

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by cordnoy - 07 Apr 2017 00:12

[Workingguy wrote on 06 Apr 2017 23:36:](#)

encouraging and thoughtful that i know i can do this for good !

[cordnoy wrote on 06 Apr 2017 23:23:](#)

[MayanHamisgaber wrote on 06 Apr 2017 22:26:](#)

Plan on joining the call tomorrow let me know the time please

As of now, 9:45

Might be able to join at around ten.

Great; we can talk about you till then. (Insert winky thingy)

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Apr 2017 01:05

[cordnoy wrote on 07 Apr 2017 00:12:](#)

[Workingguy wrote on 06 Apr 2017 23:36:](#)

[cordnoy wrote on 06 Apr 2017 23:23:](#)

[MayanHamisgaber wrote on 06 Apr 2017 22:26:](#)

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Great; we can talk about you till then. (Insert winky thingy)

Nah I was bored last time I was on the call when GS and WG were hashing it out.....-P

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Apr 2017 01:08

anyways....

having big family stress right now....whatever stupid things that will hopefully work out in the end
anyway hope we can go to sleep on the happier side of things blah blah blah blah

Life is hell but gotta try to enjoy it

end rant

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Re: I will make it b"h

Posted by cordnoy - 07 Apr 2017 01:17

[MayanHamisgaber wrote on 07 Apr 2017 01:08:](#)

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having big family stress right now....whatever stupid things that will hopefully work out in the end
anyway hope we can go to sleep on the happier side of things blah blah blah blah

Life is hell but gotta try to enjoy it

end rant

Stress before pesach can be a killer.

Headl up and smile.

Try.

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Apr 2017 01:21

stress anytime is a killer

at least I am not making pesach in my own home though that might help in this situation...

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Re: I will make it b"h

Posted by cordnoy - 07 Apr 2017 01:35

[MayanHamisgaber wrote on 07 Apr 2017 01:21:](#)

stress anytime is a killer

at least I am not making pesach in my own home though that might help in this situation...

Agreed.

B"H; this has been a key area in recovery.

I am so grateful.

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Apr 2017 01:41

you mean understanding this and avoiding it or just understanding it?

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Re: I will make it b"h

Posted by cordnoy - 07 Apr 2017 01:45

[MayanHamisgaber wrote on 07 Apr 2017 01:41:](#)

you mean understanding this and avoiding it or just understanding it?

It starts with understandin' and recognizin'.

Thisl was the key gain in workin' the steps. Realizin' that a lot of what was goin' on was on me, and even that which wasn't, I also needed to ensure that it didn't affect me.

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Re: I will make it b"h
Posted by MayanHamisgaber - 07 Apr 2017 01:50

Guess avoiding isn't always an option so one needs to learn to either deal with it or learn ow to not let it effect oneself

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Re: I will make it b"h
Posted by cordnoy - 07 Apr 2017 01:59

[MayanHamisgaber wrote on 07 Apr 2017 01:50:](#)

Guess avoiding isn't always an option so one needs to learn to either deal with it or learn ow to not let it effect oneself

It's a process, but you need to learn a lot about yourself.

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Re: I will make it b"h
Posted by MayanHamisgaber - 07 Apr 2017 02:05

I think I know myself and it freaks me out

and I still have much to learn

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Re: I will make it b"h

Posted by GrowStrong - 07 Apr 2017 09:20

Nah I was bored last time I was on the call when GS and WG were hashing it out....:-P

Right, we will try to keep the discussion around sexaholism, since all the talk about marriage

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Re: I will make it b"h

Posted by cordnoy - 07 Apr 2017 12:07

[MayanHamisgaber wrote on 07 Apr 2017 02:05:](#)

I think I know myself and it freaks me out

and I still have much to learn

dynamics is so much less relevant for you
Don't forget we try to focus on our positive traits as well. Sometimes those lie dormant as well.

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Re: I will make it b"h

Posted by MayanHamisgaber - 16 Apr 2017 22:21

I hate being here I need to go back to my cave away from all the family crap.....

Have a great yom tov alll

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