

**BACK FROM CAMP**

Posted by Kedusha252 - 29 Aug 2010 22:47

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Dear forum,

I am back from camp and ready to make a clean start. In two months over the summer I fell one time. I have been back a week from camp and just moments ago I had my first fall of the year so I decided to post again. From here on out until next summer I am beginning my journey again and this time I have GYE from the beginning of the year to help me have a great year. So, here I go again starting my first day of the fight for year #10 of astur\*ting and desperately trying to stop!

TrueRatzon!

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**BACK FROM CAMP**

Posted by Elya K - 31 Aug 2010 02:20

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The language we use both for ourselves and others is critically important in sending messages to our subconscious. When you say you had your first fall of the year it makes it sound like you're expecting more and this is just a normal thing that happens because you're back from camp. At camp you were busy, distracted in another way. You get home and you get distracted another way.

The word "try" is a weak word also. It's like "I might." Firstly when you try really hard you're saying you're in control and that's the problem in a nutshell. You need others to help you and be there for you when you're sober and when you're not.

This has nothing to do with camp or falling. It has to do with filling up something lacking in your soul by tuning out emotionally and spiritually. When you figure out what is causing this you will be able to heal. Until that time, wishin' and hopin' will get you nowhere.

I'm proud of your 2 month sobriety, don't get me wrong. I'm simply pointing out what subconsciously you're already telling yourself, setting yourself up to fall again, maybe. In live groups this is where you get help, or on the phone groups where you can realize others are struggling and hear how they are dealing with it.

Elya

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