

Same me, new life

Posted by mevakeshBT - 13 Sep 2014 10:24

Shalom.

It's good to have joined the site and get a sense of the common struggle. I have been plagued with this addiction from as early as I can remember. I'm into the beginning of my first 90 days now. The challenge of guarding my eyes is the foremost obstacle from my yetzer hara. This is where the front line of the battle is for me. I'm looking forward to growing spiritually and sobriety will definitely help boost that. And growing spiritually will likewise help with my sobriety - it's a win-win, although it may not seem like it in the midst of the struggle. But with struggles is the opportunity for learning and wisdom. Here's to the journey!

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Re: Same me, new life

Posted by dd - 13 Sep 2014 22:35

WELCOME SIMCHA!!!

its not just good you joined its great,

we're all here in the same boat so make yourself at home, the guys are just a amazing bunch so go ahead and get to know them,

KEEP UP THE GOOD WORK!!!

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Re: Same me, new life

Posted by Pidaini - 13 Sep 2014 23:24

Welcome Simcha!!!

It's great that you joined, it really is, it was (and still is) a life changer for me!!

What's the plan? and to help you with that, let me ask you, What have you tried that didn't work?

Keep on Posting!! KOT!!

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Re: Same me, new life

Posted by ineedchizuk - 13 Sep 2014 23:47

Shalom aleichem, Mevakesh!

I relate to much of what you wrote, especially the shmiras einayim part, which to me is clearly the root for all my acting out.

Nice to hear you are on the road to 90. Me too. And ironically, the only way I am able to keep at it, is constantly telling myself that all that matters is today.

I personally have been growing so much since joining the gye community. Here's to hoping you do too.

so make yourself comfortable, and keep sharing!

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Re: Same me, new life

Posted by mevakeshBT - 14 Sep 2014 01:30

Thanks for the welcomes. It's touching. I've found this a massive decision requiring all my resources to start the first days.

I haven't really tried seriously before. But now that I'm moving in the direction of becoming more religious, this is a very good reason to stop. I would like to fulfill more mitzvot but without sobriety I can barely live at all. I'm also around the middle of my life and I'm single and I wouldn't wish anyone to be a part of the places I've been to in the past.

So the plan is meetings and phone calls and reading. I've also started with Modeh Ani in the mornings which is humbling and will be adding the Shema soon. Started a journal too. So very exciting, I hope to never give up and to have faith which with the welcomes I've received looks

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Re: Same me, new life

Posted by cordnoy - 14 Sep 2014 06:17

Welcome Mevakesh/Simchah,

Nice to see you.
more than possible

Lookin' forward to get to know you.

It's a club where we feed off of each other.

we try to inspire and get inspired.

your journey to recovery should be blessed with hatzlachah

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Re: Same me, new life

Posted by dms1234 - 14 Sep 2014 08:00

WELCOME!!!!!!

Forget the struggle and te battle. Just concentrate on today or even better right now.

Check out: [Skep's tips](#)

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Re: Same me, new life

Posted by Bigmoish - 14 Sep 2014 08:47

Welcome!

Nice hearing from you.

Keep it up.

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Re: Same me, new life

Posted by Dr.Watson - 14 Sep 2014 12:50

Welcome!

We're all in this together, Keep on posting!

Make sure to see the 12 suggestions on the [First Time Here page](#).

Also, check out your [Personal Home-page](#). It will guide you through each tool/task that we suggest, one by one, and help you track your progress in recovery.

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Re: Same me, new life

Posted by newaction - 14 Sep 2014 14:18

I join the welcoming for Mevakesh BT . Wishing you lots of Hatzlacha.

i was wondering why some guys like dd and others write to the name of Simcha.

where did they see that info , Thanks.

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Re: Same me, new life

Posted by dd - 14 Sep 2014 14:33

[newaction wrote:](#)

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i was wondering why some guys like dd and others write to the name of Simcha.

where did they see that info , Thanks.

originally mevakesh BT signed simcha at the bottom of his post,

i guess after that he reedited the post and took it out,

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Re: Same me, new life

Posted by AlexEliezer - 14 Sep 2014 21:39

Welcome!

Yasher Koach for taking up the challenge.

Yes, shmiras eynayim is murder for us addicts.

When I first started getting sober, if a girl walked by, I thought I was missing the greatest thing *ever* by not checking her out. The feeling passes in a few seconds, and the victory is ours forever.

I see that you've committed to your "first 90 days."

That worries me a little. The general feeling around here is to take it one day at a time. Just get through today. The days will add up just the same.

Hatzlocha and do keep us posted!

Alex

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Re: Same me, new life

Posted by newaction - 16 Sep 2014 14:04

A Eliezer wrote :

shmiras eynayim is murder for us addicts.

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This is something we had from a very early stage , girls and sexual relations were the most sublime thing on earth. we have to short circuit that idea. girls are human beings. Lusting at them is low and disgusting. looking lustfully at a girl is a despicable act

that brings personal and general destruction . Sexual relations are a means to an end. they are supposed to bond between husband and wife. just like a car is a means to take me from place to place . to make it into an end , " i drive a Cadillac" can make the person sick in his mind . because after i drive it , then what ? whats my life worth ? a cadillac ? to make sexual relations an end its the beginning of lust.

and the end of sanity of the mind.

All of the above was not obvious for me for many years , hence the addiction. thanks Alex E for being open about it.

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Re: Same me, new life

Posted by cordnoy - 16 Sep 2014 15:52

[newaction wrote:](#)

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IT IS NOT LOW AND DISGUSTING'.

IT IS NOT DESPICABLE!

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Re: Same me, new life

Posted by lavi - 16 Sep 2014 16:46

[cordnoy wrote:](#)

[newaction wrote:](#)

A Eliezer wrote :

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IT IS NOT DESPICABLE!

please explain your shout, so we gain more than just an earache

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