

My Upcoming Dilemma

Posted by Shivisi\_Hashem - 23 Apr 2017 16:49

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My wife is leaving tomorrow morning to Florida for a few days, and im staying home with the kids, and im affraid for a fall, i wont have my wife around, so i feel more secure to act out, being home alone, and lying in bed bored, is my most dangerous moments, same issue is in the summer weeks, but i have time for that now,

i need some ideas i shouldn't fall, and if ill have an urge, i will post it here to get some support not to.

Thanks *Chevra*

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Re: my upcoming dilemma

Posted by GrowStrong - 23 Apr 2017 16:52

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[Shivisi\\_Hashem wrote on 23 Apr 2017 16:49:](#)

My wife is leaving tomorrow morning to Florida for a few days, and im staying home with the kids, and im affraid for a fall, i wont have my wife around, so i feel more secure to act out, being home alone, and lying in bed bored, is my most dangerous moments, same issue is in the summer weeks, but i have time for that now,

i need some ideas i shouldn't fall, and if ill have an urge, i will post it here to get some support not to.

Thanks *Chevra*

I would suggest listening to some talks found on this site like from Dov, also reading the forum can kill hours productively (old threads)

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Re: my upcoming dilemma

Posted by Shivisi\_Hashem - 23 Apr 2017 16:55

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oold threads is a good idea, didnt think about it, thanks

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Re: my upcoming dilemma  
Posted by cordnoy - 23 Apr 2017 17:57

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[Shivisi Hashem wrote on 23 Apr 2017 16:55:](#)

oold threads is a good idea, didnt think about it, thanks

I'm old.

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Re: my upcoming dilemma  
Posted by Gevura Shebyesod - 23 Apr 2017 18:22

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Re: my upcoming dilemma  
Posted by Yoseph1 - 24 Apr 2017 00:04

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I downloaded the SA white book onto IBooks a while back and it keeps me very busy and intrigued most days. The information and structure of 12 step recovery is so important to the life of an addict like me. At times I felt like I was reading my own story. To see others, even worse than myself tell their story and how they have recovered is truly comforting.

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Re: My Upcoming Dilemma  
Posted by Shivisi Hashem - 24 Apr 2017 15:38

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last night, my wife was still her and wwooww, what a fight, what a night, i had an extremely hard night last night, my wife was about to leave to Florida with her friends in the morning, and we had a very warm loving talk, how we will miss each other, (she is now in her Nidah days, so no hands on love) and my thoughts was starting wondering somewhere else, so when she fell asleep i started fighting with my self, should i pleasure myself or not, back and forth, for a second i started touching my self, but i stopped right away, what a ?????, then i thought to my self, you know what, let me finish the day clean, maybe tomorrow will do it, and i fell asleep.  
???? ??' ?? ???

Today as my wife is not around, i will need extra help and support the night should pass sober.. i will read iy"h the GYE handbook, the SA white book plus older forum posts, that might help plus older forum posts. will keep you posted if there is any problems.

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Re: My Upcoming Dilemma  
Posted by Shivisi\_Hashem - 24 Apr 2017 23:52

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Thanks to "Markz" he will be my life saver tonight, i will study his [FREE LUST TRUCK TOWING](#) tonight, lots of good stuff,

Thank you Markz

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Re: My Upcoming Dilemma  
Posted by Markz - 24 Apr 2017 23:58

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[Shivisi Hashem wrote on 24 Apr 2017 23:52:](#)

Thanks to "Markz" he will be my life saver tonight, i will study his [FREE LUST TRUCK TOWING](#) tonight, lots of good stuff,

Thank you Markz

You're welcome brother ;-)

There will be a farher tomorrow 9am on the first 20 [Dov Quotes](#) and the entire [GYE Glossary Of Terms](#)

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Re: My Upcoming Dilemma  
Posted by Shivisi\_Hashem - 25 Apr 2017 00:01

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too short notice! will i be rewarded?

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Re: My Upcoming Dilemma  
Posted by Markz - 25 Apr 2017 00:35

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I wish you luck  
[Shivisi Hashem wrote on 25 Apr 2017 00:01:](#)

too short notice! will i be rewarded?

Here's a select sample of the most requested prizes

#1. You get dov to post on your thread

#2. You glimpse light at the end of the tunnel

#3. Trouble visits your thread

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Re: My Upcoming Dilemma

Posted by Trouble - 25 Apr 2017 00:38

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[Markz wrote on 25 Apr 2017 00:35:](#)

[Shivisi Hashem wrote on 25 Apr 2017 00:01:](#)

too short notice! will i be rewarded?

Here's a select sample of the most requested prizes

#1. You get dov to post on your thread

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#3. Trouble visits your thread

Dov likes trouble.

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Re: My Upcoming Dilemma

Posted by Markz - 25 Apr 2017 00:46

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[Trouble wrote on 25 Apr 2017 00:38:](#)

[Markz wrote on 25 Apr 2017 00:35:](#)

[Shivisi Hashem wrote on 25 Apr 2017 00:01:](#)

too short notice! will i be rewarded?

Here's a select sample of the most requested prizes

#1. You get dov to post on your thread

#2. You glimpse light at the end of the tunnel

#3. Trouble visits your thread

Dov likes trouble.

**Warning: Spoiler!**

How can you award a prize without working for it

You messed up Shvisi's recovery process

Hes gonna have to start from scratch...

Oy - a zeleche tzuros

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Re: My Upcoming Dilemma

Posted by Shivisi\_Hashem - 25 Apr 2017 01:05

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you are all making my night, "trouble" is "mark"ing "dov" to my thread, what an honor, and you called it tzuros?

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Re: My Upcoming Dilemma

Posted by bb0212 - 25 Apr 2017 06:17

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Stay clean tonight!

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