

Hi

Posted by Strength365 - 25 Feb 2016 10:02

Hi,

I'm new.

Nervous.

Motivated.

Need Help.

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Re: Hi

Posted by doingtshuva - 04 Mar 2016 00:32

I'm not sure if that is what Yesod meant to say.

For me the day after I fall is usually a good day and an easy day, only after being some time sober then it starts getting hard to fight.

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Re: Hi

Posted by Strength365 - 04 Mar 2016 10:16

Hi

your always so cute,

Day 10, I'm feeling good, I love the time I have now!

Have a great shabbos everyone.

For me the hardest day of the week is Motzoi shabbos i've got through one so far, i'm preparing my self for the next.

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Re: Hi

Posted by Yesod - 04 Mar 2016 14:21

[doingtshuva wrote on 04 Mar 2016 00:32:](#)

I'm not sure if that is what Yesod meant to say.

For me the day after I fall is usually a good day and an easy day, only after being some time sober then it starts getting hard to fight.

What kind of

(clarity, focus, determination, commitment) **HONESTY** and **HUMILITY** do we have on day #1

listen to Dov talk, you'd think he just had a horrible fall last week

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Re: Hi
Posted by Strength365 - 16 Mar 2016 16:52

Wow, I almost lost myself, rushed straight here, phew!!!!!!!

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Re: Hi
Posted by markz - 16 Mar 2016 17:11

And now?

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Re: Hi
Posted by Yesod - 17 Mar 2016 02:08

[Strength365 wrote on 16 Mar 2016 16:52:](#)

Wow, I almost lost myself, rushed straight here, phew!!!!!!!

Good going, hope it worked out well for you

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Re: Hi

Posted by Strength365 - 18 Mar 2016 10:57

[markz wrote on 16 Mar 2016 17:11:](#)

And now?

I'm Boruch Hashem still going, I don't know what it is about this that helps me but thanks everyone somehow i'm still going, just rushing on to here helps.

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Re: Hi

Posted by Yesod - 18 Mar 2016 22:21

Come often

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Re: Hi

Posted by Strength365 - 15 Apr 2016 15:03

What should I do?

I have looked at pictures online.

I have **not** done shichvas zera levatala and the pictures were naked but not the worst(meaning posing naked) should i start the count again?

I'm worried if i start again that i may completely collapse but if i don't maybe it doesn't mean anything anymore and i will collapse?

I'm so annoyed with myself

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Re: Hi
Posted by markz - 15 Apr 2016 15:21

Sorry to hear

Maybe ignore the count for now and try a different tool

FSJKOMT!!

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Re: Hi
Posted by inastruggle - 15 Apr 2016 17:48

A long time ago I was in a similar situation. I asked some people what to do. The advice I took was from Skeptical. He told me that the count is only a tool. If I think that it'll hurt me to start over then I should not count it as a fall. Maybe as a big slip.

After that I was clean for close to a year. I think if I would've counted it as a fall I would've fell again.

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Re: Hi
Posted by Yesod - 19 Apr 2016 04:45

Yeah i agree, just a massive slip.

Like ice skating on the edge of a cliff

Please don't do it again.

Now be a little more active here pal, dont disappear like some other fellas here that think a little stuff going on at home warrants a prolonged absence.

Rock on my niggun.

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Re: Hi
Posted by inastruggle - 19 Apr 2016 05:53

Rock on my niggun.

I literally LOL'd

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Re: Hi
Posted by Aryeh821 - 19 Apr 2016 15:42

[inastruggle wrote:](#)

A long time ago I was in a similar situation. I asked some people what to do. The advice I took was from Skeptical. He told me that the count is only a tool. If I think that it'll hurt me to start over then I should not count it as a fall. Maybe as a big slip.

After that I was clean for close to a year. I think if I would've counted it as a fall I would've fell again.

I head that side but when That happened to me I felt like if i didn't put it as a fall I was lying to myself and would not be drinking honestea And we know how important that is

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