

New Start

Posted by jda211 - 17 Aug 2009 13:11

I have been basically incognito for a while now. After my fall after 10 days, the Yetzer had a strong grip on me, and I could barely get any streak together at all, let alone 3 days. Finally, going into yesterday, I had 3 days, and things were feeling really good, and I had a fall. But i felt a way I hadn't felt after my other falls. I said I wasn't falling into his trap and giving up, I was going to start over, and quickly. I realized that it had kept me from posting at all, and if there is one common factor among those who have reached 90 days, it is that no matter what level they were at, they were involved in the forums. So i decided I would post right away, first thing this morning, and be involved. I wouldn't wait for 3 days clean, I would be proactive in staying clean, starting day 1. I also realized that I will post things that have helped me, and try and help people, even though I felt stupid doing this earlier. How could I post things that helped me, when I am nothing, and can't stay clean for a few days in a row. But i need to be involved. And Bli Neder i will, and not sit back and wait for the next fall. So today is Day 1, and I look forward to more discussions soon.

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Re: New Start

Posted by Kedusha - 19 Oct 2009 15:15

Welcome back, JD. Have you read the GYE handbooks lately? They may give you the boost you need to continue getting back on track. Hatzlacha!

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Re: New Start

Posted by the.guard - 21 Oct 2009 12:34

Yes, Kedusha is right. An addiction is very difficult to break. We need to use all the tools at our disposal, and you'll find them in the handbooks... And read the chizuk e-mails every day.

Loves the bike moshol! May put it in an e-mail...

Keep up the good work. You may be biking up hill now, but after a while you get over the crest of the hill, and it becomes SMOOTH SAILING - wind in the hair and all :D

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Re: New Start
Posted by kutan - 22 Oct 2009 00:17

JD, Great to hear from you again!

Please keep us informed.

We are interested.... in success or otherwise....

Because posting here makes EVERYTHING a success. It means that we are DEALING with it.

instead of just letting it deal with us, so to speak.

k

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Re: New Start
Posted by jda211 - 22 Oct 2009 15:51

well, unfortunately, i didnt even last the full 5th day. i was clean yesterday, and so far today, and bli neder i am going to make a stronger commitment to the handbooks. i also find that reading windows to the soul daily helps me. i also need to spend more time on the forum, involved with other people. i feel stupid commenting and trying to help other people when i can't seem to get anything right on my own, but maybe it can still be helpful to them. instead of surfing nothings, (since i spend a lot of time on the phone and on hold it happens) i will spend more time reading and posting on the forum. if i am going to be in front of a computer, i need to make it not only something that isn't negative, but make it positive.

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Re: New Start
Posted by 7yipol - 22 Oct 2009 16:34

i need to make it not only something that isn't negative, but make it positive.

Now you are on to something BIG!

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Re: New Start

Posted by kutan - 22 Oct 2009 16:45

[JD wrote on 22 Oct 2009 15:51:](#)

i also need to spend more time on the forum, involved with other people. i feel stupid commenting and trying to help other people when i can't seem to get anything right on my own, but maybe it can still be helpful to them.

You sure can be helpful!

First, you've been clean for a streak of days. And you are onto a new steak.

That means you are succeeding.

So its not perfect yet.

keep working at it, be mechazik others, and you'll amaze yourself!

k

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Re: New Start

Posted by jda211 - 22 Oct 2009 19:12

something pretty amazing just happened to me. i was about to start googling certain things, with my fake innocent thoughts that its not so bad, and all the sudden my internet just completely stopped working. i couldnt click on anything. Hashem said you have asked for help to guard your eyes, I will guard them for you. i still have urges, but that obviously struck me pretty hard.

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Re: New Start

Posted by 7yipol - 22 Oct 2009 19:14

[JD wrote on 22 Oct 2009 19:12:](#)

something pretty amazing just happened to me. i was about to start googling certain things, with my fake innocent thoughts that its not so bad, and all the sudden my internet just completely stopped working. i couldnt click on anything. Hashem said you have asked for help to guard your eyes, I will guard them for you. i still have urges, but that obviously struck me pretty hard.

Wow!

This belongs in the HUGS! thread too.

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Re: New Start

Posted by kutan - 22 Oct 2009 19:36

y'no, this type of stuff has been popping up on the forum pretty frequently lately.

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I'm thinking that maybe Guard used the 10k he raised to commission the Shin Bet to design a computer worm that infiltrates all of GYE computers and causes them to lock up when certain type of stuff is attempted.

hmmm.

kutan

PS: i TOLD you I'm paranoid! :D

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Re: New Start

Posted by jda211 - 29 Oct 2009 15:13

I have been see-sawing unfortunately recently, and i finally have 3 days clean again. the email recently have been especially helpful. i have no great chiddush, i just wanted to get back into the routine of posting. hopefully, Bezras Hashem today will continue properly and i can live each day properly.

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Re: New Start

Posted by 7yipol - 29 Oct 2009 15:33

One day at a time.

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Re: New Start

Posted by the.guard - 29 Oct 2009 22:40

the email recently have been especially helpful

#615? The one about Surrender?

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Re: New Start

Posted by jda211 - 30 Oct 2009 15:56

yes guard, that one happened to have been fantastic (they all have been great though, seriously).

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Re: New Start

Posted by the.guard - 31 Oct 2009 20:14

Thank you! Yes, the technique of "surrender" is very powerful in this struggle. We don't *have to* indulge and we don't *have to* fight. We just **give it up** and surrender it to G-d.

I'm thinking that maybe Guard used the 10k he raised to commission the Shin Bet to design a computer worm that infiltrates all of GYE computers and causes them to lock up when certain type of stuff is attempted.

Kutan, **SHAHHH!**

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