

seeing some bright light!

Posted by altehmirrerr - 27 Dec 2024 05:54

Hello chevrah! ah freilechin wonderful chanukah to all of us fighters!

I just docked in san fracisco, it was a long rocky trip from shanghai, hope to find some steady grounding over here!

Bikitzur i am an old timer/new timer, decided to come back and say hello!!

My journey (which is far from over l'choirah) is unique (like everyones!), and if i find it beneficial i will be posting more!

sorry but i need some sleep it's been quite a journey!! hatzlocha to all!!!!!!!!!!!!!!!!!!!! looking forward to connecting and being honest and open with you all!!

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Re: seeing some bright light!

Posted by altehmirrerr - 10 Jan 2025 04:56

Thank you everyone for your chizuk! it means alot to me!!!!!! i'm not sure what i should post about now, so i guess i'm just checking in at day 22! and bh i am feeling some real hope!

Hatzlocha fuhn der mir!

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Re: seeing some bright light!

Posted by altehmirrerr - 12 Jan 2025 02:42

ah gut voch chevra! 24!!!!!!!!!!!!

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Re: seeing some bright light!

Posted by altehmirrerr - 12 Jan 2025 18:00

Hi chevra! hope your all doing great! woke up today feeling under the weather and it's only getting worse, since i can't function fully i therefor am little off schedule, I therefor have the ability not to feel good about myself, since i'm not acomplishing much, which in the past coul v'e quickly led to thoughts of acting out, which would very quickly become reality, so here i am to share that get it off my chest, and hopefully i'll be ok, i'll be intouch with my guy! bh so far my spirits are high halevai vaiter! hopefully i'll learn/read a little and maybe even try to take the extra time alone to focus on feeling good about my real self! (very important) because hey this is a journey and in the last few weeks there was alot of growth!

kol tuv from der mir!

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Re: seeing some bright light!

Posted by altehmirrerr - 13 Jan 2025 03:26

Hi i would just like to update the oilam that bh the rest of my day was good, took it a little slow (it's so hard for me to not be busy even for half a minute, i know the old jewish machlah.....), and bh did not feel down on myself (even read the english book on the mashgiach, it's good ????

??? ????? ?????), i actually (gasp) enjoyed spending time with family! so it's day 25!!!!!!!!!!!!

Hatzlocha!

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Re: seeing some bright light!

Posted by altehmirrerr - 14 Jan 2025 03:42

Hi, so today was really under the weather/fever, not geshmak and all, but bh i feel happy about myself (even though this altehmirrerr just learned for a short time today), and bh it's not even so hard for me, just a little preperation....., either way cheers for day 26!!!! VICTORY

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Re: seeing some bright light!

Posted by altehmirrerr - 14 Jan 2025 22:24

27!

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Re: seeing some bright light!

Posted by altehmirrerr - 17 Jan 2025 04:07

Hi chevra bh day 29!

The mashgiach ? ????? once muhned ? ????? ????????? (best of grodno maybe ish migrodno can fill us in on that, {but hey he still came to the mir:wink:}) very shtark for not showing up to yeshiva for a week, ? ????? kept on saying he was burning with fever....., after 3 times of this the mashgiach said i heard you the 1st time, i'm just muhning you to make sure that there was no other pneeyos....., oish azah klap azah pachad! i feel like he's talking to me, been out for a while sick!

shoin kol tuv fuhn der heilige mir!

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Re: seeing some bright light!

Posted by altehmirrerr - 19 Jan 2025 02:36

Ah gut voch chevra!!!! **31!!!!!!!!!!!!** celebrated day 30 on shabbos! and although iv'e had 30 days clean before, and iv'e celebrated it in the past....., this time really felt different, I don't know if the oilam could identify but in the past i felt it was beneath me to actually feel good about myself

for being clean, as crazy as it sounds! My mind and gaavah (which manifested because of lack) would tell me that i am so much better then that in my pnim..... whatever, but now bh as i am working through these things, i was able to take a reality check and say hey you alteh choshuveh mirrer, liochor kichlos hokul you were doing pretty bad things..... and as much as that never really defined me, and i am and always was a good person with alot of maalos that also happens to have a very hard time with this struggle....., and can't take care of it alone....., of self worth which also caused lack of connections..... chad gadya chad gadya! but you still gotta accept that this acting out thingy is also you!!!! (sounds simpler then it feels!), and therefor i should feel good about myself that bh i'm clean for 30 days, and i'm working on myself for 30 days!!!! shoin enough with my runon over here, ah gut voch from the mir!

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Re: seeing some bright light!
Posted by eerie - 19 Jan 2025 03:19

Ah! The Ohr of Reb Yerucham's ah talmid! Geshmak!

Friend, there should never be a need to be apologetic for being human. When humans

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Re: seeing some bright light!
Posted by cleanmendy - 19 Jan 2025 14:38

I get so much chizuk from your thread, Also a little comedic relief!

Thank you.

Keep going strong!

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Re: seeing some bright light!
Posted by altehmirrerr - 21 Jan 2025 15:56

Checking in chevra, bh yesterday was day 33!!!!!!!!!!!! hatzlocha from the mir!

accomplish things, they feel good. And you should feel fantastic!

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Re: seeing some bright light!

Posted by altehmirrerr - 22 Jan 2025 04:19

BH day 34!!!!

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Re: Alta Mirrer

Posted by livingagain - 22 Jan 2025 10:31

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Just came across your thread. We have many alter mirers here. Some from bais yisroel, Bensonhurst, and ave r. Welcome to the Chabura

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Re: seeing some bright light!

Posted by altehmirr - 23 Jan 2025 02:17

Hello chevra!!!! i don't know about you amerikanes but the europeisheh winter is very cold! either way bh today is day 35!!!! and i don't even know how to express it but thank you hashem that i am where i am!

The thing that's nagging the mirrer right now is that he feels pretty good and comfortable about himself..... now while of course there is alot to feel good about and to celebrate, but he is also a little nervous about that because he knows that he's not 100% healthy yet, and the feeling of desperation that limaysah helped him and motivated him in the past aint there as strong, now i know it makes alot of sence and is prob. very common but still....., i think i'm gonna have to

Kol hotoiv and hatzlocha raba from der mir!

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