

My Story - Reallygettingthere

Posted by reallygettingthere - 11 Oct 2012 00:34

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Re: My Story - Reallygettingthere

Posted by cordnoy - 20 Oct 2014 00:48

[reallygettingthere wrote:](#)

I was just doing some legit work related research when a google search showed my that the document that I was looking for was on a Polish website... and it was excerpt that when I clicked download there was some sort or pop up that was an +18 warning in Polish, which was weird because was I was looking for was rated G. The warning didn't look tempting. It was the typical colors for these types of warnings. I was thinking, "what really could be so bad"?

But I didn't try to check

BH

I get that on Romanian sites.

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 20 Oct 2014 20:41

Funny how this addiction thing is so predicable.

(Cue Einstein quote)

I started slipping a few days ago and although I didnt fall, the pattern is here. I haven't posted in nearly two weeks. I am certain that if I don't get imediatley back into the swing of things I will fall. So here I am getting back into the swing of things.

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Re: My Story - Reallygettingthere

Posted by cordnoy - 20 Oct 2014 20:49

[reallygettingthere](#) wrote:

Funny how this addiction thing is so predicable.

(Cue Einstein quote)

I started slipping a few days ago and although I didnt fall, the pattern is here. I haven't posted in nearly two weeks. I am certain that if I don't get imediatley back into the swing of things I will fall. So here I am getting back into the swing of things.

Almost can ditto

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 04 Nov 2014 03:39

I'm posting becasue I can

I think, therefore, I am

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 07 Nov 2014 22:10

Hi chevra,

Im recorind a fall for today.

I wasted 40 minutes of my time lusting.

The pattern I see here is that I do well, I stop posting, then a teeny crack apears in my defenses...

I think I can keep clean from now till I go to sleep

Good shabbos

Love,

Eli

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Re: My Story - Reallygettingthere

Posted by cordnoy - 07 Nov 2014 22:17

just worry about now; not about sleep time.

b'hatzlachah

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Re: My Story - Reallygettingthere
Posted by Dov - 09 Nov 2014 08:04

Dear Eli, i love you too, chaver. Your honesty is the best thing you have got, far better than all the chizzuk in the world. Chizzuk runs out, but honesty is the gift that keeps on giving. Hang on to it and never let go. I have discovered that 'brutal' honesty is often not honesty, at all...real honesty does not need to be brutal. It's as powerful when peaceful, as it is any other way. So your admitting what you did here is a great step, I do the same and it helps me, too. I'd encourage you to do the same with real live people, not just on a faceless and virtual forum, though. Hatzlocha on this path. You have come so far because of getting real w yourself, and 99.9% of the time, the 'getting real with ourselves' that saves us and gets the recovery ball rolling is actually the fruit of our coming out and admitting the simple, unvarnished, explicit truth to another person.

B"H for GYE! It starts people on a great way to live!

- Dov

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Re: My Story - Reallygettingthere
Posted by reallygettingthere - 11 Nov 2014 05:40

Thanks Dov. (funny, I had actually written love)

I fell last night and again today. Not by SA standards but by GYE standards. It hurt to admit it but I'm not going to make believe that everything is fine and it was just a slip.

I did though after the fall have a feeling of yiush and was going to watch a movie trailer that came up (after I watched the trailer for the Minion Movie) but I told myself that those little battles, the ones that I can control, those are the one I need to be extra vigilant about. The big nisyonos - possibly not in my control. The small stuff though I can and must be careful about.

I need to run to maariv (about 5 minutes ago) but I had told myself that I need to post as a critical part of my dealing with my lust.

I am not depressed slightly down but not depressed. I don't think it is PTSD but rather an understanding that I am in a much much better place than I was two years ago (a free fall in bottomless pit... crazy, no?) and with Hashems help (and my committed vigilance) I will continue to grow

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 11 Nov 2014 23:45

Didnt get enough sleep because I was chatting with one of the chevra last night. I felt though that is was a worthy price to pay (assuming that If feel weak today because I'm tired I will reach out for support)

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 12 Nov 2014 05:00

Baruch Hashem today was ok

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Re: My Story - Reallygettingthere

Posted by reallygettingthere - 13 Nov 2014 23:57

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Re: My Story - Reallygettingthere

Posted by Machshovo Tova - 14 Nov 2014 00:39

I have nothing interesting to say but I also have nothing bad to report so... yeah...

[reallygettingthere wrote:](#)

I have nothing interesting to say but I also have nothing bad to report so... yeah...

Nothing bad to report? That's quite a good deed.

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Hatzlacha

MT

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Re: My Story - Reallygettingthere
Posted by reallygettingthere - 15 Nov 2014 00:47

LEICHTER!!!!

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Re: My Story - Reallygettingthere
Posted by reallygettingthere - 17 Nov 2014 22:12

I felt very anxious yesterday.... brain wasn't working... easily distracted... had stuff to do that need my full concentration.

I didn't act out BH

Thank y' Lawdy

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