

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 - 06 Jan 2010 21:12

wassa marra mein tiera kindt?

I know EXACTLY how you feel about withdrawal. The bank makes me very nervous. i never have enough in there when i need to take some out...

Now let's take a deep breath n' THINK!! #1 is to PAUSE. Count to 10 backwards in swahili. Then THINK again:

Withdrawal from WHAT?? From the false pleasures that you're gonna hate yourself for afterwards, that's what. Is it WORTH IT????

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Re: Just Starting
Posted by Steve - 06 Jan 2010 21:25

Next, #2:

What can you do RIGHT NOW when you feel your resolve slipping?

You've already started doin' it right. You've prayed, and you've posted. Now you have to PROVIDE.

Get out of your current environment and do something good for someone else.

Do a q quick chesed: call a parent just to say you love them. call a sick person to wish them a refuah shelayma and let them know you're thinking of them. Plan to visit a hospital on your way home or during your lunch break, give a stranger a bikur cholim visit. Go to the local kosher store and offer to help a little old lady with her packages, if she wont spray you with pepper. give some else's son in shul a kiss on the keppie and let him know what a big boy he is. call a good friend's wife behind his back and let her know what a great guy she married, tell her something special he did to build up their shalom bayis. Give a BIG SMILE to everyone you meet, be the

first one to greet.

Doing something NEW to show yourself what you already know - that you are one hakkafa good guy - and that warm fuzzy feeling of doing good in the world and benefitting your fellow yidden will pull you thru.

And, of course, it wouldn't hurt to promise yourself ice cream if you're a good boy for the rest of the day. Lo lishma bo lishma.

And anyway, this is NOT Overeaters Anonymous....

Let me know what flavor you're having.... and KUTGW!!!

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Re: Just Starting

Posted by humanbeing - 06 Jan 2010 21:41

Thanks Stevele..

B"H Things are getting very busy here...I don't have time to think about thinking

Withdrawals from the Bank...I know what your Talikng about NSF...Hashem Yerachem :_)

Gotta go

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Re: Just Starting

Posted by Steve - 06 Jan 2010 22:40

How is it that everybody else around here can type just a few words to get their point across, and Yours Truly needs a meggillah?!

Glad you're Good, Great Growth Going.

Gotta Get Going 2.

Gone.

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Re: Just Starting

Posted by silentbattle - 06 Jan 2010 23:27

I'm glad to hear that you're doing well! Keep rocking!

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Re: Just Starting

Posted by humanbeing - 07 Jan 2010 00:03

Thanks for being there, not so SilentBattle...Gat iz a Guter!!!

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Re: Just Starting

Posted by Gabe - 07 Jan 2010 00:37

According to Dr. Drew Pinsky (addiction therapist who has various tv shows dealing with addiction), addicts start feeling the effects of withdrawal approximately after one week sober. So it's only normal. But don't give up, human! You're an inspiration.

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Re: Just Starting

Posted by habaletaher - 07 Jan 2010 04:27

Withdrawal means that it is actually leaving your body/psyche!!! You don't get withdrawal when you are well stocked with baddy baddy stuff. so the withdrawal is great sign, celebrate it!!!

A big Shot of Woody for Human (who's finding that like all humans, he suffers from Withdrawal, good for you!!!)

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Re: Just Starting

Posted by humanbeing - 07 Jan 2010 05:29

Thanks for the perspective.

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Re: Just Starting

Posted by imtrying25 - 07 Jan 2010 10:41

HB withdrawel in this fight is a GOOD sign. Take chizuk from it. It means your getting places!!
:D

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Re: Just Starting

Posted by humanbeing - 07 Jan 2010 17:18

Thanks for the Kind and loving responses...You helped me get to Day # 7 - I haven't been cleen a full week since....I do n't even know.

A quote from the great Music Composer YomTov Ehrlich A"H - As sung by A. Fried in Yiddish Gems Volume 2 or 1? -

....Mentshen Tzi Vaist Ir/ Vos iz geshen da ...shrekleche hailike Zachen/....Tzu Nemen a Mentch un in ain halbe sha'a em azoi gliklach tzu machen...

May Hashem reapy all of you in kind...We will make today a good day!!!

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Re: Just Starting

Posted by silentbattle - 07 Jan 2010 17:26

A week is an incredible level of shleimus! That's fantastic!

We're proud to have you among us!

And by the way, regarding your feeling of [humanbeing wrote on 07 Jan 2010 17:18:](#)

I haven't been cleen a full week since....I don't even know.

...I know, it's incredible, right? before you starts, it seems like it would be impossible. And it IS hard, but far more possible than you imagined.

When i first started here, I was trying to get away from other issues, but my therapist recommended complete abstinence - I was skeptical. i mean, I knew that it would be a good thing, but that wasn't my primary battle, and i thought that at least keeping this outlet would make my main struggle easier., And honestly, I didn't really think I could do it.

And yet..thank god, I'm past the halfway mark to 90 days and beyond!

You'll look back and laugh with joy!

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Re: Just Starting

Posted by humanbeing - 07 Jan 2010 17:40

To actually talk to people that can really and truly relate to you..Gives me persmission to truly evaluate myself for the very beautiful humanBeing and Yid that i truly am...

We break the glass by a Chasunah and then everyone shout MAZAL TOV!!!!B"H I'm marriying a human being, that may break thing from time to time, not a freeking computer....

If you are a computer you cannot be a Mentch and be able to present all that beautiful struggle as a most precious gift HashemHashem gets no Nachas at all from Malachim...They are boring and are not the reason why hasehem made a world...he made it so we little, and oh so imperfect human being struggle and do such beautiful, perfect, holy and beautiful things.

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Re: Just Starting

Posted by bardichev - 07 Jan 2010 17:56

Can I come for shabbos??

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