

My log and feelings.

Posted by thetest - 19 Aug 2014 01:54

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Hi all. So I fell today after 3 weeks clean. I feel down, but I've read enough to know that I have to keep my head up, because there is another day tomorrow, and because the Y"H feeds off of remorse and pity.

I try to learn a little bit everyday, and I slacked off this weak. I wasn't giving my best to connect with Hashem, and I put myself in some bad situations.

I've been trying to keep clean for a long time. I'm pushing forward and making strides. So far I haven't been able to hold back for extended periods/completely. We all know Albert Einstein's definition of insanity, and so after I fell today I thought it was time to start something new. I've never posted, I've been pushing it off too long.

The first thing I did after I fell was go straight to the Mishna I'm learning and just sit and learn. The second is this post.

I don't know how it will go. Just wanted to get my thoughts out there.

Thanks and Hatzlocha.

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Re: My log and feelings.

Posted by cordnoy - 08 Feb 2015 21:56

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great stuff

perhaps one word can be thought about: you feel good bein' in "control."

Are we really?

b'hatzlachah

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Re: My log and feelings.

Posted by thetest - 09 Feb 2015 03:41

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Live meetings? I don't know, I've never looked into it. What kind are they, and how do I found out if they have in my area?

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Re: My log and feelings.

Posted by thetest - 09 Feb 2015 03:41

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[Shmeichel wrote:](#)

wow great achievement keep it up

by the way, why not try going to meetings?

Live meetings? I don't know, I've never looked into it. What kind are they, and how do I found out if they have in my area?

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Re: My log and feelings.

Posted by thetest - 09 Feb 2015 03:46

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[cordnoy wrote:](#)

great stuff

perhaps one word can be thought about: you fell good bein' in "control."

Are we really?

b'hatzlachah

Certainly not. And I thank you for mentioning this. I suppose that I meant I feel on the right path, as if I am doing Hashem's avodah correctly and the feeling associated with this was one of clarity. My actions brought me clarity and reality, that's perhaps what I should say.

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Re: My log and feelings.

Posted by yiraishamaim - 09 Feb 2015 04:56

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You have had strong runs so you know you can succeed for significant periods. Therefore you have the understanding that this challenge that you have is beatable. I applaud you for your strength to get right back up. After a fall is the best time for sincere Tefillah. Also you must make changes. Think of your triggers and protect yourself accordingly. Think like a winner. FAILURE IS SIMPLY NOT AN OPTION!

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Re: My log and feelings.

Posted by thetest - 10 Feb 2015 02:34

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Hi all. Just checking in. All is well BH.

I sensed a trigger today and was able to cut it off BH. I got some mediocre news and I just really wanted to lay back and not do my work. I realized that this was the YH trying to get me down. I quickly reminded myself that everything is in the hands of Hashem and I pushed myself to smile and say BH, I know it will work out if it's meant to. Anyways, my piece for today.

Thanks all.

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Re: My log and feelings.

Posted by thetest - 12 Feb 2015 08:06

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Writing in for today. Doing well BH.

Trucking along.

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Re: My log and feelings.

Posted by thetest - 17 Feb 2015 18:12

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Doing well BH. Its getting tough today. Made it through the long weekend but I'm struggling to hold back. Got to keep focus and pray to H.

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Re: My log and feelings.

Posted by cordnoy - 17 Feb 2015 18:17

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Good to hear.

Stay strong.

did you ever find out about meetin's?

b'hatzlachah

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Re: My log and feelings.

Posted by thetest - 20 Feb 2015 00:23

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Hi cordnoy.

Thanks for the reply. I looked into the meetings. There are none local here. I'm considering phone options. I may start with a shmiras eynayim phone conference.

I'll keep posted hopefully!

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Re: My log and feelings.

Posted by cordnoy - 20 Feb 2015 10:46

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thank you

you can email some of the people here.

most communities do have meetin's.

I didn't like my local options and travelled close to an hour to one that worked for me.

b'hatzlachah

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Re: My log and feelings.

Posted by thetest - 24 Feb 2015 22:42

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Checking in.

Hope all is well.

Looking forward to Purim. Looking forward to Adar.

This can be a good month and on.

Wish everyone the best.

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Re: My log and feelings.

Posted by Shmeichel - 25 Feb 2015 16:37

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amen

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Re: My log and feelings.

Posted by moshe220 - 26 Feb 2015 14:42

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Hi Test,

Keep it up. Nothing ever goes up all the time. It's about bouncing back once you get down. And you're doing that! You're an inspiration! Thanks for inspiring me today. Good luck!

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