

Back after a Year!

Posted by ChaimChaim - 12 Oct 2015 13:08

I m back on the forum, and would like to stay.

Unfortunately, the reason I am here again is... a fall (not the season!)

No doubt that I am in a MUCH better place than I used to be, but the humility coming from being humbled by my YETzer is palpable.

I can't trust myself even after a LONG clean streak.

I seem to have forgotten about the need to post, even tho' I'm feeling fine. Because when I am not feeling fine, I will have the habit and immediately use the tools here to clean up.

I DID feel myself slippin beforehand, I have little signs...

So - what works for me is to keep posting,

In the past I was a bit disappointed about not getting feedback, so I will write for myself, and anyone else who listens in.

Chazak veEmatz

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Re: Back after a Year!

Posted by ymlgunner - 12 Oct 2015 13:31

Keep on posting!!! Hashem should help you that through the humility you have felt and the

braveness to pick yourself up and post - as opposed to falling into despair c'v - you should merit to continue this battle with ease - and you should succeed and be able to be mechazek others along your journey.

Chazak veEmatz holy brother

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Re: Back after a Year!

Posted by Bigmoish - 12 Oct 2015 13:40

Welcome, gunner!

You have anything of your own that you care to share with us? Perhaps start your own thread. You are among friends.

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Re: Back after a Year!

Posted by lomed - 12 Oct 2015 16:21

Welcome back Chaim,

I feel with your pain. However i have a few questions that may be helpful to discuss, for u and others here on the forum.

1. how long was your recent streak?
2. What have you been doing that helped you stay clean?
3. what happened now that you fell/ (i guess that you wrote already the answer, that you weren't posting here)

Feel free to answer or not answer.

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Re: Back after a Year!

Posted by Mesayin - 12 Oct 2015 16:41

Keep on trucking ChaimChaim.

Don't feel down on yourself for falling, falling is inevitable **especially** in this area.

The challenge is to get back up.

Chazak v'emutz

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Re: Back after a Year!

Posted by Keepclimbing5 - 12 Oct 2015 17:56

Hey thanx for posting:) I realized that even if no one responds at times doesn't mean people aren't reading my post. Keep it going and don't stop posting because someone will always see it.

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Re: Back after a Year!

Posted by Shlomo24 - 12 Oct 2015 20:41

[Keepclimbing5 wrote:](#)

Hey thanx for posting:) I realized that even if no one responds at times doesn't mean people aren't reading my post. Keep it going and don't stop posting because someone will always see it.

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or post because it helps get us outta our heads