

Just Starting

Posted by humanbeing - 04 Jan 2010 17:34

Hello fellow brothers,

I can't begin to describe my feelings of love and gratitude to all you kind Yidden. Kal Yisrael Araivim etc. and now I can truly see I'm not alone...

A little about me - I'm 32 years old with 4 B"H beautiful children and a very wise wife whom I truly love and cherish.

I have been struggling with remaining clean since I'm 15/16 years old...I fall once or twice a week since then.

When I got married (8 years ago) I was able to control myself for quite some time. However, the pressures of Parnossoh and the pitfalls of the high speed internet. R"L... Due to technical difficulties (I marked 1/1/2009 instead of 1/1/2010 as my first day) mistakenly my wall of honor post shows a previous streak of 364. I am now clean for 4 days since the Goyishe New Year and I hope to make that 364 days clean (and beyond) a reality.

I hope to find a sponsor or at very least a partner to whom I can entrust my internet filter/Accountability software. I will need that person to spend time in the beginning to tweak the settings since I have to use the internet extensively as part of my job. Unfortunately, I spend many hours alone in my office...I pray that this accountability and sense of community will help me attain a daily victory over my Yetzer Horah and desires for many years.

I also hope to find a Phone Group that would work with my schedule...I'm in the West Coast

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Re: Just Starting

Posted by Steve - 26 Jul 2010 19:46

My dear friend, i am so thrilled you are back on board. I only wish it coulda worked out to have

you on the same ship as me. ANYWHO, it's gonna be a GREAT journey. Let's keep in touch as much as possible!!

KUTGW!!

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Re: Just Starting

Posted by humanbeing - 26 Jul 2010 20:33

Me too...

[Steve wrote on 26 Jul 2010 19:46:](#)

My dear friend, i am so thrilled you are back on board. I only wish it coulda worked out to have you on the same ship as me. ANYWHO, it's gonna be a GREAT journey. Let's keep in touch as much as possible!!

KUTGW!!

Your ship leaves at 5:30 AM PST. Hatzlacha Rabbah!!!

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Re: Just Starting

Posted by humanbeing - 27 Jul 2010 17:08

Caught the last 10 minutes of the 2nd day of the DCTSPC (Duvid Chaim's Twelve Step Phone

Call). Gonna make today a good day.

Lady I knew, just passed away today... will have her memory in mind.

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Re: Just Starting

Posted by humanbeing - 28 Jul 2010 17:28

Day Three of DC "12-Step Cruise/Flotilla" - One great insight from today's call -

First a short intro - The 12-Step Program is predicated on the fact that when it comes to addiction, in my case lusting etc. (obsessive movie watching, web surfing), we are powerless using the regular self control we use to control our other non-addictive desires. Therefore we must work on ourselves *constantly* to become people with smaller egos and men of service to Hashem and others. This helps us overcome the "fuel" of our addictions namely our resentments and anger towards others and fear of the challenges we all face in life. So instead of medicating ourselves with the addiction we take away the need for it by connecting with Hashem.

With that said - The insight from today's session - We must stop trying to manipulate and CONTROL the outcomes of our actions. Only Hashem controls that. Our job is to just put in the effort and then ask and wait for Hashem's Brocho.

Day 6 Clean - Baruch Hashem. Good luck to you, my fellow warriors.

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Re: Just Starting

Posted by humanbeing - 29 Jul 2010 18:22

DC Cruise Day #4

We cannot rely on human solution we need Hashem's solution -

May I be connected to Hashem today and may he remove the things I'm so terribly afraid of, so that I may serve Him.

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Re: Just Starting

Posted by humanbeing - 30 Jul 2010 18:04

Wishing everyone a Gutten Shabbos:

B"H Spoke to some of the Chevra this morning over the phone. What a relief to be able to be with others with such understanding. A good friend is a a very precious thing indeed.

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Re: Just Starting

Posted by humanbeing - 01 Aug 2010 21:02

Haslech al hashem Yehavcho V'hu Yechalkeleco - Tehillim Nun Aleph

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Re: Just Starting

Posted by humanbeing - 03 Aug 2010 19:11

Daniel did a great job filling in for DuvidChaim. I was able to relate to being in the Twelve Steps but knowing that it may take some time until I "Get It".

We read Bill's story from the AA Big Book.

Trying to give over my Fear to Hashem....He is with me - There is nothing to fear!

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Re: Just Starting

Posted by humanbeing - 04 Aug 2010 17:15

Went to my first SA meeting - It was a humbling and spiritual experience...Drove home singing and B'simcha. For me, I believe, I need to also attend live meetings to overcome my fears and finally reach true and honest Bitachon in Hashem.

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Re: Just Starting

Posted by humanbeing - 05 Aug 2010 17:32

Today on the DC Cruise Line - Phone Call we read more of Bill's story and I can relate completely to his feeling of being powerless to overcome this absurd habit/sickness. I'm a sane person who just keeps doing insane things over and over and over again.

I have a question.

The ONLY successful way for the vast majority of addicts to be in recovery and have sobriety is through true Bitachon and constant conection to Hashem. This is true for the most miserable Goy in Syria to a Chashuve Yid in Yerushalayim ir hakodesh. Why is it that as an addict I need to find my Refuah in a Goyishe source, the 12-Steps, and sources of Torah alone don't suffice?

I'm asking this question with the clear knowledge that working these 12-Steps is literally a matter of life and death for me. So I'm just asking from an intellectual perspective.

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Re: Just Starting

Posted by humanbeing - 06 Aug 2010 17:36

A Gutten Erev Shabbos,

Just got off the phone with one of the Chevra...A good friend, someone you can share your deepest fears and emotions with, is truly a very precious thing. Thank you Hashem, through this wonderful site, for sending me so many dear and true friends.

S.P.O.N.S.O.R.

Sane Person Offering Newcomers Suggestions On Recovery

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Re: Just Starting

Posted by humanbeing - 08 Aug 2010 19:40

A Gutten Voch One day at a Time...Hashem Hashem main Tatte in Himmel

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Re: Just Starting

Posted by humanbeing - 09 Aug 2010 17:15

From the DC Call Today - The 12-Steps Program makes a promise that you will know peace, happiness and usefulness. As an addict, when I'm not "in recovery", I'm a taker and a user. This program ensures that I'm useful and a giver. I'm here to fulfill Hashem's will not my own. With Hashem's help I will continuously move in that direction.

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Re: Just Starting

Posted by teenagehelp - 09 Aug 2010 18:12

HB- just wanted to say thanks for faithfully updating your thread with chizuk from the call. the

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tidbits are really good thoughts, especially for those not on the call. Keep it up!