

Ups and Downs

Posted by MemberJ - 13 Apr 2016 15:27

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Hi,

I'm new here and I would like to thank everyone for sharing their experience, Its a big chizuk for me. I didn't believe that there are so many people going through this struggle with so many similar details.

One of the great things why this site is working so good for me is that if I have to take a break from work or just need to air out, there is so much what to do here to keep me busy for hours without going to porn or other stress reducing places.

I just reached 14 days clean/Level 4. I am happy that I was able to stay clean so long, but I feel that not acting out makes me feel down, and I feel I need chizuk to make it until 90 days.

Thanks!

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Re: Ups and Downs

Posted by markz - 13 Apr 2016 15:48

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Hey!

you say you not going to other stress reducing places

So maybe you wanna join Shlomo24's [Stressful 12 step program](#)

**Step#1**

if some people are on step 2, and there's no way up, give them a shove. It's a sure way to get

attention and keep us on the program endlessly

BARUCK HASHEM

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Re: Ups and Downs

Posted by mr.clean - 13 Apr 2016 15:54

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Congrats! And don't worry, the first few weeks are very tough. Ups and downs emotionally, anxiety, restlessnes and much more. Don't be scared, it classic withdrawal. Don't give in! No matter how bad u feel, it'll pass, you'll feel worse if u give in. Good luck! And keep checking in.

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Re: Ups and Downs

Posted by nefeshpashut - 13 Apr 2016 17:07

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This is good to hear. I am in my first few weeks. I feel the withdrawal sometimes, but I fear worse. I did have the experience already, though, of staying in a hotel alone, a stressful situation for work, and when I was given the opportunity to run and hide in this stuff, I declined. It's a small victory, but something to start worth. There have been many times that I hid in this stuff, especially when traveling; especially when I had some crucial problem with my career.

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Re: Ups and Downs

Posted by MemberJ - 13 Apr 2016 17:47

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I admire you that you can say "I declined"!

I don't travel but I work in a office with woman, and sometimes they flirt with me or just my crazy mind is picking up things that I shouldn't...

Usually I get dragged in to this when I'm overwhelmed with a lot of work, but by doing all this crazy stuff on the internet or hotlines I just waste tons of time and get even more overwhelmed and terribly down... I gotta stop this crazy behavior!!!

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Re: Ups and Downs

Posted by Balabos - 13 Apr 2016 20:17

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[MemberJ wrote on 13 Apr 2016 17:47:](#)

Usually I get dragged in to this when I'm overwhelmed with a lot of work, but by doing all this crazy stuff on the internet or hotlines I just waste tons of time and get even more overwhelmed and terribly down... I gotta stop this crazy behavior!!!

Hi,

Welcome to GYE!

You described it so well. I can relate to that, though after all not porn stuff (any more), but other sort of distractions which then results in tension/stress.

I too need to work on this. Don't yet really know how.

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Re: Ups and Downs

Posted by cordnoy - 13 Apr 2016 23:04

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Welcome,

Living life can be tough, but what are the alternatives?

B'hatzlachah

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Re: Ups and Downs

Posted by MemberJ - 15 Apr 2016 20:34

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Hi,

B"H I'm 17 days clean already, but now I'm afraid to go in to Shabbos, especially now that the Bucherim have Bein Hazmanim and the Shul is full of them, and sometimes they even tease with me... Maybe I shouldn't go to Shul, but staying isolated is also not good and I what will I tell my wife?

Any suggestions?

A great Shabbos for everyone!

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Re: Ups and Downs

Posted by markz - 15 Apr 2016 20:49

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You mentioned earlier that women flirt with you, but now that you say boys tease you, perhaps you meant something else?

You wanna have a great sober Shabbos?

Printout some dov quotes (see [this link](#) in the Free Towing page) and read them in shul and at home, and let me know how it went

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Re: Ups and Downs

Posted by MemberJ - 25 May 2016 01:39

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I feel that I need to join a phone conference asap. I read the mail from May 3 about Dov's Desperadoes and Duvid Chaim's phone groups, and I'm not sure which one is for me, can someone please explain the difference.

Thanks in advance,

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Re: Ups and Downs

Posted by cordnoy - 25 May 2016 07:15

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[MemberJ wrote on 25 May 2016 01:39:](#)

I feel that I need to join a phone conference asap. I read the mail from May 3 about Dov's Desperadoes and Duvid Chaim's phone groups, and I'm not sure which one is for me, can someone please explain the difference.

Thanks in advance,

Try them both two times and see which speaks to you.

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Re: Ups and Downs

Posted by markz - 25 May 2016 12:42

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[cordnoy wrote on 25 May 2016 07:15:](#)

[MemberJ wrote on 25 May 2016 01:39:](#)

I feel that I need to join a phone conference asap. I read the mail from May 3 about Dov's Desperadoes and Duvid Chaim's phone groups, and I'm not sure which one is for me, can someone please explain the difference.

Thanks in advance,

Try them both two times and see which speaks to you.

And try cordnoys call more than two times which will speak to you

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Re: Ups and Downs

Posted by MemberJ - 25 May 2016 19:43

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Does he really have a phone conference?

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Re: Ups and Downs

Posted by markz - 25 May 2016 19:53

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You missed today's (part was muted unfortunately...)

Check his signature

**KEEP ON TRUCKING**

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Re: Ups and Downs

Posted by MemberJ - 25 May 2016 20:00

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Got it. Thanks

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