

Fell Again

Posted by rebdovid - 08 Mar 2011 05:03

Dear Friends,

I need your help.

I have fallen again. After 34 days clean I fell it's a vicious cycle.

it's only been since yesterday I hope I can report that I clean by tomorrow night.

I cannot seem to get out of.

Can you help me?

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Re: Fell Again

Posted by oblum - 08 Mar 2011 05:59

Wow! 34 days? Thats amazing! Extremely impressive. Pick your self up and start trecking again. Life is too short to let little slips get us down. Life is full uf ups and downs. Seems your down now, so there is only one direction left to go - UP!

Would you care to share how you managed 34 days?

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Re: Fell Again

Posted by bardichev - 08 Mar 2011 06:17

Say fell shmell

And

Move on!

b

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Re: Fell Again

Posted by eved123 - 08 Mar 2011 06:51

Rebbe Dovid

WOOOOOO!!!! 34 days that is truly amazing. I hope I cant make it there without a slip. You should be genuinely happy with yourself. I don't know when u first started this program, but on the day u started did u ever think u would make 34. I'm wiling to bet u didn't. And now look at u going 34 days without something that was once such a part of you that it defined u. Now you've broken away, you have created a new u. I also want to make a point that u have been addicted to this stuff for years, It takes a lot of work to undo all that time.

Don't let a stupid little fall knock ya down. Your an insperation to me, and u'll be a bigger inspiration to everyone if you pick ourself up right NOW.....and beat 34 and continue on ur mission.

With great love and respect,

Miracles (aka Levtahor)

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Re: Fell Again

Posted by miracles - 08 Mar 2011 06:53

btw that was me for some reason my name was yyy

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Re: Fell Again

Posted by gevurah - 08 Mar 2011 09:56

The Y"H is saying you can't do it!!

Yeush is a the Y"H best friend- and your worst enemy-

look at the times you were succesfull and how many tremendous

zchusim for every time you said NO - they out weigh all your falls a million times

you have a straightline to Hashem and lots of support from everyone here!

YOU WILL MAKE IT-- BSIMCHA!!!!

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Re: Fell Again

Posted by rebdovid - 08 Mar 2011 10:10

Thank you guys.

When I first started this program GYE I never thought I would last a week, but I lasted for over 200 days then I fell which actually meant I fell twice, got up and counted another 30 days before falling again, finally now I had 34 days.

I am hoping to be clean again one day at a time.

Thank you for the support.

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Re: Fell Again
Posted by ben durdayah - 08 Mar 2011 11:13

Reb Dovid!

I also had a fall (27 days ago) after 31 days clean...

Like rebbe b. says, you have to say "FELL SCHMELL" and Keep on Truckin'.

Ain GYE soifer Yomim ele Growth...

KOT,

E

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Re: Fell Again
Posted by pinokio - 08 Mar 2011 12:25

In 100 years frm now they will be writing in your artscroll book "he may have lost a battle but he won the war"

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Re: Fell Again
Posted by DovInIsrael - 08 Mar 2011 18:16

reb d.

34 days great stuff...but its the PAST!

what about focusing on the PRESENT... those precious 3-seconds in front of you!

this is where the battle really is.

and the biggest rewards!

not to mention conquering 3 seconds is much easier than having to think about regaining your lost 34 days!

3-seconds...one second at a time.

pick yourself up - dust yourself off.

focus on where you are going...

and keep on trucking

dont forget to smile !

it'll scare the Y"H away!

dov.ii

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Re: Fell Again

Posted by Me3 - 08 Mar 2011 19:54

You fell? What a jerk! Failure! Loser! (Somebody needed to take the other side, I hate it when everybody agrees).

Really, it's great to get on a good clean streak, where momentum builds up and you feel like you can be clean forever.

Then out of the blue, Wham! he YH blindsides you with a day that you are suddenly climbing the walls, full of RID (look it up).

And those are the days that you need to apply everything you've been reading / learning, or if all else fails, you need to run for your life.

I'm having one of those days.

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Re: Fell Again

Posted by rebdovid - 08 Mar 2011 21:40

You guys are amazing.

The true ahavas yisroel found is amazing.

Currently I am clean for almost 24 hours, I will keep you posted.

I am fighting not to feel bad, I know how much battles I won, probably 1000's in the past 10 months, I only lost 10 battles not too bad.

So I am not sure what's the problem, since this sin is a sin that effects your relationship with Hashem and your neshomo to the core, not to mention your wife and family.

The shame guilt and sense of loss of self respect is huge. despite that I know I won all those huge battles.

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Re: Fell Again

Posted by Kedusha - 08 Mar 2011 21:51

Not to worry - each day being clean will heal you some more. But, remember the guilt and shame, and use it as an incentive to stay clean from now on, one day at a time.

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Re: Fell Again

Posted by laagvokeles - 08 Mar 2011 21:55

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i think ppl have to cry when they read those posts, and they see how yidden try so hard not to do aveiros.

its amazing.

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Re: Fell Again

Posted by geshertzarmeod - 09 Mar 2011 13:52

rebdovid

check out Rabbi Reisman's shiur thru the handbook link. It helped me alot. Hoping it will help you.

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