

My journey

Posted by some_guy - 27 Sep 2012 00:08

I am going to try to update my journey every day. Right now I am on day 2. I usually fall around day 3. Hopfully I will come here instead of some other site. Any chizuk or advice is be greatly appreciated. Thank you.

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Re: My journey

Posted by some_guy - 13 Nov 2012 21:16

I am seeing a theropist and taking anti-depressents.

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Re: My journey

Posted by Dov - 13 Nov 2012 22:41

Oh. OK. Sounds good.

Hatzlocha amigo!

If you ever need another layer, there are other things u can use, too.

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Re: My journey

Posted by some_guy - 14 Nov 2012 03:02

I am also going to ride my bike to and from school to get exercise. What else can I do?

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Re: My journy

Posted by Dov - 14 Nov 2012 03:28

Awesome!

I like working the steps and going to meetings with other addicts, having real (not username-based) relationships with other serious (but fun-loving and happy) recovering lust addicts, and praying to my own G-d...the one we call 'Elokai'. You may be doing all those things already in some way. Nu - hatzlocha chabibi!

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Re: My journy

Posted by some_guy - 14 Nov 2012 21:23

Today is day two. I final got my self back on track with a clean day. It took a while because when I fall, I get depressed and when I'm depressed I fall. I hope to come back here tomarrow as happy as I am today.

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Re: My journy

Posted by some_guy - 15 Nov 2012 19:59

Today is day three. I usually fall today so can everyone who looks at this post write something to me. Just saying "Hi" can be a big help for me. I once heard that the third day is the hardest day for smokers who are trying to quit. I guess it is the same for lust.

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Re: My journy

Posted by dont give up - 15 Nov 2012 20:10

hi there!

any ideas how to keep yourself busy?

much success!!

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Re: My journey

Posted by Gevura Shebyesod - 15 Nov 2012 20:22

Hang tight, it gets better.

KOMT!!!

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Re: My journey

Posted by MBJ - 15 Nov 2012 20:50

some guy,

You can do it. Just take it one bit at a time. This is not day three, it is just another day, just another hour to get through.

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Shlishi L'Miloh, like Avraham Avinu

Re: My journey

Posted by some_guy - 15 Nov 2012 20:56

Thanks for the support. I will try to ride my bike to clear my head, if I have to.

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Re: My journey

Posted by Dov - 15 Nov 2012 21:21

Bike rides are the awesomest! Enjoy!

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Re: My journey

Posted by Machshovo Tova - 15 Nov 2012 22:13

[dov wrote on 15 Nov 2012 21:21:](#)

Bike rides are the awesomest! Enjoy!

Yeah.

"Get off the 18-Wheeler and onto a tricycle!"

i.e. Keep it simple.

'Let go and let G-d.'

We're all rooting (and davening) for you.

Hatzlacha bechol yom - erev vavoker vetzohorayim.

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Re: My journy

Posted by yehoshua - 16 Nov 2012 11:52

It's sort of how I understand:

One is too many and a thousand times is not enough

Like we can slip or even fall, but always get up try again, give it your best for this day, maybe just these 15 minutes (that's the thousand times), but never ever quit (the "one is too many").

You know, every day is similar, your mind slips, eyes look, we loose faith, you know - and a thousand times is not enough to go back to what ever works for you (i don't know: a small paper with your special prayer, a 12 steps list, a number you can call, ...). That's what we got to do, just go a thousand times back and back again.

The sky will surely clear and the sun will shine and then we will be able to stand with a sober smile. Just a moment, but it is a great feeling, you know it and we forget all the thousand times we needed to get there. But there it is.

Well, just wanted to say HI!!!

And also this: 15 minutes is huge and 3 days is wasome

All the best to You!!!

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Re: My journy

Posted by some_guy - 16 Nov 2012 19:40

Today is day 4!!!! I did it. I am so excited. Thank you all for the constant support and for caring sincerely. Now that I've reached that goal, should I try to go for a week clean?

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