

HELP -- 58 days clean and about to fall
Posted by osh.oshosh - 24 May 2010 15:08

For various reasons I am working in a completely secluded place for a few hours today
and my y"h is on fire.

I am going to try to get out of here as quickly as possible and work in a Starbucks or something
but can't for a while.

Help!!

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Re: HELP -- 58 days clean and about to fall
Posted by 7yipol - 24 May 2010 15:15

Post this SOS in the About to Fall thread for sos replies.

As you said, getting out of seclusion is urgent. Even if just getting away from the computer for a
short walk outside.

Can you call someone?

Listen to an online shiur for 15 minutes?

Blast music and get into the lyrics?

Either way, *ask Hashem to help you!*

Sounds corny perhaps, but if it works, who cares?!

Good luck and iyH the fire crew will arrive soon to help smother the flames!

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Re: HELP -- 58 days clean and about to fall
Posted by feedtherightwolf - 24 May 2010 15:43

Journal, may be even on here. Get in your head, and identify the lie that is telling you that acting out will be a good idea. Get it out. Get feedback on it. Play the movie to the very end.

I.e. A thought " This won't hurt anyone, it will just take a minute, and I will relax a little, and will get back to work"... Then tell yourself. This is a lie. The truth is , that it will not take just a minute, it never took a minute, it will take over my life like it did before. This is not a way to relax, and this is not God's will for me. I know from my experience that after I am done, I will feel like a failure. If I can walk away today, I will feel so proud of myself. My family, friends in recovery will be so proud of myself. God will be proud of me.

Than get up, and get the heck out of there, and don't come back until you are no longer alone.

Also watch out for little tricks like , "well I am not going to act out, but I will check the news" If you let yourself browse the internet mindlessly, even starting with the most innocent stuff, you will act out!

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Re: HELP -- 58 days clean and about to fall
Posted by bardichev - 24 May 2010 16:13

Ok YH is on fire

Oy can I identify with that

First of all by calling the cops u already scared the yh

So even if u fall it won't be with all the damage

Second

If you DON'T fall u have a cheering squad of 1000s here on GYE

Make us cheer

Hey YH leave osh osh alone

Bards

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Re: HELP -- 58 days clean and about to fall
Posted by osh.oshosh - 24 May 2010 16:42

thanks. hanging in there.....

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Re: HELP -- 58 days clean and about to fall
Posted by bardichev - 24 May 2010 17:05

Keep on truckin

I'm fighting along with u

B

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Re: HELP -- 58 days clean and about to fall
Posted by jamies - 24 May 2010 17:12

comeon my firend!!!

im davening for you!!!!

just DONTTT DO ITTT!!! YOUVE COME SOSOSO FAR, even starting this wall is half the battle..... stay strong and fight, youve worked those (spiritual) muscles over the past 58 glorious days!!!! now use them and give a knock out!!!!

i would wirte 2 lists on a clear sheet of paper and stick it up where you can constantly see it and keep on looking, one colum if you fall and the other if you succedd - - what will happen, ie if you fall youll have the 5 min or whatever of instant but meaningless pleasure followed by a surge of guilt, a fall and alot of renewed work to do, and in the other colum write the advantages such as adding this to you list of mitzvot in shamayim, the effort put in is the reward recieved, does it not say in avot, and other things, lile that feeling tommorow morning walking up knowing you fought and won a serious battle, think alot harder and hopefully wirte along more points for the "not breaking it side of the column"

also asap - - -GET OUT INTO THE OPPPPPEEEENNNN.

and listen to the man - BARDICHEV!, JUST FIGHT

good Luck friend, ps know who is watching you -HAKADOSH BARUCH HU!!!!THE MASTER
AND JUDGE OF THE UNIVERSE

so give Him even more nachos than youve already given him and win tonight!!!!

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Re: HELP -- 58 days clean and about to fall
Posted by jamies - 24 May 2010 17:16

ps listen to the song found on the website neshomel'e by abie rotenberg, its amazing and may
help?!

HAZLOCHO

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Re: HELP -- 58 days clean and about to fall
Posted by silentbattle - 24 May 2010 21:54

First of all, 58 days is fantastic - keep it up, but also think about how good it feels to be clean for
so long - the yetzer hora wants to say that you feel deprived, but we both know that isn't true - it
feels good! You feel accomplished, you feel clean, you feel GREAT!!

I also think it's incredible that you're considering changing your job to avoid temptation. I am
truly in awe of you.

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Re: HELP -- 58 days clean and about to fall
Posted by UTS - 25 May 2010 02:11

[osh.oshosh wrote on 24 May 2010 16:42:](#)

thanks. hanging in there.....

This what I would hope I would tell myself. "Okay, I waited an hour or two. I can do something else, either that I enjoy or feel is important and wait even longer. Especially since I went 58 days already without doing it. If I would not be so tired or frustrated, angry or whatever, I would not want to this anyway. At least not so compulsively. So, I will either do something else, or if it is late at night, go to sleep. If I cannot sleep, I will take prescribed meds." Or over the counter meds can help many people, I hear. Benadryl comes to mind.

I would feel that there is a real yetzer not to complete the 60 day goal, because that means "I can do it." And I do not want this to be the case; I want the excuse that I cannot do it.

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Re: HELP -- 58 days clean and about to fall
Posted by UTS - 25 May 2010 02:27

[osh.oshosh wrote on 24 May 2010 15:08:](#)

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Help!!

To me that is interesting. I would rather be secluded than faced with all the sights available at a Starbucks. But, everyone is different.

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Re: HELP -- 58 days clean and about to fall
Posted by zalmandovid - 25 May 2010 04:33

my advice to you:

STOP THINKING ABOUT HOW MANY DAYS CLEAN YOU ARE!

just keep going and do what you need to do. You have to stay clean just today and now, and that you can do. The pressure of counting etc.. is not you problem. Thinking about it just serves to increase the pressure. This has worked for me. It takes working at and we don't change overnight but it is a good healthy outlook.

Always remember that Hashem wants progress not perfection.

With Love,

Zalmandovid

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Re: HELP -- 58 days clean and about to fall
Posted by osh.oshosh - 26 May 2010 14:35

I really appreciate all the posts and interest. I made it through that bump in the road.

I am actually 60 days clean now.

I came up with something that helped that I am going to post in a new thread.

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Re: HELP -- 58 days clean and about to fall
Posted by silentbattle - 26 May 2010 16:58

Wow - keep it up!

Do you want to tell us how things are going?

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Re: HELP -- 58 days clean and about to fall
Posted by osh.oshosh - 26 May 2010 17:29

K'neina Hora having a good day.

I posted a link to some great online Shiurim on this topic and I am afraid

that it will just get lost. Is there some administrator who maybe can highlight the links somewhere.

One in particular is tremendous; Rabbi Mayer Twersky of YU speaking with Dr. David Pelcovitz, famous psychologist.

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