

Down but not out

Posted by levite - 24 Feb 2014 19:57

Hi very very long time no see. How are the old guys doing? I have been doing OK over the past few years mainly watching this spot from the sidelines. I have reached a low lately and I need to ship and shape up.

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Re: Down but not out

Posted by Dr.Watson - 24 Feb 2014 21:19

Hi Levite, welcome back.

Can I ask you few questions: How long were you sober for? What do you mean by 'reached a low'? What methods were you using to stay sober? Did you / do you go to SA groups?

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Re: Down but not out

Posted by dms1234 - 24 Feb 2014 21:25

Hi! Welcome Back!

Maybe tell us a little bit more about yourself?

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Re: Down but not out

Posted by levite - 25 Feb 2014 03:38

Thanks. Well I have been very busy in the past few years. Work has picked up and money coming in. Iv had better times and had worse in this addiction. I was clean for weeks rather than months but managed to scrape through. I never went or joined SA group at first my convictions

didn't let me but as time went on I found the terminology too mushy for me. Maybe it's just atz as ha'yetzter but just my gut feelings here. I'm sure my story is still here from 2009 when I was here last. I will have to look for it.

I'm kinda in a rut at the moment. I have constant access to filtered internet but being tech savvy I can get around everything pretty fast. So I really don't know the way forward.....

I need to get a fresh view and a fresh start so I came back to base..

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Re: Down but not out

Posted by dms1234 - 25 Feb 2014 07:20

Well, I am sorry to say but a filter won't solve your problem. Even if we have the best filters, we would figure out a way to lust elsewhere. So a filter isn't our way out.

Perhaps you have an underlying reason why you act out? One of my biggest issues is stress. I get really stressed and then I fall. It's "my way out" I guess or at least that's what I think!

But that's great that you have been busy with work and you don't have money problems!! Thank God.

This post by Skeptical may help you. He outlines 12 incredible steps that has helped him:

guardyoureyes.com/forum/1-Break-Free/219536-Welcome-New-Members!#219543

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Re: Down but not out

Posted by Pidaini - 25 Feb 2014 08:03

Hey there levite, welcome back!!!

If filters really worked, I think most of us wouldn't be here. The main job of a filter is really to

make sure that things don't pop up at us, they are not really meant to be our handcuffs.

I think you can email guard, and he can bring back all your posts from the other site.

It's great to have you back ready to work....KOMT!!!

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