

Introduce

Posted by Jew in struggle - 29 Mar 2013 17:56

I was told to introduce my self

I go into it the same way most people do the "classic" way

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Re: Introduce

Posted by Jew in struggle - 27 Apr 2013 22:48

The other 23 1/2 hours I do what a normal kid does and I'm not extremely lonely or board it's just that I have the problem

When the people are addicted but they don't know it what do they think?

And wha pidaini says is much easier saying than doing

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Re: Introduce

Posted by zvi - 28 Apr 2013 02:20

Without meaning to sound rude, are you *sure* you're not bored? When you say 'what a normal kid does', what do you mean by that? What are you doing? Keeping busy, or sitting around doing nothing. As a fellow teenager, I seem to spend a ridiculously large amount of time doing absoultely nothing. And that's when I fall.

And with regard to what Pidaini said, if you take each point seperately, it's a lot easier. Figuring out your triggers- think back to, say, the last 5 times you fell- what were you doing immediately before? Sharing it with a real person- in my humble opinion, that's the first stage in recovery. Who do you have who you trust? A rebbi, a friend, a parent? It may not be comfortable, but if you feel you can trust them then it's worth the 'awkwardness'- and it will change your life. Maybe even phone someone on this forum. And his third point, taking it one day at a time- you've stayed clean for a day before, haven't you? So see each day as a seperate unit- you can stay clean for that day. Tomorrow is tomorrow, and yesterday was yesterday, and all you have to do is stay clean for *today*.

Hatzlacha!

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Re: Introduce

Posted by Jew in struggle - 28 Apr 2013 16:17

I go to school do some more stuff

That's what I meant

Most of the people here are around their twenties?

I'll try to use tzvis tips but again easier said than done.

But it's that moment when u don't know what to do and

Then 90 percent of the time u start doing m*****

So it's pretty classic

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Re: Introduce

Posted by zvi - 28 Apr 2013 18:58

That's the point! It's when you don't know what to do. So you have to plan ahead.

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Re: Introduce

Posted by Pidaini - 28 Apr 2013 23:32

I must agree with zvi, except for one thing, i am not a teenager and i still find boredom a big factor!!

JIS, i really recomend talking to someone, YES, it is uncomfortable, beforehand, but trust

everyone on this board ([look here for more](#)) that afterwards it will be a weight lifted off your chest!!

Look for someone you know that is safe and won't look down at you, just listen to you and try to help you. It will make you realize your situation much deeper also.

KOT!!!

Hatzlacha!

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Re: Introduce

Posted by Jew in struggle - 13 May 2013 23:12

First of all how do u get a sponsor?

Second

I think that the only way to continue is to confess to my close relatives but I'm scared that they will get upset and lose trust in me and stop loving me which would be a catastrophe

What should I do?

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Re: Introduce

Posted by gibbor120 - 14 May 2013 00:38

[Jew in struggle wrote:](#)

First of all how do u get a sponsor?

Second

I think that the only way to continue is to confess to my close relatives but I'm scared that they will get upset and lose trust in me and stop loving me which would be a catastrophe

What should I do?

Usually, you only get a sponsor if you attend SA (Sexaholics Anonymous) meetings.

I don't know your relatives, but I highly doubt that they would stop loving you. Have you told a rebbi or rav? Have you told anyone?

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