

Starting the journey

Posted by snibril - 23 Feb 2009 12:04

3 days and clean. The most I've managed till now was about 3 weeks, but I think even the first week's going to be a struggle this time.

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Re: Starting the journey

Posted by the.guard - 02 Mar 2009 22:21

WOW Yaakov. I am speechless.

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Re: Starting the journey

Posted by snibril - 03 Mar 2009 11:00

I fell this morning. I'll write some more later but I'm feeling a bit ill at the moment with a stomach ache.

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Re: Starting the journey

Posted by the.guard - 03 Mar 2009 11:44

First of all, Congrats on your honesty. This alone is an important trait to fighting this Yetzer Hara. Accountability is perhaps the strongest tool of all.

Second, put the past in the past. On GUE, the first lesson we learn is not to let a fall get you down. Everything you gained before is still yours, you just need to get back up and continue. Listen to this [5 minute clip](#) from a Shiur.

Thirdly, by learning from your fall, such as figuring out what caused it, etc., and by making new fences for yourself, you can actually uplift the fall into Kedusha!

May you have a Refuah Shleimah!

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Re: Starting the journey

Posted by snibril - 18 Mar 2009 08:25

I've been off the wagon for a couple of weeks now, but I'm climbing back on today.

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Re: Starting the journey

Posted by the.guard - 18 Mar 2009 11:00

Good to have you back! Read my post above again (reply #33)

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Re: Starting the journey

Posted by Ykv_schwartz - 18 Mar 2009 20:27

Snibril, I missed you. Please do not run away again. I was honestly concerned for you. Please let us know what is happening. There is no need to feel ashamed. We all believe in you. I am happy to have you back.

There is always room on the wagon. Welcome aboard and enjoy the ride!

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Re: Starting the journey

Posted by battleworn - 19 Mar 2009 13:18

snibril, when things are not going well, that's when you *really* need your friends over here. If chas ve'sholom you're ever feeling weak, this is where to come for help. So please don't disappear on us again!

CHAZAK VE'EMATZ!!!

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Re: Starting the journey

Posted by snibril - 20 Mar 2009 12:29

2 days clean so far.

Thanks for the support - I'll try and come here as soon as I'm feeling weak in future. Shabbat shalom everyone!

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Re: Starting the journey

Posted by snibril - 22 Mar 2009 09:53

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Re: Starting the journey

Posted by the.guard - 22 Mar 2009 11:27

Snibril, please give me your thoughts on what I wrote to you in reply #33 above.

Thanks!

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Re: Starting the journey

Posted by the.guard - 28 Mar 2009 23:31

Snibril, we want to hear from you, Tzadik.

Haba Letaher, mesayen Oso... I saw a nice vort this week. Why does it say "***Misayen oso***" - in the plural? The chidushei Harim explains that the Malachim created from every time we tried, even if we failed, all together - all the times we tried, they come together and help him succeed!

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