

The Never Believer Breaks Free

Posted by The Never Believer - 01 Dec 2010 18:36

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Re: The Never Believer Breaks Free

Posted by silentbattle - 20 Jan 2011 13:35

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There are times when things come easier to us...in particular, things are often easy to start with, but then we have to match the original inspiration with our own effort...if we let go of things, they can be more difficult the second time around.

But the good news is that you do have the knowledge of what you can do.

One day at a time.

Why an SSRI?

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Re: The Never Believer Breaks Free

Posted by silentbattle - 20 Jan 2011 20:28

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I definitely agree that there's an aspect of compulsion to it - we feel a strong urge, specifically in certain situations, to give in. I know that for me, it was pretty much a deeply-ingrained habit, totally natural, and almost impossible not to respond to, that when I sat down at a computer, I would start touching myself, and check out the sites that I would frequent.

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Re: The Never Believer Breaks Free

Posted by Eye.nonymous - 21 Jan 2011 08:08

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[David/Rage wrote on 20 Jan 2011 20:29:](#)

how many times will i do this until i learn to just not get into the drier in the first place?

The problem isn't getting into the dryer. The problem is... WHAT LEAD US to get into the dryer.

Once we're standing at the dryer, it's too late already.

--Eye.

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Re: The Never Believer Breaks Free  
Posted by silentbattle - 21 Jan 2011 12:44

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Eye - very true.

Rage - love the description, though!

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Re: The Never Believer Breaks Free  
Posted by silentbattle - 22 Jan 2011 21:04

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Filters are good to give you the breathing room you need to do the recovery you want.

Take the time to remember just how happy being clean makes you. Even when you're not in danger of lusting, take the time out, so that it becomes ingrained in you.

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Re: The Never Believer Breaks Free  
Posted by Eye.nonymous - 23 Jan 2011 21:09

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[silentbattle wrote on 22 Jan 2011 21:04:](#)

Filters are good to give you the breathing room you need to do the recovery you want.

Especially when you're inside that dryer!

--Eye.

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Re: The Never Believer Breaks Free  
Posted by Me3 - 01 Feb 2011 16:26

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He's totally lost it. Poor fellow, the pressure finally got to him.

Let this be a lesson to us all, not only is your soul at stake but it's possible that your very sanity is in danger.

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Re: The Never Believer Breaks Free

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Posted by Kedusha - 01 Feb 2011 16:29

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Give the man a break - he just needs to rewrite his post in English! ;D

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Re: The Never Believer Breaks Free  
Posted by Yosef Hatzadik - 01 Feb 2011 16:33

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I think it is a post meant for those savvy enough to read between the lines. It is a guy taking stock of his situation, writing it in a way that those with a little pee-brain will not understand...

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Re: The Never Believer Breaks Free  
Posted by Kedusha - 01 Feb 2011 16:37

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Maybe it will be easier to understand in Hebrew:

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Re: The Never Believer Breaks Free  
Posted by DovInIsrael - 01 Feb 2011 17:13

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hey rage:

you said:

i am an ungrateful sinner; a jerk; a lowlife; i am a stain on humanity; i dont deserve any of the things youve given me; i dont deserve your mercy and i only deserve punishment and pain

i'm not impressed.

try this:

take a journal - write day everytime any of these thoughts come into your mind for the next 3 days

and then in the 3 days following - write down everytime you think of JOY!!

which section do you think will be bigger?

ya, I thought so, too

the human body is a physical manifestation of the thoughts we think.

words create images in our mind.

think of tree, will create a different image than thinking of an Apple Tree.

so lets cut to the chase.

JOY is the feeling which comes from recognizing the KINDNESS which is done to us, which leads us to being GRATEFUL!

for the next 3 days:

think of the word JOY 25 times!

silly I know - do it anyway!

keep me posted - and let me know how it goes!

dov.ii

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Re: The Never Believer Breaks Free  
Posted by Me3 - 01 Feb 2011 17:35

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Oh! Why didn't you just say so?

Responding to your left turn out of hell query.

I too have been on a miserable streak last week or 2.

Yesterday was a glorious bright sunshine filled heavenly day despite encountering situations that would ordinarily result in a fall (Excusably of course, because anybody in that situation ).

So in other words, yes. Heaven is right around the corner from hell, all you need to do is make that turn.

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Re: The Never Believer Breaks Free  
Posted by Yosef Hatzadik - 01 Feb 2011 17:42

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[David/Rage wrote on 01 Feb 2011 17:18:](#)

like living in hell but getting out so easily: just turn left

I would prefer to Keep Right (I always want to be Right!);

Let's let the Yetzer Horah be Left behind. ;D

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Re: The Never Believer Breaks Free  
Posted by silentbattle - 01 Feb 2011 19:24

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Recovery isn't always easy. And being in recovery doesn't mean we have smiley faces all the time. There are times when I'm sad, when I'm angry, when I'm hurt, when I cry.

And if I remembered one day at a time, I'd probably be happier.

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