

Rontov Recovery Thread -

Posted by rontov - 15 Mar 2012 03:15

I have been looking for a place to put my thoughts down - I am not particularly clever with computers so it took me a while to figure out how to do this. I have been hanging around this forum for some time - I put the K9 filter on my computer - but it did cause a tremendous amount of slowdown for my server. So i had to remove it - i have not as yet looked at the schmutz - i want a filter though for when the YH rears itself - to prostrate myself I have found to be very helpful in my day.

I had a fall several days ago - my resolve is strong - I will go to a live meeting tomorrow at noon. I have been toying with this idea but not taken action. I acknowledge that I am powerless over my lust addiction. I am at ease at this time - so I will finish this conf. call that i am participating in then i will retire. No running today - every muscle in my body is sore from yesterday.

:o

Baruch Hashem

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Re: Rontov Recovery Thread -

Posted by rontov - 08 Apr 2012 23:30

Thank you so much for your post - well today is another sober day - although i had a mini lust attack this morning - i managed to break free and look to Hashem for his help and cry out - success ! i spent the entire day learning - kept my mind occupied. I have not been to a live meeting in a couple days - I find that personal contact is vital to keeping YH in check with plenty of light of day shining on the thoughts running through myhead. Some times are easier than others.

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Re: Rontov Recovery Thread -

Posted by ImGonnaWin - 11 Apr 2012 21:37

One second, what does hebrew look like here?

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I must surrender - BH - ?? ???? - i will prostrate myself before HIM.

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Re: Rontov Recovery Thread -

Posted by Eye.nonymous - 23 Apr 2012 15:08

[rontov wrote on 23 Apr 2012 03:37:](#)

I must surrender - BH - ?? ???? - i will prostrate myself before HIM.

Just don't act out, and ask HIM to help you not to act out.

And don't wait until just before you're about to act out, either!

That would be a good start.

--Elyah

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Re: Rontov Recovery Thread -

Posted by rontov - 24 Apr 2012 01:34

I went to the live SA meeting - reconnected with the men there. Thank you for your encouraging words - I have had a very refreshing day - without the YH - the meeting - the learning - I am very grateful. I am off to bed sober today. B H

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Re: Rontov Recovery Thread -

Posted by rontov - 25 Apr 2012 22:00

:)another good day !! lots of work - now to eat and retire -

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Re: Rontov Recovery Thread -
Posted by rontov - 10 Mar 2014 10:13

I'm back -

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Re: Rontov Recovery Thread -
Posted by dd - 10 Mar 2014 10:31

welcome back!

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Re: Rontov Recovery Thread -
Posted by yehoshua - 10 Mar 2014 15:59

ASTA LA VISTA BABY (read YH)

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Re: Rontov Recovery Thread -
Posted by Gevura Shebyesod - 10 Mar 2014 17:02

Welcome back Ron!

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Re: Rontov Recovery Thread -

Posted by Pidaini - 11 Mar 2014 10:02

Welcome back!!!

Came back just to say hi, or is there something more to it?

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