

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

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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 BS D - 14 Apr 2010 14:58

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I fell again the same way as last time- i found a crack in the (otherwise very strong) filter on my  
fone!

That was a few hours ago and b"h i'm feeling a lot better then i was!

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Re: After a long tome i'm back again  
Posted by DovInIsrael - 15 Apr 2010 11:04

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stop looking at apps for PLUMBERS ... might be able to avoid finding the cracks.

getting dirty is for PLUMBERS - not for GYE-ers.

PLUMBERS know how to fix things.

GYE-ers are working on getting fixed.

GYE-ers are nuts.

Chazak Amenu is SUPER SQUIRREL...GYE-ers need to rely on a higher power.

PLUMBERS try to avoid the high POWER - SHOCKING , I know, but that is a job for the electrician.

did you catch my DRIFT?

if not maybe its because of the DRAFT...

in which case call your ocal fix-it man...or your local army recruiter.

The MIND is a terrible thing to waste.

Its all just comes down to one thing: MIND OVER MATTER.

If you don't MIND my sense of humor, then it does not MATTER.

and if it does create a problem, its probably only a small one, maybe even a MATTER-BABY....

ok...so you are probably thinking...

yes, I know its a hard thing to do sometimes...

matter of fact I heard it said that 5% of the people in the world are thinking...

15% of the people think that they are thinking

...

and the other 85% would rather die than be caught thinking...

...

so I am sure most of you fit in the top 5% ...and really have been thinking...

perhaps wondering,....

What's a MATTER-BABY???

in which case I would tell you:

NOTHING IS THE MATTER!

WHATS THE MATTER WITH YOU!!!

;D ;D ;D ;D ;D

ok - make a note of that...Day 5...sense of humor seems to be returning...

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Re: After a long tome i'm back again  
Posted by BS D - 18 Apr 2010 00:28

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Thanks dov for ur reply- i think i got the message!

Update: after about 3 days clean i fell this shabbos- it was kind of in my sleep- i'm not sure if i was in control when it happened (if anything happened then obviously i wasn't in control!)

so i'm going to have to restart. I think the reason i've been falling is that i have been more runnin my life in freefall the part few weeks. I think that i need to take more of an awareness of my actions and what they can lead too!

I suppose if i manage to learn from my fall it will have been a lesson (at a price!)

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Re: After a long tome i'm back again  
Posted by silentbattle - 18 Apr 2010 02:17

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I agree - so I hope that you can use it as a reminder, an opportunity to grow.

Please remember that you can decide which way you want your life to go, and make choices

that will lead you to be happier and healthier!

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Re: After a long tome i'm back again  
Posted by BS D - 19 Apr 2010 13:12

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B"h i'm still clean this is my new day 2!

I almost just fell- but Hashem b'rov chasdo saved me from falling as someone entered just at the right time.

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Re: After a long tome i'm back again  
Posted by silentbattle - 19 Apr 2010 13:35

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Alright - keep rocking!

And it's good that you feel the appreciation at being saved - can you file away how good it felt to be saved? Then in the future, you can give yourself that wonderful feeling, and save yourself!

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Re: After a long tome i'm back again  
Posted by BS D - 19 Apr 2010 13:52

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Basically i went somewhere and i saw that i was alone and straight away the y"h set my mind to work.. I didn't want to fall so i kept pushing myself from going inside- waited in the car longer and finally i went inside and i almost fell when someone came in and i managed to catch myself before they and i saw anything! Besides from being quite shocked i was very happy because i had no taivo and that i was still clean and that Hashem had saved me at the right moment and that he had answered my tefilos not to fall!

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Re: After a long tome i'm back again  
Posted by silentbattle - 19 Apr 2010 13:59

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Wow - I would say that you had more than just tefilos working for you there. You had put effort, and done all kinds of things to avoid falling - and then, after all that, hashem showed you that he was there for you!

It's beautiful when you get a hug like that, but I think that in a way, it's even more beautiful when I get to see someone do what you did - feel the urge, but take all kinds of actions to avoid it.

Rock on!

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Re: After a long tome i'm back again  
Posted by BS D - 19 Apr 2010 17:23

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After all of the past events i fell!

Its hard admitting it after having a great not-fall but i've got to admit the falls and move forward and not get caught up in past events!

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Re: After a long tome i'm back again  
Posted by rashkebehag - 19 Apr 2010 21:38

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It sure is a lot of work. I think the important thing is like a real diet. make a mind set that it doesn't fit for you to fall. you are too important. just like you don't think it is fitting for you to eat any garbage that comes your way. Don't look at any garbage. your to important not to care

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Re: After a long tome i'm back again  
Posted by silentbattle - 20 Apr 2010 01:53

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Remember that the time you stayed clean doesn't go away. Any time you resist is a victory that's yours forever. Now, wouldn't it be nice if you could be clean for...today? Wouldn't it be nice if every day, you could be clean for today?

Scary thought. But all you have to think about is THIS today.

Now - what can you do differently next time?

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Re: After a long tome i'm back again  
Posted by BS D - 21 Apr 2010 00:39

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Thank u Hashem for a clean today!

And tomorrow...

We'll worry then!

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Re: After a long tome i'm back again  
Posted by silentbattle - 21 Apr 2010 01:41

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Glad to hear it!

I would strongly recommend that you consider what went wrong, and plan ahead for next time. Posting prvention ideas here can help you clarify them, and also can help others...

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Re: After a long tome i'm back again  
Posted by BS D - 21 Apr 2010 23:08

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Fell again today!

I think i need a boost!

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