

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

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Re: My sorry state...

Posted by lifebound - 26 Mar 2018 07:38

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Re: My sorry state...

Posted by Singularity - 26 Mar 2018 10:56

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[quote="lifebound" post=328947 date=1522049908 catid=1]

[lionking wrote on 26 Mar 2018 02:50:](#)

Do you mean to say I have been hitting the wrong button a whole time? If Minus adds, then Plus would minus.

I'm a little out of the **loop** here.

It's pretty much the same as your last loop:

For (i=0, i

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Re: My sorry state...

Posted by lionking - 26 Mar 2018 12:20

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[quote="Singularity" post=328948 date=1522061809 catid=1]

[quote="lifebound" post=328947 date=1522049908 catid=1]

[lionking wrote on 26 Mar 2018 02:50:](#)

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Re: My sorry state...

Posted by ieeyc - 26 Mar 2018 13:28

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hey you guys are hijacking my thread!oops, sorry i forgot this is not my thread:flushed:.

technology is amazing! gye was able to block my username from recieving anymore negative karmas but at the same time it works for everyone else, i think someone complained to them whats going on,it probably was the -98 guy ,he was getting a little nervous that im catching up,or catching down ,whatever.

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Re: My sorry state...

Posted by ieeyc - 26 Mar 2018 16:45

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me and my big beak ! i really think gye is takeing matters into there own hands and reset my karma to 0, DISCLAIMER TO ABOVE POST:gye really didnt block my username from recieving negative karmas ,it was just a pshycological trick to get people to press the - sign to see if gye really blocked it, but now that its up to zero i think i put my foot in my mouth.can any one "smite" me to see if the - sign works, this really is not a trick .

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Re: My sorry state...

Posted by aryehdovid85 - 26 Mar 2018 21:18

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[lifebound wrote on 23 Mar 2018 20:11:](#)

.....talk and philosophizing about life and diversions is itself It's all good and valuable stuff  
..... ***I need to think less and do more.***

Thanks lifebound for sharing. Hope you are feeling better today.

Regarding the above post,while i guess the Ba'alei Mussar would advocate,making careful cheshbonos prior taking action or making decisions..... in the Recovery Rooms, I have heard the concept of "**overthinking**" which is what i thing your are describing.

I engage in this on occasion,most recently,i am thinking about how I will be able to handle free unstructured time during upcoming Chol HaMoed (prime time for me to watch porn ect...) i guess making a plan is not such a bad idea....but i was advised ...to keep the focus on having a sober day today..one day at a time.

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Re: Journey of life

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Posted by lifebound - 13 Apr 2018 08:52

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Re: Journey of life

Posted by Hashem Help Me - 13 Apr 2018 11:22

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Very well written. Instead of agonizing and "thinking", maybe just reconnect to whoever has been reaching out to you (at least to those that you have found helpful in the past) and get

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Re: Journey of life

Posted by Ihavestrength - 17 Apr 2018 04:42

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[lifebound wrote on 13 Apr 2018 08:52:](#)

I don't know yet what I need to do to get out of this state. I don't know what exactly my path to recovery should be. I don't know if this time around will be different. But here are a few things I DO know:

~~going~~  
I can't afford to waste time. I spend too much time agonizing over wasted time, wishing I could roll back the clock, wishing I started years ago. But that just wastes more time, and I don't get anything done.

- This self-pity has to stop. It's stupid, selfish, and accomplishes nothing. Easier said than done, but it's been the main reason why I've wasted these last few weeks. (to that end, I've changed my dripping-in-self-pity thread title from "My sorry state...". My state is definitely not sorrier than many others here. And even if it is a bit sorry, I don't need that hit of self-pity every time I log on...)

