

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 Shivisi\_Hashem - 25 Apr 2017 13:19

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im so excited to update you, i stayed sober yesterday night, in my wildest dream 3 weeks ago i wouldnt believe that I will stay clean such a night without my wife on site, the nights when my wife used to be away, vacation or summer monthes was used to be the most dirty ones, i just cant imagine that i successfully finished yesterday's TODAY clean, i was so affraid of a fall.

i have to admit, that it popped into my mind a few times some thoughts, like touching and pleasuring my self, but i pushed it away in the second it came to my mind, i didnt let it come to fruition, and im so happy with my self.

so again, '????' '????', i prayed so much the last few days that this few days should pass '????', so im happy that one day has gone clean.

i spend at night reading the GYE handbook, and FREE LUST TRUCK TOWING thread, there is a lot of good stuff there, thank you Markz, you are the guy.

i dont know what by the end hold me back, and to stay clean, 1) that ill be depressed, ashamed and having to start day one again, 2) reading on our forums, and the support from all of you , or both, ill leave that to you to decide.

let me finish with my biggest THANK YOU for all our great '????' '????' '????' you were my support, without you, i would never be what im today, you will definitely sahare the '????' '????'".

im so excited, i feel like a million dollars.

lets focus again today only for TODAY.

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Re: My Upcoming Dilemma

Posted by Shivisi\_Hashem - 26 Apr 2017 14:51

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I had a great and clean night, my wife is coming home tonight, so I can close for now my [My Upcoming Dilemma](#) , I would like to thank you all for your support, especially Markz, with his when my wife is away It used to be my **lowest** time, with no control at all, not thinking a bit what it will feel after the act, but now, as a GYE member, I had my **highest** time, I'm soooo happy for that, I feel so good.

what it help me overall, Might help others in time of need, support from all of you, the Handbook, Reading forums, and at once when I was in an emergency situation, I went out on my porch and wrote 50 times a slogan..... LoL..... that cooled me down.

next time home alone? in the summer, 8 full weeks, will discuss then..

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great links at his signature, that saved me, not to mention my punishment,

Re: My Upcoming Dilemma

Posted by MayanHamisgaber - 26 Apr 2017 18:12

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Beautiful job

?I think the greatest part was that youwere not afraid/embarrassed to reach out and find the help you needed

A real inspiration

KOMT

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Re: My Upcoming Dilemma

Posted by bb0212 - 27 Apr 2017 04:57

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[MayanHamisgaber wrote on 26 Apr 2017 18:12:](#)

Beautiful job

?I think the greatest part was that youwere not afraid/embarrassed to **reach out and find the help you needed**

A real inspiration

KOMT

That is so important!

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Re: My Upcoming Dilemma

Posted by David26fr - 27 Apr 2017 08:30

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A very very great inspiration !

And like others said, the most important was to seek for help and not being blocked by addiction saying : "You can do it alone ! It's a big shame to talk about it with others !"

And one day at a time too.

Hachem may see all your efforts with a big warm smile, and keep these clean days into your

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