

Fell X2

Posted by YairA - 07 Dec 2011 05:13

I was just 7 months clean Baruch Hashem. Last night and tonight a fell. May Hashem have mercy on my soul. i dont know what to do now. im so lost. im afraid of tommorow. im afraid of going to sleep. i dont know what to do. can i ever repair the damage? will Hashem ever forgive me?

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Re: Fell X2

Posted by interveltnik - 18 May 2012 06:36

KOT! Just a little thought. When falling you dont lose what youve gained up to this point, youre just up to the next nisoyon "to pick yourself up and keep on truckin". Once you pick urself up ur back at the prvious stage-right b4 the fall-and you gained anothe madreigah, which is not to be zich m'yaesh! you never lose what you've gained, only you got up to the next level. So brace urself and keep up posting!!

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Re: Fell X2

Posted by Eye.nonymous - 18 May 2012 06:46

I used to fall a number of times each week. After I became active in this forum, I fell less frequently--maybe every couple of weeks. Each time I fell, I tried to see what it was that lead to the fall. Not just the superficial factors (shouldn't have spent so much time on the computer when I was alone in the house), but also the deeper factors (was feeling rather depressed and upset that day, so I was looking to do something to feel better).

Also, after each fall, I turned up my recovery efforts another notch--posting more often, reading the GYE handbook more diligently. Eventually I joined the Duvid Chaim 12-step phone conference. I fell after 7 months, realized I was slacking off. I fell after another 7 months, and realized I needed a higher dose of recovery--I needed live interaction with other people in recovery. So, I started attending SA meetings.

Now I am clean for 11 months and 9 days, and I feel that I am overall on very solid recovery ground. Thank G-d.

Stick around.

Hatzlacha,

Elyah

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Re: Fell X2

Posted by abcd1234 - 03 Jun 2012 07:03

I made it a "good while" and i just fell! uuuuuuuuhhhhggggghhhhhhhhhhhhhhh!!!!!!!

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Re: Fell X2

Posted by obormottel - 04 Jun 2012 14:53

What, if anything, have you been doing to not fall during this "good while?"

M.

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Re: Fell X2

Posted by ontheedgeman - 04 Jun 2012 15:23

when you uggggghh, we HUUUUGGGGG! big bear hug.
now get back on the programme.

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