

help

Posted by second chance - 20 Apr 2016 05:12

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Please help me get back up. I fell down about 3 days ago after being clean for like 3 weeks . Except for a few minor falls . But this time I cant get myself back on track , its like the yetzer horah is pulling me down deeper. Please help me!!!

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Re: help

Posted by Abie - 16 Jun 2016 06:19

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[second chance wrote on 14 Jun 2016 23:29:](#)

So i started out on a 90 day journey 4 days ago. I set up a taphsic fence. Originally i only wanted to do it for a month but since i was so eager to set it up a d have been wanting to do so for about 3, i didnt read thoroughly through the nusach of the shevuah and just ended up repeating the nusach on the site which made me make it for 3 months in a row. So now im at the bottom of this huge mountain.. And it is soooo hard and soo painful that i almost have tears in my eyes and I'm withering from pain. I know its a healing pain but it still painful. Any help please???

I used to cry real tears when I would restrain myself from looking at women in the street. I can relate. When I felt that way I would go look at the attitudes in the handbook; find one that talks to you. (Change your attitude, instead of white-knuckling it ???"?)

[https://guardyoureyes.com/ebooks/the-gye-program/free-handbook?task=callelement&format=r&item\\_id=109&element=f85c494b-2b32-4109-b8c1-083cca2b7db6&method=download](https://guardyoureyes.com/ebooks/the-gye-program/free-handbook?task=callelement&format=r&item_id=109&element=f85c494b-2b32-4109-b8c1-083cca2b7db6&method=download)

????? ???!

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Re: help

Posted by second chance - 16 Jun 2016 10:46

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Thanks for the post. It really came at a good time. I was doing great trucking yesterday until i finished working and then i found myself in a position in which brought me very close to sliding down the mountain which i worked hard to climb on the last couple of days. I was overtired, stressed out, about work, and i was sitting in front of a computer which has a very weak filter all alone in an office. The only thing that kept me from sliding down was the taphsic fence. But at times i felt that the fence was not strong enough to hold me back. So i appreciate any eitzos, methods, or plain support posted here

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Re: help

Posted by doingtshuva - 16 Jun 2016 10:51

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Second chance,

If there's pain there's gain! No one broke free easily.

We count 30 or 90 by counting 1 day at a time.

Sometimes 1 hour at a time, and sometimes even 1 min' at a time.

When climbing up the huge mountain keep on looking back to see how high you have climbed, looking to the top wont encourage you.

It's important to remember that the fight doesn't go away over night.

We got to fight, work, sweat, and if we fall remember to get back in the game very quick.

best wishes

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Re: help

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Posted by second chance - 21 Jun 2016 23:18

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guys imdesperate !!!! im afraid that im going to fall . its getting harder to stay clean. any help???

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Re: help

Posted by take it easy - 21 Jun 2016 23:33

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Hi I'm new here but I just want to let you know how much chizuk I get when I see people like you who really want to stop and will call out desperately for help inorder not to fall. I see I really have a lot to strive

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Re: help

Posted by cordnoy - 21 Jun 2016 23:50

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Some 12-steppers reach out as a form of surrender.....We cannot do it on our own. Is that what you are doing/feeling?

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Re: help

Posted by second chance - 23 Jun 2016 05:29

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[take it easy wrote on 21 Jun 2016 23:33:](#)

Hi I'm new here but I just want to let you know how much chizuk I get when I see people like you who really want to stop and will call out desperately for help inorder not to fall. I see I really have a lot to strive

Hey! just responding to my desperate call gave me alot of chizuk to continue. Kol yisroel ereivim zeh lozeh, we are all connected, we all strive towards the same goal. When we overcome the impulse, which creates tunnel vision, and let the storm pass we are able to look at the big picture. And boy am i glad that i didn't fall. I now have another defense armor

against the enemy, i know that by keeping clean im mechazek others like you. Thank you and thanks gye for making this possible.

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Re: help

Posted by Heilige - 23 Jun 2016 19:08

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I need help in getting rid of the capabilities of Twitter on my computer? I fell recently with that and my wife doesn't know anything so I don't want to involve her I have k9 but she has the password...

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Re: help

Posted by Markz - 23 Jun 2016 19:35

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If you c'v know what a Google search is, the google rebbe can easily help you uninstall it, but beware

You will lose a lot of tweeting friends

and be replaced with the whistling crew if you join Cordnoys call

Its worth the transition!!!!

?KOT

~~KEEP ON TWEETING~~

KEEP ON TRUCKING

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Re: help

Posted by cordnoy - 06 Jul 2016 12:38

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[Abie wrote on 16 Jun 2016 06:19:](#)

[second chance wrote on 14 Jun 2016 23:29:](#)

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In this business, writin' about oneself and his struggles and how one overcame 'em accomplishes much more than simply spewin' advice to others.

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Slipping

Posted by second chance - 15 Jul 2016 05:55

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So b"h i'm 34 days clean and i'm happy to say that it got much easier after the first 2 weeks. I realize now that it was withdrawal symptoms. The last couple of days, however, I found myself starting to slip. Im not that dedicated soldier that i was. I catch myself taking a sneak peek here and there . I feel like the reasons i worked so hard to get here are starting to fade. I need advice on how to go on.

Any help would be greatly appreciated.

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Re: Slipping

Posted by Markz - 15 Jul 2016 15:46

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Abie suggested to Change your attitude, instead of white-knuckling

One way is to read the perspectives in the handbook. There are other ways too, eg getting Abies phone number or Cordnoy and Dov. There are daily calls too you could join...

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Re: Slipping

Posted by second chance - 15 Jul 2016 23:33

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Thanks for responding. Who's abbie?

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Re: Slipping

Posted by Markz - 17 Jul 2016 02:03

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