avoid those things, it helps me stay pure. Less than a week left to 90!!!

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Re: Im still here

Posted by Pidaini - 17 Nov 2013 19:14

Just two things

First, what is IRL?

Second, why do you so greatly want to avoid telling that friend?

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Re: Im still here

Posted by thatguyoverthere - 17 Nov 2013 19:39

[Pidaini wrote:](#)

Just two things

First, what is IRL?

Second, why do you so greatly want to avoid telling that friend?

I don't even know who I would tell. I'd much rather keep this just between me and my wife. And my wife wants that too.

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Re: Im still here

Posted by ddm11219 - 17 Nov 2013 19:47

wow

ur inspiring the whole chevra here with your success

should hashem help us all that we should be zoiche to get to IRL and become real ppl

keep it up tzadik

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Re: Im still here

Posted by LeHavote Aish - 17 Nov 2013 21:36

I told seven real people myself, two of my Rabbonim, my parents, my life couch and then to my psychologist (who is a family friend sort of) who gave me the biggest surprise when I told him my whole story (only to him I told the whole thing) and then he told me that he too has the same problem and has been in SA for a while and is helping me start in a live group and get a sponsor.

Tell real people youguyoverthere, it helps!

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Re: Im still here

Posted by dd - 18 Nov 2013 00:45

gevaldig! your really a boost of chizuk im following your posts from when u started its really amazing to see it happening in front of my eyes keep up the good work and head on straight . and lets all try together to keep away from triggers etc. chazak chazak !!!!!!!!!!!

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