

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 imtrying25 - 26 Jan 2010 00:39

[silentbattle wrote on 25 Jan 2010 23:21:](#)

Sounds like you're really heading in the right direction!

IT25 - that's right, remind me again that you guys have this kumzitz thing going on, while here in
> >

:D :D :D :D :D :D :D

Sorry to hear that! I can give you my word, if i would be in the us i would be there celebrating with you!!!

And BSD check ot this link. it is from the first kumzitz. weve had 2 more sice and are planning a 4th soon. For more info pleade pm me.\

rehab-my-site.com/guardureyes/forum/index.php?topic=1335.0

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Re: After a long tome i'm back again
Posted by BS D - 26 Jan 2010 23:23

Day 5- thank you Hashem!

Once again only managed to learn in the afternoon

going to bed early again- want to be up early tomorrow- i hope!

Gotta keep looking forward!

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Re: After a long tome i'm back again
Posted by BS D - 27 Jan 2010 18:40

Day 6.

Today hasn't been that great- didn't learn much and looked at things i shouldn't- they weren't

dirty just it wasn't the right things to look at especially if i'm strugglin in these areas.

Well b"h i didn't fall!

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Re: After a long tome i'm back again
Posted by silentbattle - 27 Jan 2010 18:42

You're aware of what's happening, and working on it...

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Re: After a long tome i'm back again
Posted by Kollel Guy - 27 Jan 2010 22:01

[BS D wrote on 27 Jan 2010 18:40:](#)

Day 6.

Today hasn't been that great- didn't learn much and looked at things i shouldn't- they weren't dirty just it wasn't the right things to look at especially if i'm strugglin in these areas.

Well b"h i didn't fall!

These posts sound so similar to mine it's scary.

rehab-my-site.com/guardureyes/forum/index.php?topic=1391.0

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Re: After a long tome i'm back again
Posted by BS D - 27 Jan 2010 22:53

Kg i've read ur posts the difference between me you- is that u were shtark and just going thru a

phase. Me i've been like this for some time and thought that maybe if i stop acting out i'm gonna be more motivated but so far we have to just keep moving forward!

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Re: After a long tome i'm back again
Posted by BS D - 28 Jan 2010 13:26

Day 7

today b"h started off very well!

Davened shachris with a minyan for the first time in 2 weeks and learnt well this morning!

Hope the day continues in this positive way!

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Re: After a long tome i'm back again
Posted by silentbattle - 28 Jan 2010 16:36

That's fantastic - and no matter what happens, you've gotten something good, and it's an improvement, a step in the right direction - keep on going!

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Re: After a long tome i'm back again
Posted by BS D - 28 Jan 2010 19:07

Just fell!!

I'm feeling terrible- it makes it even worse knowing how well i was doing. I know i've got 7 days clean on my record but now i have to start all over.

Oy! for what did i let the y"h take control over me!

It started with small things and then i started slipping and now i've fallen off the cliff!

I'm now going to have to seriously way my options. The fall happened on my phone and if i

terminate access to the internet on it- i'll have no access to the gue site. Please guide me what to do?

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Re: After a long tome i'm back again
Posted by Kollel Guy - 28 Jan 2010 21:06

Is there any way you can fall without the phone?

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Re: After a long tome i'm back again
Posted by BS D - 28 Jan 2010 21:44

Yes in my mind i can get carried away. Also i cud lose focus on the struggle without staying involved

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Re: After a long tome i'm back again
Posted by Kollel Guy - 28 Jan 2010 21:48

Forget about your mind for a second. I'm talking about looking at real shmutz.

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Re: After a long tome i'm back again
Posted by BS D - 28 Jan 2010 22:05

No i don't have ready access to a computer

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Re: After a long tome i'm back again
Posted by Kollel Guy - 28 Jan 2010 23:13

Then get rid of the phone.

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