- Staying connected is super important. I can't keep isolating every time I feel a bit down. Avoiding everyone is very harmful to myself. Also has the nasty side effect of ignoring people who reach out to me when they need help, which makes me feel very guilty. (That's a selfish reason, I know...but I feel bad knowing maybe I could've helped someone avoid a fall, but was too wrapped up in myself to reply)

- My life as I've known it until now, is over. One way or the other, I cannot spend the rest of my life in this state. As I believe Dov puts it, lust and porn and sex with self is not my problem. It's the solution. My problem is living without those things. If I don't succeed in addressing my issues with living, I'm going to throw it all away and start over. New life. New place. At least that way I won't look back in 20 years and wish I had changed my life in some way, while I had the chance. Knowing that, I have nothing to lose in first trying anything and everything to start living, without throwing it all away. I commit to doing whatever it takes.

If you made it this far, thanks for reading my ramblings and for accompanying me on my journey.

And thanks to everyone who's reached out the last few weeks, sorry for not being responsive.

I like this post. Especially the part about changing the title of the thread. Good move.

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Re: Journey of life

Posted by Singularity - 17 Apr 2018 13:13

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Hatzlocha! Rooting for you

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Re: Journey of life

Posted by lifebound - 29 May 2018 06:12

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Re: Journey of life

Posted by grateful4life - 29 May 2018 13:24

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Thanks for all your shares and especially this one. Truly Inspirational!

KUTGW!

May Hashem grant you success in all areas of your life!

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Re: Journey of life

Posted by aryehdovid85 - 31 May 2018 19:24

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Dear Brother Lifebound,

I am truly humbled and inspired by your openness,honesty and acceptance.

Your tremendous perseverance and growth are a source of strength for all of us who struggle.

Your recent courageous actions are an awesome example and a source of support and

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Re: Journey of life

Posted by byebye - 01 Jun 2018 02:18

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[aryehdovid85 wrote on 31 May 2018 19:24:](#)

Dear Brother Lifebound,

I am truly humbled and inspired by your openness,honesty and acceptance.

Your tremendous perseverance and growth are a source of strength for all of us who struggle.

Your recent courageous actions are an awesome example and a source of support and

encouragement to us all throughout this journey. I am grateful to be part of your network!

wow! i just read your earlier posts how its difficult for you to open up to others , and now you actually took that step!!may this be the start of accelerated hatzlacha and recovery!

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Re: Journey of life

Posted by byebye - 01 Jun 2018 02:20

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[lifebound wrote on 29 May 2018 06:12:](#)

Been a while since I posted on my thread, but I think today warrants an update.

I've had a crazy last few months. I was in freefall, hitting new lows, completely out of control.

About two months ago, God gave me the clarity to comprehend how destructive this path is. I realized my life cannot continue this way. I had two choices: Either I was going to give in to lust, throw away everything else, and let my life run its course to depravity and ruin, or I was going to do whatever it takes to actually start living, no matter how terrifying it is. Thinking and agonizing were getting me nowhere, I had to start DOING.

So I did the unthinkable, contacted Relief and got a recommendation for a therapist. That first session was crazy, a surreal experience. I told him everything, my entire history, my deepest darkest secrets - all the things I swore I would take to the grave. After a couple sessions he told

me that we were dealing with a real addiction, and if I was ready I should join SA. You're never really ready I guess, I've never been more petrified of anything in my life. but I had committed to **doing whatever** it takes. Today was my first SA meeting. All I can say is, it wasn't me that walked up those steps and opened that door, I could not have done that on my own. There's no question in my mind that I got to this point because God allowed me to. It was all Him, granting me courage and prodding me along. This is only the beginning and I pray that He continue allowing me to go down this path, to start living.

And to everyone on here who has given me support, pushed me in the right direction when I needed pushing, and shared their experience, strength and hope - whether it was on my thread, or your other forum posts, or thru chat/text/phone/in-person conversations: I would not be at this point today without you all, thank you.

wow! i just read your earlier posts how its difficult for you to open up to others , and now you actually took that step!!may this be the start of accelerated hatzlacha and recovery!

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