

I'm Back!

Posted by DeterminedtoWin - 04 Jul 2019 23:25

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Hello everyone,

It's been a very long time since I've posted or even looked at the forums. The time has come that I've decided I must get involved again if I want to really break free from the addictive and destructive behaviors that keep returning no matter how much better I think (or wish) I am doing.

I joined the GYE program almost a year and a half ago and have grown tremendously from it. I was zoiche to experience the taste of freedom with a streak ending in the 150's. However, once I broke my streak a bunch of months ago it has been off and on ever since. I think that I've been telling myself, "Look, now I know that I can stay clean if I want to and that this doesn't count. I will go back to leaving it all behind one day again, but for now just this once." I still tried to stay clean but would keep falling every few weeks and began to care less and less, always telling myself that I can get clean again and that one day I'll go back to it for real. I've been suffering from a serious case of doing these things so often "na'asa lo k'heter".

I'm not sure what clicked, but now I finally decided that I want to go back to it for real. I very much want to go back to really making it happen and working hard on getting and staying clean for good. I know that when I was involved on the forums it was much easier. I didn't feel as alone. Yes, I do have a partner and a sponsor but I have been feeling too ashamed to give them ) and I've come to realize that at the end of the day, "ein hadavar talui elah be."

The problem is that life is so busy and it's not easy to find the time. I am now determined to find the time at least once a week or every other week to visit the forums and get involved again. Also, now that I am being more open with my partner and sponsor it can be easier to stay more in touch with them. It's not easy to admit that I haven't managed to really stop these behaviors but I think it's worth the embarrassment. I also feel bad and hope that I'm not making them meshuga with all my updates and check ins. Life is busy for all of us.

Bottom line - I hereby am reigniting my determination to get clean and be"H will be zoiche to kick the destructive habits once and for all!!

Thank you all for being there,

Determinedtowin

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Re: I'm Back!

Posted by Realestatemogul - 12 Feb 2021 04:43

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Keep up the great work!!!

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Re: I'm Back!

Posted by DeterminedtoWin - 12 Feb 2021 20:01

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B"H I did it! 30 days down!

Looking forward to a super frelichen Shabbos!

See you back here next week be"H!!

Determinedtowin (BE"H!)

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Re: I'm Back!

Posted by DeterminedtoWin - 14 Feb 2021 18:51

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B"H had a great Shabbos. Looking forward to another great week be"H!

Again, my weekly reminder to self to not go anywhere on my computer that I would not want my wife to see and to stay connected and keep posting daily.

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Have a great week ya'll,

DTW

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Re: I'm Back!

Posted by Realestatemogul - 14 Feb 2021 19:36  
Purim is in the air, Purim is almost here!!

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#StayConnected

(can someone show me how to post an emoji rolling his eyes for my corniness  
(Press window and semi-colon at the same time and it should bring up some options like this

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Re: I'm Back!

Posted by Realestatemogul - 14 Feb 2021 19:42

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#StayConnected

(You can only use the GYE smileys which doesn't include a roly eyes. this is the closest )

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Re: I'm Back!  
Posted by DeterminedtoWin - 16 Feb 2021 01:13

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B"H another great day!  
probably -

Today for some reason I got a few pssts from the Yetzer Hara. Nothing crazy, just little niggling urges here and there. B"H I was able to simply acknowledge them, be aware of them, and allow them to be without fighting them or engaging them. I just noticed the little nudges as they came and went and b"H I was able to get through my day without any issues. Be"H tomorrow will be a fresh new day I will be left alone, but be"H I will be okay with whatever tomorrow may bring.

I'll be keeping you posted!

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Re: I'm Back!  
Posted by DavidT - 16 Feb 2021 02:46

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[DeterminedtoWin wrote on 16 Feb 2021 01:13:](#)

B"H another great day!

Today for some reason I got a few pssts from the Yetzer Hara. Nothing crazy, just little niggling urges here and there. B"H I was able to simply acknowledge them, be aware of them, and

allow them to be without fighting them or engaging them. I just noticed the little nudges as they came and went and b"H I was able to get through my day without any issues. Be"H tomorrow will be a fresh new day I will be left alone, but be"H I will be okay with whatever tomorrow may bring.

I'll be keeping you posted!

It's very impressive to see how you clearly identify your enemy...

Rav Avigdor Miller writes, that's why Hakodosh Boruch Hu commanded Moshe Rabeinu to put the snake very high up on a pole – because that's the opposite of what the *yetzer hara* wants. He wants to be as low as possible, that nobody should see him. Nobody should know of him. That's when he's most effective. He says, "Don't talk about me. I'm an *anav*. I don't want publicity. My success is incognito." And so, "Put him on a high pole," Hashem said. "Let everybody see the peril, the *sakanah*, so that they can overcome it."

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Re: I'm Back!  
Posted by DeterminedtoWin - 17 Feb 2021 01:12

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B"H great day today again! 35 days so far!!

Chasdei Hashem the nudges from the Yetzer Hara were much less today. Still a little bit here and there, but not much. In the past, once I would get those nudges I would start to panic and fight them which would make them grow and become more of a chalois. The next day would be worse, and after a day or two it would be all over. B"H being able to notice the Y"H's cheppers and allow them to be without fighting them lets them come and go without growing and taking me over. Thank you Hashem! Be"H veiter!

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Re: I'm Back!  
Posted by DeterminedtoWin - 18 Feb 2021 01:05

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B"H doing great! 36 beautiful days of living b'kedusha so far!

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Re: I'm Back!  
Posted by Grant400 - 18 Feb 2021 01:56

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[DeterminedtoWin wrote on 18 Feb 2021 01:05:](#)

**B"H doing great! 36 beautiful days of living!!!**

(b'kedusha so far!)

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Re: I'm Back!  
Posted by Zedj - 18 Feb 2021 06:25

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[DeterminedtoWin wrote on 18 Feb 2021 01:05:](#)

B"H doing great! 36 beautiful days of living b'kedusha so far!

So nice to read these words!

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Re: I'm Back!  
Posted by DeterminedtoWin - 18 Feb 2021 23:56

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[Grant400 wrote on 18 Feb 2021 01:56:](#)

[DeterminedtoWin wrote on 18 Feb 2021 01:05:](#)

**B"H doing great! 36 beautiful days of living!!!**

(b'kedusha so far!)

Well said Grant!

Another beautiful day of living!!

Thank you all for all your chizuk!

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Re: I'm Back!

Posted by Realestatemogul - 19 Feb 2021 02:02

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Keep up the great work!

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Re: I'm Back!

Posted by OivedElokim - 19 Feb 2021 02:10

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Keep up the determination.

And the winning.

Always.

Your a ??

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Re: I'm Back!

Posted by DeterminedtoWin - 19 Feb 2021 20:17

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Thanks guys!

Thank you Hashem for another beautiful week of truly living!! Especially since I had some niggles from the Y"H that I was able to leave alone and let them wash away without building up.

A Freilchen Shabbos,

Determinedtwin!

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Looking forward to next week! Shevua shechal bo!!