

Help me please brother!

Posted by wannachange - 28 Mar 2025 03:05

Hi all! Feeling down now....I was up for a long time going strong...fell recently again and again....help me please! Could use some chizuk. SSA fantasies drive me nuts, I dont even have a smartphone or an unfiltered computer but still manage to fall....ugh feeling horrible now. Sorry not sure where the right place to start posting is but I guess here is a good place to start. Married with kids BH. Succesful job, making money. Learning solid. I managed a very long streak for a while but now my mindset sort of shifted that whatever this is the way I am get over it. I want OUT and never to return to this nutty SSA craze. Help me please. Could use some chizuk. Going to start recounting, Tomorrow is a new day, Day 1 BeH!

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Re: Help me please brother!

Posted by wannachange - 27 May 2025 00:28

Hey all.

Just an update on my stats. Been up and down a lot over the past couple of weeks. Probably has what to with the emotional roller coaster Ive been on with the miss....

Either way, I haven't been really clean the past month. Fell again yesterday. Not feeling inspired. But BeH hopefully will fall back into a clean routine. Ha. as if. I need a plan. When I originally signed onto GYE about a year ago, I got a few months straight clean, was beyond amazing BH. But then it got shorter and shorter....I guess the original hype wore off. Please help me brother!

Rolling down an endless tunnel,

banging into walls,

getting bruiseddd, battered.

Now I arise,

how long until when,

or maybe if?

I will fall back down?

Daddy Dear....

Dont let go of me.

Ever

Im feeling so alone

Going to try going back to posting here daily. Aiming for Day 3 BeH. Today is 1! Woohoo!
Lookin at the bright side, I have an oppurtunity now to fall and im not thinking in that direction!
LETS GO WE GOT THIS!!!!

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Re: Help me please brother!

Posted by wannachange - 28 May 2025 00:58

Wrappin up day 2 BH!

almost fell last night...like why not? but then BH got hold of myself.

Today was a stressful day in many ways....but im staying strong!

although i may have urges doesnt mean i have to act on them.

Im normal, a great gut, and was created this way

Headin for day 3 BeH

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Re: Help me please brother!

Posted by proudyungerman - 28 May 2025 02:26

Amazing!

KUTGW!

(Have you considered reaching out to a mentor? Someone from GYE that their story resonated with you?)

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Re: Help me please brother!

Posted by wannachange - 29 May 2025 01:03

BH finishing up day 3. Was an intense day emotionally at home but BeH will finish it up without fallin. As chancy says, even though I have an urge doesnt mean I have to follow through with it.

Thanks Proudyingerman for your response! I have reached out to others...but im sort of stuck in a catch 22....on the 1 hand im too scared to meet others in person...but on the other hand for me personally I feel that over the phone or messaging isnt enough of an emotional connection.....(in a healthy way obvs)....

Having said that it would be remiss for me not to mention HHM who has saved me multiple times and has been a shoulder to cry and laugh upon at times....

Any ideas welcome!

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Re: Help me please brother!

Posted by wannachange - 30 May 2025 02:35

Day 4 BH going strong Chasdei Hashem!

Goal is day 5 BeH.

PLEASE HASHEM

here we go buddies

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Re: Help me please brother!

Posted by eerie - 30 May 2025 17:38

[wannachange wrote on 29 May 2025 01:03:](#)

.but on the other hand for me personally I feel that over the phone or messaging isnt enough of an emotional connection.....(in a healthy way obvs)....

Did you try it, or do you just feel and think this way? Don't rely on your feelings too much, reach out, and let yourself feel free

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Re: Help me please brother!

Posted by wannachange - 01 Jun 2025 02:48

Ive been trying it the past year! And while yes it has helped me considerably to get to where I am now...cant compare a text to a hug

BH today is 6! BeH willhave kabbalas hatorah with a complete 7!

Have a great yt all!

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Re: Help me please brother!

Posted by wannachange - 05 Jun 2025 03:11

Day 10 BH!!

Been busy over yt etc so that def helped.

goal is day 13 BeH!

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Re: Help me please brother!

Posted by chancyhk - 05 Jun 2025 12:23

Keep at it! You have what it takes. In the beginning it's about grinding your teeth and sinking your nails in the sand to stand your ground at all costs, eventually it will get easier if you continue.

Trust me, I've been there once or a million times.....

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Re: Help me please brother!

Posted by wannachange - 08 Jun 2025 22:51

Ok Rabosai. Today is 14 BH!!!!!! Goal is 17=Tov.

Super stressfull day. Annoyed at my wife. Whatever. Hopefully it wont trigger me as a good nothing loi yitzlach even though I know thats the last thing I am. Whatever again. Thats life. Hopefully wont fall to p&m as an outlet

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Re: Help me please brother!

Posted by amevakesh - 09 Jun 2025 05:53

[wannachange wrote on 08 Jun 2025 22:51:](#)

Ok Rabosai. Today is 14 BH!!!!!! Goal is 17=Tov.

Super stressful day. Annoyed at my wife. Whatever. ~~Hopefully~~ It wont trigger me as a good nothing loi yitzlach even though I know that's the last thing I am. Whatever again. That's life. ~~Hopefully wont~~ WILL NOT fall to p&m as an outlet

Slight edit. HUGE difference. You got this!!!

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Re: Help me please brother!

Posted by proudyungerman - 09 Jun 2025 19:13

[amevakesh wrote on 09 Jun 2025 05:53:](#)

[wannachange wrote on 08 Jun 2025 22:51:](#)

Ok Rabosai. Today is 14 BH!!!!!! Goal is 17=Tov.

Super stressful day. Annoyed at my wife. Whatever. ~~Hopefully~~ It wont trigger me as a good nothing loi yitzlach even though I know that's the last thing I am. Whatever again. That's life. ~~Hopefully wont~~ WILL NOT fall to p&m as an outlet

Slight edit. HUGE difference. You got this!!!

And when you're not sure if you're gonna make it, reach out to amevakesh. You wont regret it!

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Re: Help me please brother!

Posted by wannachange - 12 Jun 2025 20:03

Just fell with an 800 number.

This stinks

was doing so well

No good excuse. Was having an awesome day.

Just exhausted.

Feeling grouchy now. Oh well only have myself to blame.

BeH tomorrow new start

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Re: Help me please brother!

Posted by vehkam - 12 Jun 2025 20:16

[wannachange wrote on 12 Jun 2025 20:03:](#)

Just fell with an 800 number.

This stinks

was doing so well

No good excuse. Was having an awesome day.

Just exhausted.

Feeling grouchy now. Oh well only have myself to blame.

BeH tomorrow new start

Start today and get rid of the feeling grouchy....

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