

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 markz - 15 Jun 2016 03:38

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I like how you were logging recently

**Day 1:**

**Day 2:**

**Etc:**

But

After shevuos we STOP counting, and start loving

**Warning: Spoiler!**

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Re: I thought I can do this alone.  
Posted by realsimcha - 15 Jun 2016 15:49

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[markz wrote on 15 Jun 2016 03:38:](#)

I like how you were logging recently

**Day 1:**

**Day 2:**

**Etc:**

But

After shevuos we STOP counting, and start loving  
**Warning: Spoiler!**

Start loving is fine

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Re: I thought I can do this alone.

Posted by Birshusi - 17 Jun 2016 16:04

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This is one of my favorite threads RS. Your posts are so sensible and to the point.

I don't know if this is proper or not, but the fact that someone like you fell is encouraging for me.

There are some people who struggle with the fact that they will never be cured from this problem/addiction. While I do get frustrated sometimes, I'm actually comfortable knowing that there is nothing I could do to --or should even try to do-- other than just doing my best at every moment and respecting the fact that self-improvement is the *lifelong* avodah of a Yid.

So as long as I'm genuinely trying to get better, if I mess up once in a while, it's not the end of the world. I have to do teshuvah of course, but as long as I'm continuing to work on myself, I'm in a good place.

I see in your fall this very point. You are genuinely growth-oriented, and your fall is a reminder that it is the long term that counts, for your life and for your relationship with Hashem.

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Re: I thought I can do this alone.

Posted by shmrashachaim - 30 Jun 2016 01:21

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First of all ditto on Birshusi. Also Want to know how you're doing RS. Haven't heard from you in a while. Have you fell since your last post? whats going on in your life? Thinking about the guy I came back on here with (and one of the most inspiring guys here to boot). have you found new

tools for recovery?

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Re: I thought I can do this alone.

Posted by realsimcha - 01 Jul 2016 16:15

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Its been a tough few weeks. I have also been distracted with other areas of my recovery. Not for now. But I am here now. And I will probably be around a bit the next few weeks so ... see you

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Re: I thought I can do this alone.

Posted by inastruggle - 01 Jul 2016 20:42

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Good to see you back.

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~~around~~ Re: I thought I can do this alone.

Posted by shmishachaim - 01 Jul 2016 22:46

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Nice to hear from you! I assumed you were taking the time to work on your recovery but was worried you fell off the GYE map.. Has happened to me before. We care about you RS! Want to know what you have been working on. No pressure.

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Re: I thought I can do this alone.

Posted by realsimcha - 03 Jul 2016 15:22

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Thanks. Doing well. The fog is continuing to clear. Thanks for being there.

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Re: I thought I can do this alone.  
Posted by Markz - 03 Jul 2016 15:38

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[realsimcha wrote:](#)

Thanks. Doing well. The fog is continuing to clear. Thanks for being there.

What country are you in?

Its the summer here... What do you see when the fog clears by you?

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Re: I thought I can do this alone.  
Posted by doingtshuva - 03 Jul 2016 21:10

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Re: I thought I can do this alone.  
Posted by inastruggle - 08 Jul 2016 04:13

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[Markz wrote on 03 Jul 2016 15:38:](#)

[realsimcha wrote:](#)

Thanks. Doing well. The fog is continuing to clear. Thanks for being there.

What country are you in?

Its the summer here... What do you see when the fog clears by you?

If the fog is clearing by him he's clearly not in England.

RS, we're rooting for you!

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Re: I thought I can do this alone.

Posted by realsimcha - 10 Jul 2016 17:51

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When the fog clears, I see myself.

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Re: I thought I can do this alone.

Posted by realsimcha - 11 Dec 2016 18:30

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Hey,

Its been a while. Its hard to describe the past few months. Some great times some hard times. I dont fully understand the direction that my struggles have taken. I am a bit shy to be posting here again, but in addition to other steps I have taken, I realized that nothing really takes the place of the times that I posted daily. That was really a good time and it helped me to stay focused for a long time. So I figured I would pop my head in and say hi. Maybe it will become a habit again. Who knows?

Back in the day, I used to struggle for days at a time. Now, its different. I am usually doing well. I am happier. More productive. But it hits suddenly and hard. Without warning. And before I know it...

The addiction has not progressed at all, BH. But I havent seen tremendous progress either. In other areas of my life, yes. But not this. Who knows...

I hope the chevra here has patience for my popping in after being out for a while. I just needed to stop then. I couldn't juggle it all. Now I feel the need for the accountability that my posting brought to my life.

Thanks for listening.

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Re: I thought I can do this alone.

Posted by stillgoing - 11 Dec 2016 18:43

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Great to read your words RS.

Keep in touch.

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