

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....
Posted by laughingman - 15 Nov 2015 12:06

Thank you dovfor teaching me that life itself is a demonstration of G-ds will

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Re: laughingman tries to count to 90.....
Posted by laughingman - 18 Nov 2015 16:27

Me and my wife are no longer intimateperiodwe both have alot of real issues ...it is super hardanyway she is nidea almost always ...and chronically ill

I just focus on helping to raise our children

Its possible alot of thingsbut i pray that the same G-d who watched over me and gave me what i have will see my commitment and shine on all of us the geula

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Re: laughingman tries to count to 90.....
Posted by laughingman - 18 Nov 2015 17:09

In my life i have constantly blamed myself for every negative outcome ...if i even had the slightest hand in turn of events ...i dont know any other way

All i do now is keep thinking back and realizing that worst of all i constantly denied myself any good by stopping providers of good from helping me out of paranoia

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Re: laughingman tries to count to 90.....

Posted by yehoshua - 19 Nov 2015 04:21

I am rarely intimate with my wife too. I love her though. Honestly the intimacy shows only the level of my sobriety - so i treat it like a gift.

Of course, i acted out despite the good intimacy with my wife

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Re: laughingman tries to count to 90.....

Posted by laughingman - 19 Nov 2015 07:21

[9494 wrote:](#)

...Its not too late LM....

What do you mean

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Re: laughingman tries to count to 90.....

Posted by laughingman - 23 Nov 2015 03:51

I suffer daily from bouts of extreme depression ...and self loathingsome have said that maybe that is my real addictionits simply that i realizemostly too late ...

what i am supposed to do.in a given situation ...especially in situations involving escalating emotions which i dont usually deal with well ...or at least i didntnow im sorta dead inside ..i see no real hope for myselfi kinda only go on cause suicide is forbidden and i love my childrenand they really still need my help

....but how long can that lastanyway what am i worried aboutwith all the craziness going onif it keeps at this pacedeath is a bad bus ride away....G-d forbid

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Re: laughingman tries to count to 90.....
Posted by the.guard - 23 Nov 2015 10:50

This sounds serious. Please be evaluated by a psychiatrist for depression. They say that 1 in 5 people suffer today from depression. Why should you suffer needlessly? I have seen so many people helped with some simple medications (will almost no side effects). It had a drastic effect on them and the depression disappeared! It's just a chemical imbalance in the brain. Make sure to take care of this ASAP. Depression is horrible!!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 24 Nov 2015 07:03

Good advice ...though i have alot of trouble following through on anything not family related nowadays

I kinda just get bouts of mood swingsI might have bipolar plushavent found a solid therapist in years ...

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Re: laughingman tries to count to 90.....
Posted by laughingman - 24 Dec 2015 16:01

I dont know what to do or sayi just come here to vent and whine now

But i am being of service to my familyand asking Hashem to take away selfishnessand selfcentered feelingsi dont know if my marriage can be saved

I pray that Hashem do what he will with me with mercybecause my problems stem from an illnessmaybe not addictionbut somethingis inherently wrong with meim not a bad guyi am sad that i have caused family members including my wife paini also pray that i am given the opportunity and strength to make amends to those i hurteven unintentionally

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Re: laughingman tries to count to 90.....

Posted by cordnoy - 24 Dec 2015 20:42

And please insert into those prayers how grateful you are to God for giving you the opportunity to take care of your wife for so long, and that she and the family are constantly on your mind, and your primary focus in life is to provide for them, and although you may have stumbled from time to time, that does not diminish your efforts and your deeds and your progress.

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Re: laughingman tries to count to 90.....

Posted by Break Addiction - 27 Dec 2015 11:12

[Dov wrote:](#)

[Break Addiction wrote:](#)

Fell last night.

Shlomo24 is right, you fell right into G-d's hands.

Can I ask please, what happened w the TaPhsic tactic u were using till now? Thanks for sharing your experience, bro

- Dov

Hi Dov,

Wasn't here for a while....

The Taphsic method was broken and I had to pay the price in full because of falling without doing the small things to keep me back, but never made one again, afraid that I'll have to pay it again.

I hope one day I'll decide otherwise, in the meantime I'm really struggling to get back up on my

Never thought anything can be this hard!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Today I fell again which brought me back here.

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Re: laughingman tries to count to 90.....

Posted by markz - 27 Dec 2015 12:05

[Break Addiction wrote:](#)

[Dov wrote:](#)

feet.

[Break Addiction wrote:](#)

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Care to come back here on days you're doing well too?

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Re: laughingman tries to count to 90.....
Posted by Break Addiction - 27 Dec 2015 18:57

The problem is on the days I'm not doing well that's when I lack the coming here.

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Re: laughingman tries to count to 90.....

Posted by markz - 27 Dec 2015 19:38

[Break Addiction wrote:](#)

The problem is on the days I'm not doing well that's when I lack the coming here.
i meant as in posting when things are going good. Seems you've been here a few weeks

How about starting your own thread share your story as we all did, and we can truck together

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