

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 cordnoy - 11 Dec 2016 19:53

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Great to hear from you.

Nicel to hear that many things are going well.

I still owe you several emails.

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Re: I thought I can do this alone.

Posted by Shlomo24 - 11 Dec 2016 20:37

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Welcome back, bro!

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Re: I thought I can do this alone.

Posted by Singularity - 12 Dec 2016 14:02

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Welcome back!

You want accountability? If you don't post here in another 24 hours, I'll scald you with a piping hot challah baking tray!!!

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Re: I thought I can do this alone.

Posted by Markz - 12 Dec 2016 14:13

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[Singularity wrote on 12 Dec 2016 14:02:](#)

Welcome back!

You want accountability? If you don't post here in another 24 hours, I'll scald you with a piping hot challah baking tray!!!

RS please stick with us, and if you get any threats please give me a call right away



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Re: I thought I can do this alone.

Posted by realsimcha - 12 Dec 2016 17:29

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Thanks for the re-welcome... Doing well. Good to be back... and bad ... I guess I still wish that this wasn't my life , that I could have had this life without this test. Yeah, I know, I'm just saying.

Each episode of acting out has so many negative ramifications that its nuts. From that look in my wife's eyes that she doesn't understand but I do ... from responsibilities ignored ... from exhaustion that could have been avoided .... and one thing leads to the next ... bad mood ... arguments ... blow-ups ... no strength to deal with it ... then being led right back to where I started ...

BH today is good. And today is just about all I can focus on right now.

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Re: I thought I can do this alone.

Posted by gibbor120 - 13 Dec 2016 16:02

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Always happy to re-welcome someone!

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Re: I thought I can do this alone.

Posted by realsimcha - 14 Dec 2016 18:47

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Its another day. New tests. Old tests.

trying to be grateful for the special things in my life--

wife

kids

job(s)

friends

gye

"call friends"

experiences

opportunities that lie ahead...

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Re: I thought I can do this alone.

Posted by Singularity - 15 Dec 2016 09:17

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Attitude O' Gratitude!

It's the most difficult of tests I think..

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Re: I thought I can do this alone.

Posted by realsimcha - 15 Dec 2016 22:43

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Almost lost it today in a swift moment of insanity. Glad to be here ... Made a difference knowing you are out there. ... Lets keep this going ....

Always hits when I feel like I let someone down or didnt do what I should have. If I waste alot of time i find myself capping it off with some shmutz because I cant face the wasted time.... of course that leads to more wasted time... and the nightmare begins... caught it this time....

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Re: I thought I can do this alone.

Posted by realsimcha - 16 Dec 2016 11:12

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Yeah I know its early. I woke up early and found something nagging me when I sat down to my computer. I almost started "checking" what was "available" on the computer. I googled one thing ... then caught myself. Here I am. Speaking it out. Catching it in time. Getting hold of my sanity. Thanks to Hashem and to you.

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Re: I thought I can do this alone.

Posted by Singularity - 19 Jan 2017 10:23

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How you been?

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Re: I thought I can do this alone.  
Posted by stillgoing - 24 Apr 2018 20:16

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[realsimcha wrote on 16 Dec 2016 11:12:](#)

Yeah I know its early. I woke up early and found something nagging me when I sat down to my computer. I almost started "checking" what was "available" on the computer. I googled one thing ... then caught myself. Here I am. Speaking it out. Catching it in time. Getting hold of my sanity. Thanks to Hashem and to you.

Hi Real.

You still up? Don't forget the title of this thread. We didn't forget you.

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Re: I thought I can do this alone.  
Posted by shmiraShachaim - 27 Apr 2018 14:43

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Yes. Would be nice to see RS here again. Always good to hear from him. But seems that he hasn't been on for almost a year

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Re: I thought I can do this alone.  
Posted by shmiraShachaim - 27 Apr 2018 14:50

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