Hi, I'm Momo Posted by Momo - 22 Mar 2010 06:55 Hi, I'm Momo. 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 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....

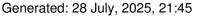


I was advised to go for medication but tried about a dozen different ones with nearly no results.
after about 4-5 yrs. and 10-12 therapists I met a therapist who was able to help me
I met with this therapist for a few years now with no drastic results  But over these long few years I slowly transformed 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 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 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 <b>do</b> 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
and another drip dropped and nothing changed

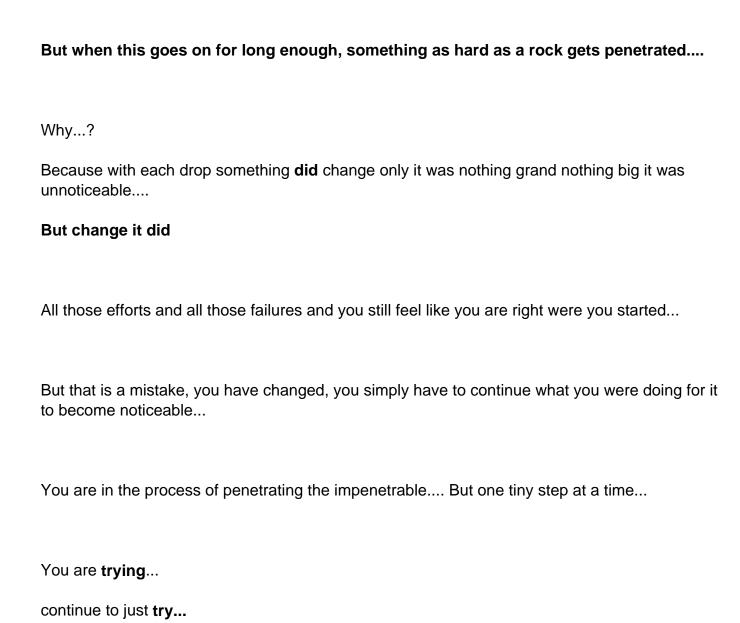
and another drip dropped and nothing changed.... and another drip dropped and nothing changed.... and another drip dropped and nothing changed.... and another drip dropped and nothing changed... and another drip dropped and nothing changed... and another drip dropped and nothing changed.... and another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

and another drip dropped and nothing changed...

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and another drip dropped and nothing changed...



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!!!

## **GYE - Guard Your Eyes** Generated: 28 July, 2025, 21:45

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