

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

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This is really hard for me. I feel nervous and uncomfortable as I am posting this . I have been struggling for over twelve years. Twelve nightmarish long years. Some have been better and some have been worse. All have been painful. I have never reached out like this before. Its really hard for me, as I always convinced myself that I can do this alone. I was wrong. I hope that I can get what it seems like others on this website have. Strength. Simcha. Clarity. I don't have any more strength for this addiction, and I want to face the world around me with simcha and without feeling embarassed. Can you help?

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Re: I thought I can do this alone.

Posted by mggsbms - 23 May 2016 17:56

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Speaking up has been a challenge for me as well, especially when you don't know who's listening in. But I've found it to be helpful, hiding is never a good idea, and talking to a group of people takes it to a different level.

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Re: I thought I can do this alone.

Posted by Yesod - 23 May 2016 19:01

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Hey guys, noone knows who you are, trust me, and if we did, there ain't nothing to be ashamed of, we are all in the same frikkin boat (with cordnoy at the wheel)

So speak up, sounded like a mice convention today.

We'd love to hear your thoughts, experiences, questions and quips.

Much love

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Posted by gyeuser444 - 23 May 2016 19:26

Unless you're a tzadik, it's completely normal for an inappropriate thought to jump into your head:

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I would add, that having guilt this time from realizing that one had that very guilt/atzvus during previous similar times -which perhaps came from ???? ???? , is also from ???? ???? (or else is completely discouraged from elsewhere in Chapters 26-31).

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A person may not be immediately aware at first that he is ?????

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The above shows that there is a difference between the initial falling in and the subsequent cogitating/fantasizing.

There is also a difference between cogitating over the initial thought/s and fantasizing, though both are ?????. The difference between cogitating and fantasizing is similar to the difference between ??????? and fantasizing which clearly uses more mental effort. Cogitating also uses extra energy, more than ???????, but less than fantasizing.

The point about weak ??? is what in my opinion allows for the fantasizing.

See at length ????? ??????"? ?????? ?,?:

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Women are evil ?

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Re: I thought I can do this alone.  
Posted by gyeuser444 - 23 May 2016 19:38

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See Chapters 26-31 at length.

A person may not be immediately aware at first that he is ?????

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[markz wrote on 23 May, 2016:](#)

Women are evil ?

There is ?????? ?????? and likewise there is ?????? ??????.

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Re: I thought I can do this alone.  
Posted by realsimcha - 25 May 2016 04:02

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**Day 16:** Long busy day. Not much time to think about sobriety. Then again not much time to think about acting out either. Being busy and focusing on the jobs in front of me really made me feel good. But - I think - only because I wasn't doing it in order to feel good.

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Re: I thought I can do this alone.  
Posted by OTR - 26 May 2016 00:28

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[realsimcha wrote on 15 May 2016 17:00:](#)

**Day 7:** I've seen talk here and there about defining exactly where a slip ends and a fall starts. Just reminding myself -- [cause of something that came up when searching the news] -- that if I am asking myself that question then something is going on that shouldn't be. All answers aside -- is it a slip? Is it a fall? etc. etc. -- [and thankfully neither for today] -- this is my biggest red flag that my mindset is off: That I am wondering if "this" constituted a fall or a slip. The question is an answer to me: Stop what you are doing!

Well put. There's a lot of things I do when in warning mode. That's what I'm finding is good about the 90 day chart. When you put in a fall out ask you for some reasons, what you plan to do to change. This is great because looking back art out a few times I see often it's the same thing just a little different form.

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Re: I thought I can do this alone.  
Posted by OTR - 26 May 2016 00:32

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[realsimcha wrote on 08 May 2016 22:04:](#)

**Day 90:** 90 Days, as many of you warned me, is the king of anticlimactic. I'm here. Its nice. But with a few keystrokes ---- so easy!! ---- it could be all over. I have been reading the advice from all of you. I have been thinking about it. I think I have come up with a novel approach. I am starting over. I wont change my official gye count because I am proud of it and I think its important. But here in this thread I am going to call tomorrow DAY 1. I am going to consider the next 90 days to be a new count, trying to bring my sobriety to a new level. This way I wont be focusing on the false moshiaich of 90 days. I will try to live for this round of 90 days with less lust, less slips, less resentments and less anger. I will work on living with more faith, more family, and more responsibility. So today is DAY 90. Tomorrow, Day 1.

I'd love to get some feedback....

Geonus!

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Re: I thought I can do this alone.

Posted by realsimcha - 26 May 2016 18:13

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**Day 18:** I just wrote a whole long post and my computer decided to impulsively restart. I wont rewrite. I will be mekatzer Cords style:

missed day 17 on posting

red flag

hard hard day

still somewhat sober

need to include rated r and up in my definition of sobriety

spoke it out a bit with Cords

grateful to be in a better place

hope hashem has pulled me back from the edge

as was mentioned: Gotta stop focusing on outcomes and focus on putting one foot in front of the other.

thanks

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Re: I thought I can do this alone.

Posted by shmrashachaim - 27 May 2016 04:20

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keep it up RS.

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Re: I thought I can do this alone.

Posted by realsimcha - 29 May 2016 03:34

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**Day 20:** It was a good Shabbos. Motzei Shabbos still bringing some anxiety but less than in the past. Mind blank. Will call it a night.

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Re: I thought I can do this alone.

Posted by inastruggle - 29 May 2016 03:58

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Good night!

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Re: I thought I can do this alone.

Posted by shmrashachaim - 30 May 2016 04:06

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Reminder to post.. Unless you are done with your streak.. Still amazed you made it this far with just missing one day! You are patur whenever you want!

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Re: I thought I can do this alone.

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Posted by realsimcha - 30 May 2016 05:05

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**Day 21:** Thanks Shmira. No, not finished. Its worked for me so I am not giving up. But it is really late so I will post short. Busy day, and sober.

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Re: I thought I can do this alone.

Posted by realsimcha - 31 May 2016 03:29

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**Day 22:** Doing really well. Feeling very quiet lately. Nothing mysterious. I know why and its not a bad thing. But want to keep updating. Still trucking!

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