

Lomed's Thread

Posted by lomed - 25 Feb 2015 16:44

I am starting the 90 days. I hope to be bezras hashem this year in miron for lag beomer. although I don't feel much will power now to overcome this struggle, I decided to start a 90 day journey to try to get clean. I will need much chizuk. but even one day is worth. I hope in zchus of the rashb"ee I will get closer to become clean.

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Re: Lomed's Thread

Posted by Shlomo24 - 10 Nov 2015 18:47

WOW! i went to an addiction therapist who said the same thing. so what are you going to do with that knowledge?

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Re: Lomed's Thread

Posted by lomed - 10 Nov 2015 19:28

[Shlomo24 wrote:](#)

WOW! i went to an addiction therapist who said the same thing. so what are you going to do with that knowledge?

Well as he said, I will keep doing what I did untill now. I am now searching for a therapist, and maybe I will go for therapy to this therapist.

will see be"h

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Re: Lomed's Thread

Posted by markz - 20 Dec 2015 20:29

[lomed wrote:](#)

Hi and welcome.

I relate to you what you wrote about going to sleep with masturbation. I have been going to sleep with it almost every day. As a matter of fact, even when was really tired,i used to force myself to stay up and masturbate. I am not sure about your anxiety issue that you mentioned. However keep it here. you are in a place where many of us here the same or similar struggles. We help ourselves and others.

Hatzlacha

My friend

Do you mean this is what you used to do? Or is this your current situation that M is still a regular tradition?

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Re: Lomed's Thread

Posted by lomed - 21 Dec 2015 21:34

[markz wrote:](#)

[lomed wrote:](#)

Hi and welcome.

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However keep it here. you are in a place where many of us here the same or similar struggles.
We help ourselves and others.

Hatzlacha
My friend

Do you mean this is what you used to do? Or is this your current situation that M is still a regular tradition?

i used to do it, And can do it at any given day. Hoping to stay sober today.

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Re: Lomed's Thread
Posted by markz - 21 Dec 2015 21:42

You wrote "I have been..."

Which in simple English means I have recently been

So thanks for clarifying

KOT!!

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Re: Lomed's Thread
Posted by lomed - 27 Jan 2016 22:31

hi all chevra,

I have not updated my thread for a long time. BH i am clean for 336 days, and counting one day at a time. there is a big turn in terms of my recovery that I would like to share with you. I started going to SA meetings this week Sunday.

What Happened?

Well, as I wrote I am seeing a therapist. I will try to make it short. Till a year ago I was the happiest person in the world. just one little problem of sex issues, and thats it. At least that is what i thought. However that was not the true facts. I have many issues that i buried with porn and masturbation. once the drug was taken away, i cannot go on with life. life is tough the last year, although I am gratefull to be clean for so long.

After going for therapy a few times, my therapist told me, that if I really want to get helped I need to go to SA meetings. To be honest I felt the same before that, but was confirmed by my therapist. This week is tough on me, as starting to face real people is not an easy thing. However I got to meet many real nice and supportive people. The pain of opening up to others is very tough, and even more my wife is taking it very hard, which is making things tough at home.

I thank Hashem for bringing me to GYE and getting me clean, I thank him for giving me the courage to walk in to a meeting in my own town, where i got to meet people that i know. i pray for his help to get me to recovery from this mess.

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Re: Lomed's Thread

Posted by markz - 27 Jan 2016 23:00

You're a great truck to follow, and another major badge on your success story in the making, and I added you a Karma (why can't I give 10 in 1 shot ????????????)

Now, Lomed

I don't know you AT ALL, but I have a great imagination and since I think it may help others I take leisure to write as follows

According to what I gathered from reading your posts, you're a chassidishe yid, so

In other words - you're joining a SA Group in Williamsburg / Bnei Brak / Monroe or somewhere in between.

Now here's someone interested in real trucking upgrades!!!

Lomed - Whenever you need an avatar Trucking image I'll be glad to offer one for you

Warning: Spoiler!

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Re: Lomed's Thread

Posted by markz - 27 Jan 2016 23:08

You're a great truck to follow, and another major badge on your success story in the making, and I added you a Karma (why can't I give 10 in 1 shot ????????????)

Now, Lomed

I don't know you AT ALL, but I have a great imagination and since I think it may help others I take leisure to write as follows

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Whenever you need an avatar Trucking image I'll be glad to offer one for you

Warning: Spoiler!

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Re: Lomed's Thread

Posted by lomed - 27 Jan 2016 23:14

[markz wrote:](#)

You're a great truck to follow, and another major badge on your success story in the making, and I added you a Karma (why can't I give 10 in 1 shot ??????????????)

Now, Lomed

I don't know you AT ALL, but I have a great imagination and since I think it may help others I take leisure to write as follows

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In other words - you're joining a SA Group in Williamsburg / Bnei Brak / Monroe or somewhere in between.

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Warning: Spoiler!

non of the above. but Yes i am Chasidish and attended 2 painful meetings in my city where i met 7 people that i know from before! OUCH. But the group as a whole was very welcoming including those that i know from before..

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Re: Lomed's Thread

Posted by Shlomo24 - 28 Jan 2016 01:12

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Re: Lomed's Thread

Posted by markz - 28 Jan 2016 01:13

[Shlomo24 wrote:](#)

Welcome to the dark side

Did you have to

Warning: Spoiler!

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Re: Lomed's Thread

Posted by cordnoy - 28 Jan 2016 01:22

Lomed

Sorry to hear

Great to hear

Iyh it should help you deal with all the stuff.

B'hatzlachah

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Re: Lomed's Thread

Posted by lomed - 25 Feb 2016 18:52

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I would like to take a moment and share the gratitude that I have today, reaching A full year of sobriety. I thank Hashem that after 17 years of acting out, He took me and gracefully brought to

this point. This accomplishment is a thing that I would swear you a year ago that it will never happen. However Hashem has had ?????? on me and helped get here.

?? ??? ?????? ?????? ??? ?????? ??????, you have helped me so much to get here, I ask from you please, if I may, ??? ?????? ?????, please dont leave me alone. i cant do this in my own, hashem help me stay sober one day at a time, and help me heal from all my difficulties ad to be able to accept what I cannot change ant to live the life the way you hashem wants for me.

At this time it is understood to thank a few friends especially Dov and Belmont. Without you I would never have succeeded, you were a Shaliach from Hashem to be at my side. The same goes to all members that I have had contact here. May Hashem grant us all true sobriety and recovery, may we all heal from this and live up to what hashem wants for us.

Last but not least I want to extend my thanks to the Guard your eyes organization. Yes I owe you my life.

Thank you

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Re: Lomed's Thread

Posted by Gevura Shebyesod - 25 Feb 2016 19:05

KUTGW!!!

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