

After a long tome i'm back again
Posted by BS D - 15 Nov 2009 16:34

hi everyone

i haven't posted for such a long time

well in the past few months i've been on a rollercoaster. ive had ups and downs. ive been clean
i suppose most of the time. but i have fallen many times.

i have additional pressures on my head ie shidduchim. but every time it doesn't work out i'm
happy. coz i know i havent really sorted out my problem yet.

i fell today and now would like to restart the 90 day. pleas help

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Re: After a long tome i'm back again
Posted by Ineedhelp!! - 15 Nov 2009 16:40

Hey welcome back!

You're in the right place and you already know that because you have poted here before. Any
way I can help?

-INH

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Re: After a long tome i'm back again
Posted by 7yipol - 15 Nov 2009 20:28

Welcome back BS D,

Stick with us by posting.

The active encouragement is worth more than all the passive reading in the world!

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Re: After a long tome i'm back again
Posted by BS D - 15 Nov 2009 23:48

Thanks everyone for posting

its great knowing that there are listening ears out there ready to help me.

Today was my first day and i think i'm gonna count it as day 0. I've been going thru some guard emails and have got alot of chizuk. Although i get the most chizuk just from reading other peoples battle threads.

I had a strong urge to act out and b"h i turned to gue instead. Later on i felt so happy coz i knew that had i acted out i would be feeling down. But instead i was clean and still in the fight.

It made me happy just knowin that i could have been sad and that i wasn't!

Gotta go gnite all and thanks for listenin (mean reading)!

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Re: After a long tome i'm back again
Posted by 7yipol - 16 Nov 2009 10:59

Good job BS D!

An addiction to GUE is much healthier than to SA.

Just as hard to break though! ;D

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Re: After a long tome i'm back again
Posted by levite - 16 Nov 2009 17:23

mi yodeah im le-eis kezois higat lamalchus. who know if it was not for this moment you were crowned. Mordechai said this to esther, but i think it holds value for all of us, when we start of or fall and we feel that we are so far and we are worth zilch, (esther was a married woman in clutches of an evil rasha kinda in a position that we all are stuck in an awful position by the yh, the melech zokein ukesil) and what we should hear the tzadikim telling us is the message. who knows if this nisoyen isnt the reason we came to earth

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Re: After a long tome i'm back again
Posted by BS D - 16 Nov 2009 21:42

Thanks levite for ur inspiring words. I often think to myself that perhaps the reason that i'm not engaged yet is because i'm not ready. And that Hashem is waiting for me to come on the right path b4 he allows me to take my next journeys in life!

Today was my official day 1 well it wasn't so easy the y"h tried quite hard by giving me thing that were taking my time up and not allowing to learn, which makes me feel less accomplished and a bit down. But with His help i got past that and managed to learn well this evening, hakol hoilech acher hagmar!

It feels good knowing i'm starting the month on the right foot!

Gut chodesh every1!

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Re: After a long tome i'm back again
Posted by BS D - 17 Nov 2009 23:23

I fell! I just couldn't hold back. It all started from a slip this afternoon. Have to fortify my defences!

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Re: After a long tome i'm back again
Posted by NOYA - 18 Nov 2009 03:57

Yeah. You can do it man!

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Re: After a long tome i'm back again
Posted by the.guard - 21 Nov 2009 23:30

Please read the GYE Handbook and try the tools in progressive order.

Will power alone is not enough in an addiction, we need to follow the tools of the handbook - which go in progressive order. If one tool is not enough, progress on to the next.

Many people worse off than you have beaten this. Don't lose hope.

Hashem gave it to you, and He obviously trusts you to beat it.

This is the journey your soul needs to take in this world.

When we do our part, Hashem will do His part - and give us freedom from this addiction.

Be well!

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Re: After a long tome i'm back again
Posted by BS D - 22 Jan 2010 01:15

Hi guys

i know i haven't been here for a long time- wasn't sure if i should start a new thread.

Anyway i wanted to fill in the gaps me my absence.

Basically i've been going up and down so i decided to start the shovavim with a chizuk and i did!

I started learnin more intense and started saying the whole krias shema before i went to sleep and listened to a shiur after that. When i woke i said mode ani and thanked/asked hashem to help me for that day. This went on for about 9 days and during that time i didn't even feel like i had a lust teiva- was so refreshing!

then i started slackin in the learnin and slowly it all went downhill and its been like that ever since.

I now am startin fresh again please can u encourage me i need the chizuk!

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Re: After a long tome i'm back again
Posted by Ineedhelp!! - 22 Jan 2010 01:24

Reb BS D,

Bisiyata Dishmaya you will succeed in this. Just build your connection with Hashem and it will come naturally. Stick with us we know what were doing.

-Yiddle

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Re: After a long tome i'm back again

Posted by silentbattle - 22 Jan 2010 01:36

Really? I'm not sure I know what I'm doing...but sticking with you guys seems to work...

Remember, BSD, one day at a time, one hour at a time...if necessary, one minute at a time.

Live, to the fullest, and enjoy it!

Be happy about your success, and always, ALWAYS, rock on!

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Re: After a long tome i'm back again
Posted by Ineedhelp!! - 22 Jan 2010 02:05

[silentbattle wrote on 22 Jan 2010 01:36:](#)

one minute at a time.

Reminds me of a story I just heard about the value of time:

Talmidim of a bif rav came to the Chofetz Chaim and said "Rebbe can you take some time out to learn for the Refuah Sheleimah of our Rebbe he's really sick!" The Chofetz Chaim responded with a big "Yes!" The talmidim said how long are you going to learn?" The Chofetz Chaim said "One minute." The Talmidim said "That's it! One minute? Our Rebbe is sick and dying and you just pledge one minute?" The Chofetz Chaim responded "I can see you really don't value time!"

You see according to the Gra you get 613 mitzvohs for every word of Torah you learn. You can learn about 120 words per minute!"

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Re: After a long tome i'm back again
Posted by silentbattle - 22 Jan 2010 02:08

Exactly - the same choftetz chaim who says that for every second we restrain ourselves from lashon hora, we get a reward beyond the comprehension of any creation (even the angels). I've heard that the chazal he refers to is actually talking about tests in our area of struggle!

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