

We're gonna do this!

Posted by iwant2begood - 27 Dec 2015 21:32

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I'm a yeshiva bochur struggling with lust for the past 7 years first it started off with small stuff then like all addictions it progressed I can't explain what an effect it had on my life I was shattered and depressed inside I wished someday that I didn't exist and the hardest part was that I had no one to share it with I had many times a clean streak but then relapsed often getting even deeper in the addiction I saw no way out i joined the 90 journey 11 days ago and bh since then still clean I need chizzuk and support but I'm sure I'm gonna succeed with hashems help habu ltaher mesiemen osoi

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Re: We're gonna do this!

Posted by iwant2begood - 04 Jan 2016 20:36

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Today is day 19 bh I'm still clean . Today isn't from the easier days but bh I'm managing. Is there any idea to take away the depression and stress that the withdrawal of the addiction causes?

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Re: We're gonna do this!

Posted by Shlomo24 - 04 Jan 2016 20:59

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I found my serenity through god and taking care of myself. Letting myself enjoy life a little. I treat myself.

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Re: We're gonna do this!

Posted by markz - 05 Jan 2016 00:12

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[iwant2begood wrote:](#)

Today is day 19 bh I'm still clean . Today isn't from the easier days but bh I'm managing. Is there any idea to take away the depression and stress that the withdrawal of the addiction

causes?

For myself I'd ask the question farkert, and there's a small chance you'd want to too

*Is there any idea to take away the depression and stress that the caused the addiction*

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Re: We're gonna do this!

Posted by BenTorah.BaalHabayis - 05 Jan 2016 04:23

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[iwant2begood wrote:](#)

Today is day 19 bh I'm still clean . Today isn't from the easier days but bh I'm managing. Is there any idea to take away the depression and stress that the withdrawal of the addiction causes?

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Re: We're gonna do this!

Posted by Josephsbrother - 05 Jan 2016 14:09

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[BenTorah.BaalHabayis wrote:](#)

[iwant2begood wrote:](#)

Today is day 19 bh I'm still clean . Today isn't from the easier days but bh I'm managing. Is there any idea to take away the depression and stress that the withdrawal of the addiction causes?

Bring a gift to family so they know you love them, find a needy soul in community, help them, I love doing good mischief where ever, whenever I can. I love Solomon life spirit, and the half of it has not been told. I like gathering cans and use the blessing to encourage youth to a life of righteousness. I love to work freely for the aged, but their story I can never give enough for. I love to give at my landscaping jobs more than what I am paid for, set extra seeds of flowers out, and then let the customer see flowers they like growing they had not requested I planted, but I knew it was in their hopes for we discussed their hopes, for their future yard. Ask all in the family theirs hopes, and there will be others, at least one other in your neighborhoods who hope you heard of, and you helped filled it. A desire fulfilled is a tree of life, we need no more the spilling of seed, we can fill the seed of hope, be a blessing, we can make it secret to, yet close enough, we can hear of the joy of hope fulfilled. Let us be a hand of DNA, on the land of earth, to heal the earth, to give again to man an ear to hear, of heart and soul, bless be our Family of Abraham, to bless all nations, bless Eternal Father for call us to love in deed secret and open!

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Re: We're gonna do this!

Posted by iwant2begood - 05 Jan 2016 17:06

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Thank you for the beautiful suggestions I'm gonna try to implement them in my life! Today is day 20 bh still clean . I'm having very strong urges need some chizzuk.

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Re: We're gonna do this!

Posted by Josephsbrother - 06 Jan 2016 05:16

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[iwant2begood wrote:](#)

Thank you for the beautiful suggestions I'm gonna try to implement them in my life! Today is day 20 bh still clean . I'm having very strong urges need some chizzuk.

With the real strong ones, I find a real quiet place, and be still in your Infinite One, and you shall know you Elohim, Ps.46:10, I have never lost a battle in this verse, I hope in the power of infinite, I breath slow deep breathes, I drink two cups of the freshes water available, actually I drink more, but I do not want your efforts to overwhelm you. Then no matter how tough I wait it out, my mind simple keeps my weak hand in the Almightyes. I do not let our One go, until He blesses me, sometimes I feel as if I am above the ground, flying, but He does let me fall, when I

keep my hand in His. It may last over an hour, yet when it ends the urges have ceased, and each time I know again I have an infinite Friend.

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Re: We're gonna do this!

Posted by Josephsbrother - 06 Jan 2016 05:26

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What is the meaning of chizzuk? Please help me understand Hebrew.

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Re: We're gonna do this!

Posted by Workingguy - 06 Jan 2016 05:33

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Chizzuk means support or strengthening. Peace unto you Joseph'sbrother-are you a Yehudi?

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Re: We're gonna do this!

Posted by Josephsbrother - 06 Jan 2016 12:49

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[Workingguy wrote:](#)

Chizzuk means support or strengthening. Peace unto you Joseph'sbrother-are you a Yehudi?

I am a son of Adam, and placed by Elohim as of many nations, to be of Noah, I am a right hand link between Yehudi and any who wish of HaShem to be blessed with Israel, mine is to be a helping hand to any who goal is to have abundance by Sublime relationship, may you be prosperous. ??

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Re: We're gonna do this!

Posted by Workingguy - 06 Jan 2016 14:26

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[Josephsbrother wrote:](#)

[Workingguy wrote:](#)

Chizzuk means support or strengthening. Peace unto you Joseph'sbrother-are you a Yehudi?

I am a son of Adam, and placed by Elohim as of many nations, to be of Noah, I am a right hand link between Yehudi and any who wish of HaShem to be blessed with Israel, mine is to be a helping hand to any who goal is to have abundance by Sublime relationship, may you be prosperous. ??

And may you be prosperous and blessed as well!!

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Re: We're gonna do this!

Posted by iwant2begood - 06 Jan 2016 15:15

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Wow can't believe it's been 3 full weeks that I'm clean!!! Today and yesterday were prob. My 2 hardest days since I started but thanx to you guys I stayed clean. I call the first 3 weeks the "the 3 weeks of hell" for after that it becomes much easier! good luck were gonna do this!!!!

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Re: We're gonna do this!

Posted by gibbor120 - 06 Jan 2016 20:32

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[iwant2begood wrote:](#)

Today is day 19 bh I'm still clean . Today isn't from the easier days but bh I'm managing. Is there any idea to take away the depression and stress that the withdrawal of the addiction causes?

Try to be busy with positive things, especially things that help others, or are done with others. Not in isolation.

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Re: We're gonna do this!

Posted by iwant2begood - 06 Jan 2016 22:54

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You have a point because I'm very busy with myself these days not interested in friends or anything other than myself

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