Generated: 31 July, 2025, 06:31

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 computors 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 amont 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 participing in then i will retire. No running today - every muscle in my body is sore from yesterday.

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| Baruch Hashem | |
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| Re: Rontov Recovery Thread - | |
| Posted by rontov - 08 Apr 2012 23:30 | |
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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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| Re: Rontov Recovery Thread - Posted by rontov - 16 Apr 2012 13:57 | | |
| I had a fall this past week of all weeks. It is my personal chamatz. I was getting down - i was reading the email that I got from updating the chart and was directed to: Principle #24-30 of the attitude handbook. I must say that it contains the words that I needed to read- i was beginning to loose hope that I can ever tame this YH beast within me. I was ready to go back into the mode of life one on the outside and life two in the inside - just figure out how to live with it. I am regaining the mental wearwithall to begin again - | | |
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| Re: Rontov Recovery Thread - Posted by obormottel - 18 Apr 2012 07:10 | | |
| Winning means staying in the game. Hatzlocho | | |
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| Re: Rontov Recovery Thread - Posted by rontov - 19 Apr 2012 01:54 | | |
| Thank you - indeed - not giving up ! | | |
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| Re: Rontov Recovery Thread - Posted by rontov - 23 Apr 2012 03:37 | | |

| 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 - reconnectted 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 greatful. 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 - | | |

| GYE - Guard Your Eyes Generated: 31 July, 2025, 06:31 | |
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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! | |
| ==== | |
| Re: Rontov Recovery Thread - Posted by yehoshua - 10 Mar 2014 15:59 | |
| ASTA LA VISTA BABY (read YH) | |
| ==== | |
| Re: Rontov Recovery Thread - Posted by Gevura Shebyesod - 10 Mar 2014 1 | 7:02 |
| Welcome back Ron! | |
| ==== | |

GYE - Guard Your Eyes Generated: 31 July, 2025, 06:31 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?