

The Truth

Posted by wilnevergiveup - 09 Sep 2020 19:13

Hi guys, I am starting a new thread to post about my journey moving forward. In my other thread I kinda write inspirational thoughts and maybe some vague somethings about me struggling.

The truth is however that I really do struggle, even now at 140+ days clean. I Don't struggle as much and I have pretty much figured out (for the most part) what my "triggers" are, but when they come they can still freaks me out.

It's not a far fetched idea in my mind that I will someday have a full relapse and this too freaks me out. I don't expect it anytime soon but I don't imagine it as a non-possibility. This may be good or may not be, this thought process may keep me focused or it may give me ideas that I really don't want to think about.

Basically I want to use this thread to post only my struggles and all other inspiration and stuff I will post on my original thread. This way I hopefully will be able to be more aware of myself and my struggled and wont be hiding behind a mask of "oh I'm doing great, just look at my count..."

The other thing is that I never really opened up about what I actually am going through and over the next little while, hopefully I will be able to do a little of that.

Your thoughts and input are welcome.

All the bast,

Wilnevergiveup

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Re: The Truth

Posted by Ready2work - 26 Jul 2022 07:56

Im sad to hear. I guess we're all human!

I thought to myself that im good, and would Not fall again. Was I wrong!!

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Re: The Truth

Posted by Ready2work - 26 Jul 2022 08:01

Im thinking. That we need to look at each time that we hold us back (even just couple minutes)
we're a WINNER!!

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Re: The Truth

Posted by Ready2work - 26 Jul 2022 08:20

This Topic Name " The Truth" makes me feel anxious... I go to shul & work where people think
of a nice & quiet person doesn't harm a fly..but they don't know mine real Truth

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Re: The Truth

Posted by wilnevergiveup - 26 Jul 2022 11:10

[Ready2work wrote on 26 Jul 2022 08:20:](#)

This Topic Name " The Truth" makes me feel anxious... I go to shul & work where people think
of a nice & quiet person doesn't harm a fly..but they don't know mine real Truth

My real truth *is* that I am a guy who goes to shul, learns and people think I am a nice guy who
works his brains out to be a better Jew. What about that is not the truth?

On the contrary, the fact that I am on this site is precisely because all that is true.

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Re: The Truth

Posted by Ready2work - 26 Jul 2022 11:33

I feel I'm stuck with my addiction, this what I'm am... Outside I put on a mask and playLike nothing wrong. This sometimes puts me down.

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Re: The Truth

Posted by Trouble - 26 Jul 2022 11:38

[Ready2work wrote on 26 Jul 2022 11:33:](#)

I feel I'm stuck with my addiction, this what I'm am... Outside I put on a mask and playLike nothing wrong. This sometimes puts me down.

real work invested into bettering yourself and improving this situation should lift you up.

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Re: The Truth

Posted by Ready2work - 26 Jul 2022 11:54

Thanks for the chizuk & courage.

?may we all have success day!

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Re: The Truth

Posted by Lchaim Tovim - 26 Jul 2022 15:04

[Trouble wrote on 26 Jul 2022 11:38:](#)

[Ready2work wrote on 26 Jul 2022 11:33:](#)

I feel I'm stuck with my addiction, this what I'm am... Outside I put on a mask and playLike nothing wrong. This sometimes puts me down.

real work invested into bettering yourself and improving this situation should lift you up.

This so true. Often we think that it's all about the results. That's the way we're conditioned to think. When it comes to matters between us and G-D it's all about the effort..

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Re: The Truth
Posted by doingtshuva - 26 Jul 2022 22:48

Wilnever,

What is the "Success tracker" ? the 90 day chart ?

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Re: The Truth
Posted by wilnevergiveup - 27 Jul 2022 05:04

[doingtshuva wrote on 26 Jul 2022 22:48:](#)

Wilnever,

What is the "Success tracker" ? the 90 day chart ?

Part of the new integration of the Flight to Freedom program into the site is the option to use the

"cure tracker" to track your urges and write notes on them. It's much less black and white and tracks success based on how involved you are in the program instead of just streaks. It also takes your 30 day, or 90 day average to track progress instead of just tracking perfection. Anyone who wants to use it instead of the 90 chart can be switched by sending a PM to @MenachemGye.

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Re: The Truth

Posted by YeshivaGuy - 17 Nov 2022 15:12

Rabbeinu,

How are you doing?

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Re: The Truth

Posted by Human being - 17 Nov 2022 21:34

Maskim! weres illnevergive up?

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Re: The Truth

Posted by wilnevergiveup - 26 Dec 2022 13:45

[Human being wrote on 17 Nov 2022 21:34:](#)

Maskim! weres illnevergive up?

I'm still around. I haven't had much wisdom to add lately. The few things that I did learn over the last few months that I feel would be helpful to share, I don't have the mental strength to put into words.

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Re: The Truth

Posted by Sapy - 26 Dec 2022 16:47

Thanks for popping in, I thought about you lately.

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