

My Own Trail

Posted by ???? ???? - 23 Apr 2013 23:55

Here I'm With 14 Days. after having gotten to 83 I had no menucha. fall after fall. perhaps this is my longest clean days ever since.

will try to update on regular basis be'ezras hashem. "JUST FOR TODAY"

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Re: My Own Trail

Posted by ???? ???? - 14 Aug 2013 00:26

the heibishter did for me what i can't do for myself.

after a month of agmas nefesh & thinking how was i so naive to put myself into this trap where i didn't believe to hear hi, talking to my wife like this, my wife approached me & told me she doesn't understand why this therapist tells her to separate from me. b"h she is back! (she never left the house, just my bed)

the only thing is when she realized this mistake she became N. (miscarage in the 6-8th week) so we waiting to start counting & go to M.

meanwhile to stay current today is ? ?????. & i relap. will this be finally the last time?

i'm going out of my mind. last week thursday i had 5 times M. I had since then 4 quite days & today... b"h.. only once...

very disappointing!

I hope to start with normal therapist soon (not one that will have my wife deal with my problem...) & get the garbage out so there is no need to act out again

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Re: My Own Trail

Posted by ???? ???? - 15 Aug 2013 23:16

thank you hashem for another non-acting out day. I have all the reasons to act out. empty office, tired, some work I try to escape, etc. so at last i escaped to this place. better off.

B"H I was finally able to scheduale a long overdue meeting with a terapist. looking foward. althou I cannot be mochel myself for not doing it 20 years ago. & than i would have gotten married healthy (may not completely healthy. but at least healthier).

"TO EXCEPT THE THINGS I CANNOT CHANGE!"

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Re: My Own Trail

Posted by ???? ???? - 15 Aug 2013 23:21

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"TO EXCEPT THE THINGS I CANNOT CHANGE!"

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Re: My Own Trail

Posted by ZemirosShabbos - 16 Aug 2013 00:39

kol hakavod!

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Re: My Own Trail

Posted by ???? ???? - 16 Aug 2013 18:41

yasher koach. it's mamesh "me'ayn Olam Habo" to read your chizukim & remember the zmiros shabos.

today i'm davening to be zoche for the 3rd clean sober day

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Re: My Own Trail

Posted by SIB101854 - 16 Aug 2013 20:42

Keep up the fight! I have also been clean since Motzaei Shabbos Nachamu and find that the only approach that works for me is looking at each day as a part of a struggle in a long war, and that when I look backwards, my inner strength and confidence just collapses.

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Re: My Own Trail

Posted by ???? ???? - 21 Aug 2013 00:03

B"H I went to the therapist for the first time yesterday it was good & painful! yes, good! & yes, Painful! she gave me some homework to do some tapes to listen some books to buy (& read, of course) i need to get over this pain NOT with acting out & NOT with using my wife.

it was (& stil) painful to understand that i'm in bigger trouble that i thought. that (i can't write, my heart is bitting from thinking) I CAN'T WRIT IT NOW! but the pain is there! IT CAN'T BE! IT'S IMPOSSIBLE! NO IS NOT TRUE! what do i do with this info?! i do i deal with this? when i came home i told my wife maybe i should wait with the next appointment till she comes back from the

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Re: My Own Trail

Posted by ???? ???? - 26 Aug 2013 21:45

i must have had a painful dream last night which was too painful to remember. i do remember having a dream. not the whole dream i remember. i remember the end which got me wet. & I was going crazy there after. remind me of nevuchadnetzer calling all his philosophers to remind him what was the dream as he already forgot...

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Re: My Own Trail

Posted by ???? ???? - 27 Aug 2013 19:34

our house was (& still) one big mess. no supers. no clean cloth. my wife was struggling to put herself together. sometimes she cooked a pot of macaroni for supper. divided to our family, each one get one plate & that is that. of course the children were hungry. some times - pizza pie! the shirt I wore on sunday NEEDED to be changed on WEDNESDAY! credit cards bills piled up. all to their max! my wife's rock-bottom was when she realized how bad MY situation was. that was it! she started doing for help. S-ANON! & that was it for me! I hit MY rock bottom! my wife needs help? she need to groups because of ME?! I MUST GET MY HELP!

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Re: My Own Trail

Posted by ???? ???? - 09 Sep 2013 18:05

HELP!!

on the other hand I'm lucky to be able to go thru the pain for 27 day!

Re: My Own Trail

Posted by Dr.Watson - 09 Sep 2013 18:08

Mazal tov!!! Please have a lechaim and be happy for such an excellent result. 27 days is an awesome achievement, well done! iy"H bischar zeh Hashem will help you do even better next time.

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