

90 days now

Posted by gettinghelp - 06 Jan 2009 15:42

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DAY1

Since meeting with my dr. and taking a careful and serious inventory of the past few weeks,i have decided to start my 90 days now,today on a fast day.I now have a sponsor,and know that without support I will continue to fail.I have learned much and know that there is still much to learn and do to get healthy.I realize that shooting for 100% perfection is a pipe dream.I am a human with faults, the difference is that I know that Hashem isn't asking me to be perfect,he is asking me to simply be the real me. have posted here before a saying or rather an idea that someone on GUE sent me.Instead of escaping reality I want to live in reality.That means tearing the walls and barriers I have put up between me and everyone in my life including myself.So once again I will now start a new 90 days.I really don't care if I fall 100 times(I hope not)I will never ever let the y'h take over my life.I will fight,crawl,scratch,do whatever it takes to gain control of my life.No pain no gain

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Re: 90 days now

Posted by the.guard - 04 Feb 2009 20:55

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Listen dear GettingHelp, you should go back and read all your posts on this thread ("90 days now"). You are very inspiring! You definitely have it in you.

There are many great sites out there that can help. One that comes to mind, [sexualcontrol.com](http://sexualcontrol.com). Check it out. But you won't find a Frum site, nor will you find the **group support** like you get on

You should know that the 4 weeks you were just clean will always stay with you. They are the building blocks for your next push, which will take you even further!

You have to know that this is a process. We have to eradicate LUST from our hearts totally. But to do this, we have to WANT to. Believe me, to live without lust at all is truly a freeing experience, but it takes a leap of faith.

Have you considered 12-Step groups? That's the best solution out there for strong addictions and persistent failures...

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Re: 90 days now

Posted by gettinghelp - 04 Feb 2009 22:16

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Well I will just consider this a bump in the road. I feel strong and have the desire. Today is DAY 1!

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Re: 90 days now

Posted by mevakesh - 05 Feb 2009 22:18

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gettinghelp ... you are a tzadik because you are a *kam*.

*Sheva yipol tzadik v'kam*

Wishing you much Hatzlacha!

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