

A Journey Without a Name

Posted by unanumun - 01 Apr 2014 07:34

here goes. after spending all day on the site, i downloaded k9 filter for my laptop. (my office has a filter and my phone has the browser blocked and my wife has the code)

i now signed up for the 90 days. I hope it is not to soon, but I think i can do it. i think that all the support everyone gets and gives around here might be enough.

i have nothing to lose i guess (I really want this to work) and I am feeling very optimistic. and having all my new friends know what is going on with me will probably be great for me.

Does anybody think I am making a mistake and going to fast?

Can there be a downside?

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Re: A Journey Without a Name

Posted by cordnoy - 02 Mar 2017 13:42

Una, did the test work?

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Re: A Journey Without a Name

Posted by unanumun - 02 Mar 2017 15:52

Now that you posted on my thread - yes.

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Re: A Journey Without a Name

Posted by unanumun - 27 Mar 2017 21:43

Today is three years since I joined GYE. It's been a wonderful ride. Thank again to all that contributed along the way.

My my how my life has changed in the last three years.

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Re: A Journey Without a Name

Posted by gibbor120 - 28 Mar 2017 17:25

Una, we are fortunate to have you.

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Re: A Journey Without a Name

Posted by unanumun - 25 Sep 2017 14:27

Still Trucking Along!!

Picking up speed all the time.

Just a quick pit stop to refill on gas.

All the best to everyone out there (wherever the out there might be)

gmar chasima tova

Love,

Una

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Re: A Journey Without a Name

Posted by Markz - 25 Sep 2017 14:37

[unanumun wrote on 25 Sep 2017 14:27:](#)

Still Trucking Along!!

Picking up speed all the time.

Just a quick pit stop to refill on gas.

All the best to everyone out there (wherever the out there might be)

gmar chasima tova

Love,

Una

Shuna Tovah!

Love ??

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Re: A Journey Without a Name

Posted by unanumun - 06 Nov 2019 22:20

Fell Shmell.

Gotta keep on trucking!

(Do they still say those things here?)

I finally decided to come back and fess up. Been a rocky 8 months after almost 4 years of being clean.

Perhaps the accountability of staying clean for 90 days will get me back on track again, I hope (have they started allowing that word here yet?) that by getting through 90 days, I will have moved passed the bad habits that are starting to gain traction again.

Don't have patience yet to write a full post and analyze what happened. Done that too much for the last eight months. Time to just move forward and start again.

I didn't think coming back here would help me for a round two. There won't be any chiddushim to enlighten me, or inspire me. Been there done that.

But I finally decided that i can perhaps gain from some kind of accountability.

Other than that life is great.

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Re: A Journey Without a Name

Posted by Dave M - 07 Nov 2019 01:55

Welcome back. It's always nice when long time members come back to check in. I just flipped through your whole thread. You had quite the journey! It's clear that you are well thought out. Looking forward to reading your future posts. As an aside, I enjoy reading the camaraderie among the chevra that was displayed in your thread.

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Re: A Journey Without a Name

Posted by Snowflake - 07 Nov 2019 19:05

Hey there unanumun,

I have a very similar story to yours too. I'm married with 2 kids. 5 years tahor with 3-5 falls total, then crashed down into the shmutz for months and came back here, thinking what else could I learn. And do you know what? I come here everyday now and almost always learn something new, and if not, I get a lot of chizuk on the chats/forums. I'm in day 3 of the 90 day chart. I think just like you. 90 days isn't some sort of miracle medicine. But it could certainly help me.

I think that, after a long time we start to underestimate our addiction, we let the guard down and it all falls back. Senior members who have been tahor for 7 years or more, don't stop coming here and constantly trying new things.

All I can say is, if you were pure for so long, you can certainly go back to where you were. Like myself too. I'm only in day 3 now.

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Re: A Journey Without a Name

Posted by DiamondWithAFlaw - 18 Nov 2019 16:01

Dear Una,

I just want to say that I'm so so sorry. I cannot fathom how you must feel. I have the utmost respect for you.

I primarily spend my time in the BB section because my marriage is what brought me to GYE. I recently came across your thread there and loved everything you wrote. That brought me to your thread here and the day after I finished this thread I saw your last post. My jaw dropped. I said to myself - holy.... this YH is such a BEAST! (of course I knew that already having been fighting the fight for so many years, but your post brought it to a new level for me)

My first 100+ days have been fairly easy and my marriage is so much better than it ever was, but now I'm shaking.

I recently read a post from Dov where I THINK he said that the 12 steps is the ONLY way to fight addiction. I know people say (and probably will say in response to this) that there are other ways, but maybe they're wrong?

If I recall correctly, I don't think you were into the 12 steps too much. Just wondering what your thoughts are today.

I really hope you're doing OK and my heart and prayers go out to you. You have been an inspiration.

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Re: A Journey Without a Name

Posted by cordnoy - 18 Nov 2019 16:38

[DiamondWithAFlaw wrote on 18 Nov 2019 16:01:](#)

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Godspeed to you, Una and all,

Dov never said that, nor does he think that.

I had a fall as well.

There is a strong y"h, and there is a strong pull towards these things. To some it's a bad habit, to others it's an escape mechanism (also can be habitual), and to others, it may very well be a full scale addiction. Some people need simple distraction tools. Others need a heavy dose of mussar. Some need meetings, books and steps. Others use mindfulness. There is a fear tactic that can also help. Prayer works. Smart recovery is gainin' traction. I have found that the number one most integral step which is needed for almost all people is to open up to someone else in a real manner.

Godspeed to all!

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Re: A Journey Without a Name

Posted by DiamondWithAFlaw - 18 Nov 2019 16:45

Ok, you know him way better than me so I trust you're correct. I should have read that post again before I posted.

Thanks for clarification and thanks for all your posts which have helped me as well.

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Re: A Journey Without a Name

Posted by Dave M - 18 Nov 2019 16:56

[DiamondWithAFlaw wrote on 18 Nov 2019 16:01:](#)

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Interesting that you note this. One of my big takeaways from GYE, is seeing members who were clean for many years have falls, sometime leading c"v to the "black hole". I had naively thought, that once I was on a long clean streak, I was "good to go". This really reinforces the idea that we cannot ever let our guard down. The Y"H is always lurking...

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Re: A Journey Without a Name

Posted by ColinColin - 18 Nov 2019 21:53

No matter how long you have ben clean, take things day by day, every day, for the rest of your life.

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Re: A Journey Without a Name

Posted by sleepy - 21 Nov 2019 17:59

[cordnoy wrote on 18 Nov 2019 16:38:](#)

[DiamondWithAFlaw wrote on 18 Nov 2019 16:01:](#)

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Godspeed to all!

thanks for clarifying that mr c. , before i saw your post i was going to post something

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