

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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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 MayanHamisgaber - 09 Aug 2017 18:10

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

That was exactly my thoughts after this last fall, I did not want to even log on to click I had a fall!!!

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Re: I will make it b"h

Posted by Shlomo24 - 09 Aug 2017 21:35

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I can hear both sides of what's going on in your head. Have you tried surrendering what you hear in the calls that bothers you?

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Re: I will make it b"h

Posted by GrowStrong - 09 Aug 2017 21:41

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I have only one thing to add.

Yesterday you said you are not normal.

In our language not normal means addict.

You cant be not normal and also not an addict.

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Re: I will make it b"h

Posted by bb0212 - 09 Aug 2017 23:59

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~~Big one~~ ~~is, we~~ wouldn't consider myself normal, I take pride in that! But an addict? Na, not me, at least I don't think so.

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Re: I will make it b"h

Posted by MayanHamisgaber - 10 Aug 2017 05:35

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[GrowStrong wrote on 09 Aug 2017 21:41:](#)

I have only one thing to add.

Yesterday you said you are not normal.

In our language not normal means addict.

You cant be not normal and also not an addict.

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Sadist  
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Re: I will make it b"h

Posted by MayanHamisgaber - 10 Aug 2017 05:38

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[But I do not speak your language. Shlomo24 wrote on 09 Aug 2017 21:35:](#)

I can hear both sides of what's going on in your head. Have you tried surrendering what you hear in the calls that bothers you?

Not sure what you mean

Surrender the feelings of resentment and triggers and annoyance that I feel, no I have not done that and am not sure how, to be honest

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Re: I will make it b"h

Posted by Shlomo24 - 10 Aug 2017 15:15

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[MayanHamisgaber wrote on 10 Aug 2017 05:38:](#)

[Shlomo24 wrote on 09 Aug 2017 21:35:](#)

I can hear both sides of what's going on in your head. Have you tried surrendering what you hear in the calls that bothers you?

Not sure what you mean

Surrender the feelings of resentment and triggers and annoyance that I feel, no I have not done that and am not sure how, to be honest

Would you like me to tell you how I do it?

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Re: I will make it b"h  
Posted by MayanHamisgaber - 10 Aug 2017 15:18

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Sure

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Re: I will make it b"h  
Posted by Shlomo24 - 10 Aug 2017 23:28

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It's actual quite simple: "God, I can't deal with this (lust, anger, resentment, fear) on my own. Please help me with it. I am giving it up to you and letting you take control of it. It's no longer in my hands now."

That's it.

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Re: I will make it b"h  
Posted by MayanHamisgaber - 11 Aug 2017 05:04

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Thank you I thought that is what you meant

However does that mean that I should put myself into a situation where I need to surrender

But if I do not then what can I do to help me with my struggles?

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Re: I will make it b"h  
Posted by Shlomo24 - 11 Aug 2017 08:24

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It's all about good old cost/benefit analysis. Does the call benefit you more than it harms you? And yes, part of my recovery was putting myself into situations that I might get triggered. Getting triggered is only an issue if I'm keeping myself sober. If my Higher Power is, then who cares? He's always going to be stronger. (To an extent, obviously. I doubt I could connect to Him in a strip club).

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Re: I will make it b"h  
Posted by MayanHamisgaber - 11 Aug 2017 12:18

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Thank you for clarifying this for me

I will have to sleep on this for a few days to think it thru properly

May you and all the gye family continue seeing Hatzlacha in all that we do

Good Shabbos

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Re: I will make it b"h  
Posted by MayanHamisgaber - 14 Aug 2017 19:16

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Decided that I am going to listen to Dov's 12 step workshop phone conferences, maybe I can  
some direction for myself....

("see" you all in a few days/weeks however long it takes to listen....)

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Re: I will make it b"h

Posted by MayanHamisgaber - 03 Sep 2017 17:53

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Hi all

Just finished listening to Dov's 12 step workshop hone conferences.

I still do not have a clear direction though am somewhat clearer.....

I feel bad that I have not been active lately as my family here is going through growing pains  
and wish I could have helped them.

I will need some help soon from the guys here will post within the next few days bl"n

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