Generated: 30 July, 2025, 08:26

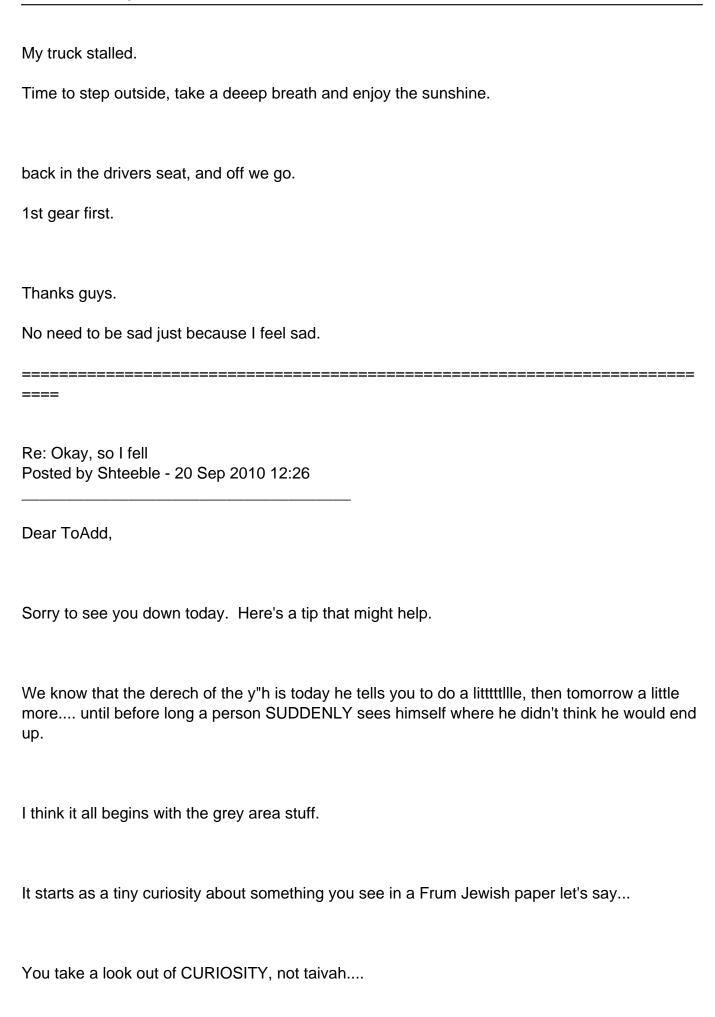
Okay, so I fell Posted by ToAdd - 20 Sep 2010 06:06 I don't want to to to the 90 day log and push "I had a fall" it wasn't a full fall, but I was intentionally looking at something I know I shouldn't. Standing way too close to the slippery slope. it's like I've forgotten that the small things can lead to trouble. just a sniff of the forbidden fruit. Please, I need some help getting back on the path Re: Okay, so I fell Posted by desperate_teddybear - 20 Sep 2010 06:15 maybe it's good you fell in a way. kind of like a slap in the face. i know at least for me, i'll be pretty good for a bit then forget how susceptible i am to all these triggers. because im feeling all high and holy and untouchable- like im beyond all that. then either i remind me to bring myself down a notch or it's the death-sentence and back to square one. so you didn't have the worst and biggest fall in the world. maybe you can view this fall as a wake-up call, reminding you not to trust yourself and set up better boudaries and whatever it is you know you can you figure out for yourself, before you fall again. Re: Okay, so I fell

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GYE - Guard Your Eyes

Generated: 30 July, 2025, 08:26 Posted by bardichev - 20 Sep 2010 06:26 Berms and swales Valleys and peaks Highs and lows Ebb and flow Push and tug Ahh shtip in a shtois But who is leading who?? Who is in the drivers seat?? Keeeeep on trucking Bardichev ==== Re: Okay, so I fell Posted by ToAdd - 20 Sep 2010 12:07

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Re: Okay, so I fell

Posted by ur-a-jew - 22 Sep 2010 04:06

"back in the drivers seat, and off we go" I think that may be the root of the problem. We are not in the drivers seat. G-d is. The problems start when we think we are in control. Hatzlacha.

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Re: Okay, so I fell

Posted by ToAdd - 27 Sep 2010 06:27

Toadd, how ya feeling?

It hasn't been a good week. I've been slipping. I guess my battle in other areas is showing me that this is an escape for me. I need somewhere different to escape to, something else to occupy my mind with.

"back in the drivers seat, and off we go" I think that may be the root of the problem. We are not in the drivers seat. G-d is. The problems start when we think we are in control.

yes, H" runs the show, but I am an actor and I'm not playing my part.

ur-a-jew, We may not be in control of the outcome, but we do have our own will.

My only consolation is that this turmoil is part of getting to the bottom of things and uprooting the issues.

Tears of joy I know about, but I can feel tears of pain behind my eyes and do not know how to let them out.

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Re: Okay, so I fell

ToAdd