

7 days clean

Posted by newjew - 13 Mar 2013 03:13

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As a nearly 30 year user, I with HaSHEM's help viewed my last bit of p--n last week. A new me began that day. I cant believe just how much "stuff" is out there to pull my eyes to look at. Forget the internet I went to CVS to get a prescription for my little girl and it was there. Its gona be hard but I can do it.

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Re: 7 days clean

Posted by alexeliezer - 13 Mar 2013 04:35

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I was under the influence for 30 years myself.

Sounds like you have the right idea. CVS can be just as dangerous as the internet (or wherever we went to buy our stuff before the internet made it easier). I used to flip through the fitness mags at the drugstore for a quick fix. Always wanted to see more, though (and often did).

One day at a time.

Daven a lot. Bring Hashem into the struggle with you.

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Re: 7 days clean

Posted by Machshovo Tova - 13 Mar 2013 18:01

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Interesting! I just minutes ago sent a PM to alexeliezer with the following insight:

**B"H the good old nagging YH every now and then is a welcome reminder that we need to be constantly on guard.**

Hatzlacha

MT

(P.S. and I've been there done that for over 45 years.)

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Re: 7 days clean

Posted by reallygettingthere - 13 Mar 2013 20:25

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[Machshovo Tova wrote:](#)

**B"H the good old nagging YH every now and then is a welcome reminder that we need to be constantly on guard.**

Thank you. That's exactly what I needed to hear right now.

Eli

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Re: 7 days clean

Posted by gibbor120 - 13 Mar 2013 23:48

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Welcome newjew! Please share more with us. We're all in the same boat, and we always have room for more passengers!

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Re: 7 days clean

Posted by mr. emunah - 14 Mar 2013 00:30

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welcome NJ

I was thinking about letting loose a bit today, but I got some chizzuk from your post...

cheers

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Re: 7 days clean

Posted by newjew - 18 Mar 2013 09:29

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thanks for the support. I travel for work a lot and sitting in the hotel room alone tonight is hard.  
B"H for this site to give me some place positive to go.

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