

ok stage 1....

Posted by number9 - 21 Sep 2010 15:16

right im at stage one, i know i need to stop and i know im addicted.

now, where to go with it, cold turkey or withdraw slowly.....

whats worked for people.

my big issue is the sinning side of things, i have no problems with yiras chet (fear of sin) except in this one issue, perhaps it comes from all the halacha sefarims stern warning against such behaviour, i dont know, but i do know that i need to stop and everytime i do it, boom, one black mark against me, so is cold turkey gonna help, because i know everytime ive tried, im back in it or do i withdraw slowly, allow myself once every day, then once every other day.

i dont know man!

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Re: ok stage 1....

Posted by ur-a-jew - 21 Sep 2010 15:49

[number9 wrote on 21 Sep 2010 15:16:](#)

i know i need to stop and i know im addicted. . . .

but i do know that i need to stop and everytime i do it, boom, one black mark against me, so is cold turkey gonna help, because i know everytime ive tried, im back in it or do i withdraw slowly, allow myself once every day, then once every other day.

i dont know man!

Well let's see what you do know.

1. You know you got to stop.
2. You know you've tried to stop before on your own and it didn't work.

So, you know that

3. If you're going to stop successfully you need outside help.

If you go with the 12-Steps you'll come to realize that the outside help is Hashem. I think if you poke around here long enough you'll see that its probably the best option. You can find information regarding live meetings, or if that's not for you, there are virtual meetings.

Even if you don't go with a 12-Step program, I think its fair to say that **you can** quit cold turkey, **you should** quit cold turkey, but if you want to do it successfully **you can't do it alone**. The addiction thrives in isolation and the solution thrives on coming out into the open. Sign up for a partner, sign-up for the chizzuk emails, and download the handbooks.

Hatzlacha.

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Re: ok stage 1....

Posted by Me3 - 21 Sep 2010 17:45

Hey urajew that was a great post. It's amazing how we all start sounding like little dov clones.

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Re: ok stage 1....

Posted by ur-a-jew - 21 Sep 2010 20:32

[Me3 wrote on 21 Sep 2010 17:45:](#)

It's amazing how we all start sounding like little dov clones.

Well I'm actually waiting for Dov to come and comment on the "my big issue is the sinning side of things ..." line.

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Re: ok stage 1....

Posted by yedidya aleph - 21 Sep 2010 21:12

DEAR HOLY BROTHER number9

JUST TO SHARE MY EXPERIENCE. MY FIRST ATTEMPT TO GET SOBER WAS BY READING AND POSTING ON THIS FORUM. I ALSO TRIED OUT THE PHONE MEETING. AFTER 49 DAYS I SLIPPED AND FELL AND HAD A HARD TIME GETTING SOBER AGAIN. FINALLY AFTER A FEW WEEKS I REACHED OUT TO ONE OF THE CHEVRA ON THE FORUM AND ASKED HIM TO BE MY SPONSOR. HE AGREED AND TOLD ME ABOUT LIVE SA MEETINGS. I WAS SO DESPERATE,I RAN OVER THAT DAY AND HAVE BEEN GOING TO THE MEETING SINCE THEN. I CHECK IN WITH MY SPONSOR ON A REGULAR BASIS BY PHONE OR E-MAIL. BARUCH HASHEM BLI EYAN HARAHA,I CONTINUE TO BE SOBER FROM M* AND P*. U CAN PM ME NOW ABOUT LIVE MEETINGS IN NYC

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