

Hi, I'm Momo

Posted by Momo - 22 Mar 2010 06:55

Hi, I'm Momo.

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Re: Hi, I'm Momo

Posted by the.guard - 22 Mar 2010 11:02

We've quoted Dov over 1000 times in the past 1000 chizuk e-mails, and his message is always the same. If you are a real addict, you will need the live 12-Step groups, a sponsor, and working the steps with real live people.

If all of Dov's posts convinced even one precious Jew like you to take that step, it would have all

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Re: Hi, I'm Momo

Posted by trying123 - 22 Mar 2010 11:13

Welcome to Dov's club. Join a live SA group today!

Hi my name is Tried:

I am really messed up...

I met with a therapist at age 14 but he couldn't help me...

I met with another therapist at age 15 he couldn't either help me

I then met with another therapist who couldn't help me....

I was advised to go for medication but tried about a dozen different ones with nearly no results...

after about 4-5 yrs. and 10-12 therapists I met a therapist who **was** able to help me...

I met with this therapist for a few years now... with no drastic results....

But over these long few years I slowly transformed into a different person...

I am still far from up to par, but I know that I can take one meaningless tiny step after another meaningless tiny step and yet another one and another and another....

A long long long string of meaningless tiny steps can add up into something quiet meaningful...

What the heck... life is often miserable... I am not aiming for the stars I am merely trying to see were there is a possibility for a small tiny winy winy step in the right direction.... It wont solve anything but it is what G-d wants... (and from years and years of this I know that when I look back there is no single point where things changed, but things **do** change...)

When R' Akiva saw a stone with a hole caused by continues drips of water he was inspired to continue working despite his lack of any success...

What did he see in the stone?

He realized that after a drip dropped, nothing changed....

and another drip dropped and nothing changed.....

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But when this goes on for long enough, something as hard as a rock gets penetrated....

Why...?

Because with each drop something **did** change only it was nothing grand nothing big it was unnoticeable....

But change it did

All those efforts and all those failures and you still feel like you are right were you started...

But that is a mistake, you have changed, you simply have to continue what you were doing for it to become noticeable...

You are in the process of penetrating the impenetrable.... But one tiny step at a time...

You are **trying**...

continue to just **try**...

I find that when I set small small goals, and appreciate tiny tiny improvements.... It gives me some hope...

(P.s. please don't aim for eradication, aim for a small step forward..)

Peace and Love Holy brother!!!

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