

hello everybody!

Posted by tehillimzugger - 09 Oct 2011 10:47

Chevra. It took a neila but i'm here now and here to stay!

I'chaim

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Re: hello everybody!

Posted by gibbor120 - 16 Jan 2012 15:25

[Gevura ShebYesod wrote on 16 Jan 2012 15:07:](#)

Don't give up!

G.U.I.T.A.R.!!!!!!!

Is that in the glossary?

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Re: hello everybody!

Posted by Gevura Shebyesod - 16 Jan 2012 15:36

[TehillimZugger wrote on 02 Oct 2011 13:46:](#)

GITAR

Get Up; Into Truck, And ROWUHL!!!! (=roll- rock for me)

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Re: hello everybody!
Posted by tehylimzugger - 16 Jan 2012 15:38

thanx gevura

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Re: hello everybody!
Posted by gibbor120 - 16 Jan 2012 15:44

[Gevura ShebYesod wrote on 16 Jan 2012 15:36:](#)

[TehylimZugger wrote on 02 Oct 2011 13:46:](#)

GITAR

Get Up; Into Truck, And ROWUHL!!!! (=roll- rock for me)

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Re: hello everybody!

Posted by Gevura Shebyesod - 16 Jan 2012 15:57

Here's great place to get one!

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KOMG!!!!

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It's actually a real place, but it's closed now

Re: hello everybody!
Posted by gibbor120 - 16 Jan 2012 17:11

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Re: hello everybody!

Posted by ZemirosShabbos - 16 Jan 2012 17:50

TZ, i feel for you.

Gibbor had a great idea, and i found backup for him in your favorite author:

"You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes."

? A.A. Milne, Winnie-the-Pooh

Doesn't look like a safe neighborhood. I think I will need **guard** to go there

and anudder:

"Friendship," said Christopher Robin, "is a very comforting thing to have."

? A.A. Milne

whatever you do, keep on Getting Up Into Truck And Rowuling along

azoi vee der rebbe zugt, winning means staying in the game

p.s. you have my number

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Re: hello everybody!

Posted by gibbor120 - 16 Jan 2012 18:32

... Until the kids got old enough to read themselves

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Re: hello everybody!

Posted by Gevura Shebyesod - 16 Jan 2012 18:35

A robin is a non-kosher bird, you should change his last name too. Maybe something like Yona Yona..... :D

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Re: hello everybody!

Posted by tehillimzugger - 24 Jan 2012 13:02

and the mess grew bigger every single day

... the mess grew bigger every single day

we couldn't stop its growing...

-Uncle Moishy

I fell again yesterday.

For approximately the last month I've been ~~dealing~~ grappling with a couple of problems/disappointments, the greatest of them has been solved today, and i hope to remain sober from now on.

[famous last words](#)

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Re: hello everybody!

Posted by obormottel - 24 Jan 2012 16:54

Other than being ever-present on GYE, are you working any of the programm? How are you planning on staying sober this time around? Well, get up and KOT!

And wash your hands before going into the kitchen, would you? I wasn't always careful to wash my hands after touchiing myself before touching food, but I'm better now. :-[

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Re: hello everybody!

Posted by tehillimzugger - 24 Jan 2012 17:03

i'm reading the handbooks and trying to talk to real people regularly

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Re: hello everybody!

Posted by ZemirosShabbos - 24 Jan 2012 19:55

[TehillimZugger wrote on 24 Jan 2012 17:03:](#)

talk to real people

that's quite an endorsement

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Re: hello everybody!

Posted by tehillimzugger - 25 Jan 2012 10:24

[ZemirosShabbos wrote on 24 Jan 2012 19:55:](#)

[TehillimZugger wrote on 24 Jan 2012 17:03:](#)

talk to real people

that's quite an endorsement

yes you're real. not just a

charming old bear that's stuffed with fluff,

~~-Christopher Robin~~ -ChaimYonah

but i speak to others too

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Re: hello everybody!

Posted by tehillimzugger - 25 Jan 2012 10:25

[ben durdayah wrote on 07 Feb 2011 18:54:](#)

Had another fall.

But here's what i learnt from it:

After the fall I had a week ago, I didn't really get back onto the GYE tractor-trailer/tricycle.

I started handling my struggles with this addiction like I had been doing for years **without realizing it**.

Yes, I was still here out of isolation, but I guess that just as we can't expect habits that took years to develop to disappear after a month or so of trying to think differently -somehow I was lulled back into the old 'fight the beast yourself with one hand tied behind the back, and earn raffle tickets for a free trip to Never Never Land'.

I forgot that it doesn't work, and I forgot that the program that had helped me in the first 31 day

clean streak **requires** work.

And I really started derhering what Dov posts wherever he gets a chance: Cut out the counting days bit, and focus on today...

And so, the main conclusion which I have reached is that I have to go back to the basics. I don't have the "White Book" (my ISP based filter doesn't let me download it -maybe someone wants to send me it), but when I first started out here I studied the AA Big Book carefully, as well as studying the GYE Handbook and Attitude Handbook. I forgot that I am ill -not a sicko -and I forgot to take my medicine.

Of course the supplemental chizuk and Yiddishe approach to someone in my particular situation is a plus plus plus -it's a part of a holistic approach. But having mistakenly ignored the Recovery materials as a booster after the previous fall -I made the crucial error of treating strep with vitamin C, Sucrets, and Chicken Soup -while ignoring the antibiotics; and a week later the bacteria attacked my whole system -and I fell again.

Another I learnt was not to underestimate the physical effects of the common cold (which I was just about getting over, but I was feeling very battle-worn) on our addictive behavior, as is related in the following post on the GuardYourEyes.org website (here <http://www.guardyoureyes.org/?p=1825>:

Q. I was bedridden for a day with the flu and while I was nauseous, weak and miserable, I had one of the hardest days in terms of wanting to sin that I've had in a while. Everything was a trigger!!! What's going on with me?

A. This is very common. With any addiction, addicts use their "drug of choice" to medicate and sooth themselves whenever they feel uncomfortable with life, whether that be caused by depression, illness, stress, or what we call R.I.D (Restlessness, Irritability and Discontent). That is why when we feel sick we often want to "act-out" even more than usual.

I also noticed that both falls happened Sunday night. Sunday by me is always an "icchy" day -common by many of Acheinu B'nei Yisrael.

So now I realize that Sundays need extra precautions.

Also I made a TaPhSiC b'li neder (yes, *that's right a b'li neder- the thought of making a neder makes me neurotic*), for the next 24 hours -which I plan on renewing every 24 hours at least for the next week -that if chalilah I fall I will have to say Tehillim from cover to cover -word by word - in one sitting (which takes me about 2 1/2 hours). I also "knassed" myself that I would do so today, which I did.

The truth is that Tehillim-zuggen is really a privilege and not a punishment. But for me it serves as a deterrent because of the time involved and the toll it takes on my stamina.

While saying the Tehillim today (I don't cry as easily as I would like to) I really felt like I was getting a lot off of my chest (and I do have a lot to get off of my chest), and surprisingly enough -even after finishing I still felt that I have a lot to get off of my chest. So I might just say some Tehillim even if (and hopefully this will be the case) I don't fall.

May we all be zocheh to share in each others simchas,

Humbled and Humbled,

Elazar ben Durdayah

i definitely feel like him.

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