

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 realsimcha - 31 May 2016 15:02

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**Day 23:** Putting one foot in front of the other. Doing well. My ego is giving some issues. Instead of being joyous about all the good Hashem has given me, I am finding myself wrapped up in myself worrying about the fact that this guy didn't tell me about that issue and that guy didn't include me in the other issue. All ridiculous. Our job is - as someone in SA told me - "to do the next right thing". Everything else is in His hands. My ego needs to deflate a bit.

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Re: I thought I can do this alone.

Posted by realsimcha - 31 May 2016 15:03

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I think I will go and do some G's. That would be helpful now.

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Re: I thought I can do this alone.

Posted by shmiraashachaim - 31 May 2016 16:26

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Always was a problem with me. I have came up with a equation. Doesn't sound like rocket science but it was for me:

I'm at point A. I want to get to point C. I focus on doing B to get there however that would be. I

focus on nothing else and do little else.

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Re: I thought I can do this alone.  
Posted by realsimcha - 07 Jun 2016 08:29

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Fell. Just reporting. Cant think yet.

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Re: I thought I can do this alone.  
Posted by doingtshuva - 07 Jun 2016 10:02

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So sad to hear,

would you care to share what you think made you fall?

Realsimcha, like you had the courage to report on your fall.

Now take a deep breath and take the courage and start your new count now.

best wishes

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Re: I thought I can do this alone.  
Posted by cordnoy - 07 Jun 2016 16:14

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I might need to keep phone on.

Even the other two weeks of the month.

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Re: I thought I can do this alone.

Posted by shmiraShachaim - 07 Jun 2016 16:48

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RS..I was in pain when I read your message. It hurts. I know it hurts. I've been there. Hope your mind clears up soon and you get back up soon. It's crazy how this ugly thing keeps coming back.

We're in this together for the long haul. Keep us in the loop.

And again... Hurting with you. Hazlacha.

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Re: I thought I can do this alone.

Posted by realsimcha - 07 Jun 2016 16:50

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[cordnoy wrote on 07 Jun 2016 16:14:](#)

I might need to keep phone on.

Even the other two weeks of the month.

Yup.

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Re: I thought I can do this alone.

Posted by BenTorah.BaalHabayis - 07 Jun 2016 17:48

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RS, I feel your pain and I can actually very much identify with you since I had a fall last week after a nearly 6 month streak.

Obviously every person deals with it differently, but I've come to peace with the idea that I may not be done with this struggle permanently. What I do know is that I'm constantly working on it and am seeing progress and I therefore didn't let the fall get me down.

The thing which I found most difficult was actually letting go of the shmutz after falling because I

found it too sweet. Baruch Hashem I got shaken back to my senses and am on a roll once again.

I hope you find the courage to pick yourself up and continue trucking away, with even greater strength than before!

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Re: I thought I can do this alone.  
Posted by cordnoy - 07 Jun 2016 19:07

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I've come to peace with the idea that I ~~may~~ am not done with this struggle permanently.

One word makes a world of a difference.

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Re: I thought I can do this alone.  
Posted by Workingguy - 07 Jun 2016 20:26

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[cordnoy wrote on 07 Jun 2016 19:07:](#)

I've come to peace with the idea that I ~~may~~ am not done with this struggle permanently.

One word makes a world of a difference.

One letter. A-m vs M-A-Y.

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Re: I thought I can do this alone.  
Posted by Yesod - 07 Jun 2016 21:08

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Hey RS,

Sorry to hear, great progress though.

I don't know about you, but for me it took a few days to get my bearings and decide what to do.

So breathe easy and gather your wits.

No rush.

This struggle is a tough SOB, no doubt.

No shame in having a fall.

Also, No need to disclose the details, but when you're ready, reach out, and I'm sure you'll get plenty of assistance moving forward.

Keep in touch.

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Re: I thought I can do this alone.

Posted by inastruggle - 10 Jun 2016 15:55

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Just chiming in to agree with everyone else. Great work so far, it's pretty rare to be permanently done after only a few tries.

Just learn what you can from the fall and move on.

FSKOT!

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Re: I thought I can do this alone.

Posted by thanks613 - 10 Jun 2016 21:38

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And I'm chiming in to be like ina.

And cause I still like all the great stuff I've seen on this thread.

And cause I still respect RS, and am rooting for you, however you decide to go forward.

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