

just trying to do the right thing

Posted by iampowerless - 03 Jan 2018 14:43

Hi everyone my story is long and complex, and i'm kinda not in the mood to write it down yet but i probably will at a later time. anyways i just wanted to post i'm 9 days clean so far.....by admitting once and for all i'm an addict, installing a filter on my work computer where most of my falls happened, and most importantly concentrating on today and only today!

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Re: just trying to do the right thing

Posted by MayanHamisgaber - 06 Jan 2018 21:33

One Day At A Time

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Re: just trying to do the right thing

Posted by Hashem Help Me - 07 Jan 2018 01:09

Iam, BH you hit the ground running. You have made good steps in the right direction and obviously have a very healthy attitude and belief that you can break free. Keep on posting. You write honestly and courageously about your challenges. Hashem should help that all your hishtadlus in dealing with past issues help get you yishuv ha'daas and simchas ha'chaim.

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Re: just trying to do the right thing

Posted by iampowerless - 07 Jan 2018 01:09

Hi everyone thanks for the warm welcome You guys are really nice people. btw what does KOMTNMW stand for? Who is ready for part 3 of my story hopefully i'll post it tomorrow! We will get sober ODAAT

Lots of Love Yankel!

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Re: just trying to do the right thing
Posted by Hashem Help Me - 07 Jan 2018 03:57

Everyone is waiting with baited breath..... More important is the newest chapter - the chapter of

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Re: just trying to do the right thing
Posted by Gevura Shebyesod - 07 Jan 2018 05:45

Keep On Monstuh Truckin' No Matter What!
honesty and recovery - which you BH already started the day you made your first post.

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Re: just trying to do the right thing
Posted by iampowerless - 07 Jan 2018 19:37

Hi everyone i have a scary question which is scaring me i see 2 types of people on GYE there are some who quit for really long periods of time some even over 200 days but then they relapse and don't seem to be able to get back up, others once they reach such high numbers they never look back they just keep on climbing to unbelievable numbers how do i make sure to be part of those as opposed to the other ones? it's a really scary thought reaching 200 days and then falling, even though i'm sure god is proud of what he did. Still it's got to be really depressing

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Re: just trying to do the right thing
Posted by 360gye - 07 Jan 2018 20:05

focus on ODAAT- one day at a time

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Re: just trying to do the right thing

Posted by Hashem Help Me - 08 Jan 2018 00:43

Just stay focused on recovery, and as mentioned - one day at a time and iyh you will be fine.

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Re: just trying to do the right thing

Posted by i-man - 08 Jan 2018 02:10

Both situations are great because in both you are growing ,changing,working on yourself,coming closer to G-D ,improving etc.

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Re: just trying to do the right thing

Posted by youcan - 08 Jan 2018 02:36

Find the people you wanna look like & ask them how they did it...

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Re: just trying to do the right thing

Posted by Phill Up - 08 Jan 2018 04:51

I totally understand that you're scared. It feels so devastating, both when you feel like you never stop falling and also when you think you've overcome something only to fall again. I've been in both situations. That being said - don't let fear stop you - "Hashem li lo ee'rah." Always turn to Hashem - He wants you to succeed more than anyone else. Take it one day at a time. Remove possible triggers and stick to a proactive system that will work for you. Keep on posting and connecting. You have the right desire and have so much inherent worth and beauty. We're all rooting for you!!

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Re: just trying to do the right thing

Posted by youcan - 08 Jan 2018 14:21

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Re: just trying to do the right thing

Posted by iampowerless - 08 Jan 2018 16:34

I would rather choose to fall once in every 200 days than twice in every 3 days

Hi everyone you guys are 100% right, the one tool the yetzer hara uses so smartly to get us to fall is fear, fear of failing. just this morning when i woke up i noticed had a wet dream last night (i guess it's a normal thing the body does when you are trying to quit am i correct?? Have other people experienced this as well?) and i felt really scared about myself as though i had failed, even though there is nothing that i can do about having wet dreams. but baruch hashem i was able to tell it was just a tactic by the yetzer hara to get me to fall, and put myself together and

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Re: just trying to do the right thing

Posted by ieeyc - 08 Jan 2018 17:34

i defintly had such experiences ,and if i fell after a wet dream(i almost did) i probably would not have reached being clean for 11 years(although its 10 stupid years of falling after the 11 years)

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stayed clean! which now makes it 2 Clean weeks!