

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 MayanHamisgaber - 04 Jan 2017 22:03

day 17

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

status quo cept the urges weren't there at all didn't think feel a thing today b"h

still good com. with wife

B"hatzlacha

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Re: I will make it b"h

Posted by MayanHamisgaber - 05 Jan 2017 23:32

day 18

really tired but feeling good spent 2.5 hrs talking with my new chavrusah seems that this bochur has been really burnt years back and doesn't even realize it....it was cool to be able to give him chizuk based on many things i've read here....

b'h already have the antibiotics here's to long sleepful

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BABY HAS AN EAR INFECTION

Re: I will make it b"h

rights!
Posted by MayanHamisgaber - 08 Jan 2017 18:35

day 21

doing well fast went well plan on listning in to the annual meeting tonight/afternoon.

karma's back wonder what will be posted on that thread of markz....

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Re: I will make it b"h

Posted by thanks613 - 09 Jan 2017 01:48

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Re: I will make it b"h

Posted by Singularity - 09 Jan 2017 08:29

Karmas back? Where?

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Jan 2017 12:43

Karmas back? Where?

please tell me your' joking....but if you're not try to log out close the tab and log back in.

B'hatzlacha

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Jan 2017 21:39

day 2

three weeks should I be feeling something because I totally do not....

hey singularity why did you change your' avatar? (hope you are not losing your' singular
)

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Jan 2017 21:41

[thanks613 wrote on 09 Jan 2017 01:48:](#)

thank you might i ask what have I been doing to deserve this? (just want to keep it up)

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Re: I will make it b"h

Posted by thanks613 - 10 Jan 2017 06:29

[MayanHamisgaber wrote on 09 Jan 2017 21:39:](#)

day 2

three weeks should I be feeling something because I totally do not....

Great point. Great post. Simple though it is.

I'm not such a vet with sobriety/"staying clean" (yet!), but unfortunately I think that not feeling ecstasy and bliss is pretty normal.

I've heard Dov say about sobriety/"being clean" something like "I tasted integrity and I didn't want to go back.." I was thinking about this last Shabbos, 'cause I don't exactly feel like all my problems are gone by any means, but I do feel good about being sober/clean and being able to feel more respect for myself.

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Re: I will make it b"h

Posted by Singularity - 10 Jan 2017 07:37

[MayanHamisgaber wrote on 09 Jan 2017 21:39:](#)

day 2

three weeks should I be feeling something because I totally do not....

hey singularity why did you change your' avatar? (hope you are not losing your' singular
)

personality

I opted for something a little less intimidating. That Zuko is like, whoa man. Don't mess with him.

Don't think you should be feeling anything. Physical pleasure, lust, this world, it's all about instant feeling. What's the best feeling in the world? Years of discipline, practice, refinement. Then a moment of intimate peace, oneness with you and your God, as you sip your delicately bubbly lemonade as you rock, slowly, on the creaking chair on your balcony, glazed in the brilliance of the Pacific sunset.

Taste the victory.

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Re: I will make it b"h

Posted by MayanHamisgaber - 10 Jan 2017 09:00

thanks and singularity

thanks for the feedback guys. So just to make sure that we are on the same page I was talking about not feeling anything in staying clean for three weeks no excitement or something like that in fact I'm pretty lethargic about it (my wife said yesterday a few times that I lost my sense of humor she she was making a joke about something nothing to do with this)

I realize that I might be having with drawl from everything but I really don't think that I'm an addict (yeah yeah that's what they all say I know)

thoughts anyone?

B'hatzlacha

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Re: I will make it b"h

Posted by Singularity - 10 Jan 2017 09:26

You might not be an addict.

Not everyone is an addict (okay Dov I said it, can you put your gun away now?)

But the 12 steps could benefit anyone (Please don't shoot me!)

With the clarification of your intentions when saying you don't feel anything, I still think my words have context.

I don't feel withdrawal, BH. Am I not an addict? I'd better tell my fellowship.

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Thanks for getting back.

lol I get why you are scared of Dov but you should know I think in my case he will agree to US (if he wants to shoot you he has to shoot me first)

true that the 12 steps can help anyone but I don't think I need them right now (Cordnoy please don't shoot me)

and therefore can't find the time to go/call a meeting...

I think that I agree to you about the my feelings issue just wondering if it's normal

would love to hear the opinion if others if there is what to add or a different look that I' missing

thanks

B'hatzlacha

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Thanks for getting back. lol I get why you are scared of Dov but you should know I think in my case he will agree to US (if he wants to shoot you he has to shoot me first) true that the 12 steps can help anyone but I don't think I need them right now (Cordnoy please don't shoot me) and therefore can't find the time to go/call a meeting... I think that I agree to you about the my feelings issue just wondering if it's normal would love to hear the opinion if others if there is what to add or a different look that I'm missing thanks B'hatzlacha

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