

Help!

Posted by pomegranate - 15 May 2025 05:39

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I've fallen 3 days in a row after 65 clean days because I can get access to google maps on someone else's device. I'm sorry for letting down my family and everyone here.

I'm trying to understand why somewhere along the line on the way to a fall, my mind gets convinced even without any physical urges that this is something I have no control over and that I have to give in to. At the same time I know this isn't true. What is going on with me?

Hope to share good news with everyone tomorrow and wish everyone Hatzlocho but I don't know how this is going to change at the moment.

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Re: Help!

Posted by pomegranate - 10 Aug 2025 18:16

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I'm on day 17 now bh, thanks to everyone's feedback. Thank you. Some moments are difficult and if not for my work filters things could have been worse, showing me that it's far from certain that if I'm faced with a real test that I would pass so I have to keep on building my internal world in order to be ready so I'm going to read a bit of TBOTG now. Hatzlocho to everyone.

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Re: Help!

Posted by pomegranate - 12 Aug 2025 23:51

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I'm barely on 19 days now but I came very close today to an actual fall. I've just reread BenHashemBh's post from 23rd July. I need to internalize it more. I'm also going to do black box thinking, I seem to lose my clarity just from surfing very basic news! I want to change but this thing inside me wont disappear and I have no way to channel it directly. Thank you again for everyone's support that's keeping me going/trying.

Hatzlocho to everyone out there, and hoping to share better news.

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