

Home of thatguyoverthere

Posted by thatguyoverthere - 23 Nov 2013 20:29

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I DID IT!!!! I reached 90 days!!!

From now on this will be my main thread where I post news and ask for advice. My old threads have irrelevant names now, and one of them was moved to BB.

I feel amazing! Time to do another 90 days!

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Re: Home of thatguyoverthere

Posted by thatguyoverthere - 23 Nov 2013 20:53

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My original "introduce myself"-thread (was moved to BB)

[guardyoureyes.com/forum/17-Balei-Battims-Forum/217145-Time-to-say-hi---I-need-to-get-free%21%21](http://guardyoureyes.com/forum/17-Balei-Battims-Forum/217145-Time-to-say-hi---I-need-to-get-free%21%21)

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Re: Home of thatguyoverthere

Posted by thatguyoverthere - 23 Nov 2013 20:55

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My second thread (started after my original thread was moved to BB)

[guardyoureyes.com/forum/1-Break-Free/219604-Im-still-here](http://guardyoureyes.com/forum/1-Break-Free/219604-Im-still-here)

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Re: Home of thatguyoverthere

Posted by Machshovo Tova - 24 Nov 2013 19:28

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[thatguyoverthere wrote:](#)

My original "introduce myself"-thread (was moved to BB)

[guardyoureyes.com/forum/17-Balei-Battims-Forum/217145-Time-to-say-hi---I-need-to-get-free%21%21](http://guardyoureyes.com/forum/17-Balei-Battims-Forum/217145-Time-to-say-hi---I-need-to-get-free%21%21)

I guess you're a balebatisher guy. Nice to meet you.

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Re: Home of thatguyoverthere

Posted by thatguyoverthere - 01 Dec 2013 17:06

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I was just scarily close to a fall... hands are shaking. I'm on day 98 and I almost fall???

Someone put a forbidden photo in a place online yesterday evening. I reported him, and it was removed right away. But the damage to my brain was already done. Today I was horrifyingly close to a fall. I have Jewish music on in the background now to help me focus on G-d. Im in the office trying to focus and get some work done.

I need hashem!! I really cant do this on my own!!

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Re: Home of thatguyoverthere

Posted by chesky - 01 Dec 2013 19:01

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[thatguyoverthere wrote:](#)

I DID IT!!!! I reached 90 days!!!

From now on this will be my main thread where I post news and ask for advice. My old threads have irrelevant names now, and one of them was moved to BB.

I feel amazing! Time to do another 90 days!

Mazel Tov. I am very happy for you.

I remember the feeling when I made 90 days. I was sure that I had overcome the problem. I cannot think of a nice way to say this, but if you are like me then 90 was a nice goal but afterwards it is really IRRELEVANT. And believe me I am telling you this because I want you to remain sober. (Dov tried to tell me this at the time, but I didn't really pay attention).

May HaShem grant us sobriety and sanity one day at a time.

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Re: Home of thatguyoverthere

Posted by thatguyoverthere - 03 Dec 2013 11:43

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Today I reached 100 days. Every day is a victory! Day after day... just for today...

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Re: Home of thatguyoverthere

Posted by chesky - 03 Dec 2013 13:51

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May HaShem grant you and all of us another day of sobriety and sanity.

Just to share with you that I have a friend in SA who is over 10 years clean, and i can tell you that he does not feel any more a winner today than he did on the day he fell ten years ago; and that is what keeps him sober.

I have to remember that it does not matter how long I am sober, the most natural thing for me to do today is to act-out (I did it for over 20 years with no hope of stopping). Every day I remain clean and sane is a gift.

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Re: Home of thatguyoverthere  
Posted by thatguyoverthere - 01 Jan 2014 13:21

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Really struggling right now. Writing here to keep myself accountable. I dont want to fall. 130 days now!

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Re: Home of thatguyoverthere  
Posted by think good - 01 Jan 2014 15:16

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keep going remember 90 days is great, but we all remain addicts!!!!

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Re: Home of thatguyoverthere  
Posted by Pidaini - 01 Jan 2014 18:36

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Are you talking to anyone about it? I've found that to be most helpful.

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Re: Home of thatguyoverthere  
Posted by thatguyoverthere - 01 Jan 2014 20:50

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Actually, just writing here made it easier.

I was almost about to sms my wife, when I got an sms from her about how much she misses me (I was at the office). That helped a lot! I went through the rest of the day without incidents.

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Re: Home of thatguyoverthere  
Posted by cordnoy - 01 Jan 2014 20:59

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Boruch Hashem!

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Re: Home of thatguyoverthere  
Posted by thatguyoverthere - 14 Jan 2014 03:04

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Just need to write this here. I am clean 140 days and I am utterly disgusted and hating myself right now. I didnt fall, but it was very close, and only external factors prevented it. Had it been up to me I would have been fallen right now.

It just feels hopeless right now... I hope I'll get over it. I noticed that lately I've been less sensitive to images on magazine stands etc, less made sure to look away wehn seeing people in the street. I used to be very aware and constantly look away when I was new here. I need to get back to that! I cant let this ruin my life!

I didnt actually fall... but I feel just as if I did.

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Re: Home of thatguyoverthere  
Posted by tryingtoshteig - 14 Jan 2014 03:08

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Glad to hear that you caught yourself (or that you were caught). Is there a way you could reach

out for help *before* a potential fall instead of *after*?

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