

starting again after 37 days clean

Posted by mnman415 - 27 Sep 2010 22:58

ok. today i had a fall. my thread up until now is "this time im in it to win it." not this is it. im trying to fight against the anxiety of falling. i think one of the hardest parts of falling is now you have to start all over. but who cares.

im tightening the rules. this time, if i even start to m***** i will consider it a fall.

im gona have the filter gabbai turn my k9 into a whitelist by having him block out the keyword ".com" or ".org" and have him place my email and GYE in the exceptions box.....

since it is zman simchasenu instead of being sad, im happy that hashem gave me 37 day (i think thats how long it was) every time a thought of anxiety or annoyance comes to me, i yell at it "kafai tovah" youre denying hashems gift of 37 day

i have more to say but i have mincha to go to

a gut moed

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Re: starting again after 37 days clean

Posted by ZemirosShabbos - 31 Oct 2010 03:05

i second what JIP said, you are doing great with your courage and determination!

keep up your super work and keep posting, it is a pleasure to hear from you

gut voch

ZS

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Re: starting again after 37 days clean

Posted by frumfiend - 31 Oct 2010 03:45

WOW! SUCH GEVURA! I am jealous of your gan eden.

Hatzlacha

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Re: starting again after 37 days clean
Posted by Shteeble - 31 Oct 2010 08:39

zoiks!

What can i add?

we're so proud!!

shtarkeh trucking!

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Re: starting again after 37 days clean
Posted by mnman415 - 31 Oct 2010 18:19

he said:

whatever helps. I'm very impressed with your commitment to constantlt better yourself. May you have siyata dishmaya in your uphill climb

i still feel nervous (idk what the best word to describe it) that i told him. but im also happy that i told him.

day 22, and if you read it backwards, day 22.

now i know that if i have a fall, i have to tell him.

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Re: starting again after 37 days clean
Posted by mnman415 - 31 Oct 2010 19:24

[jewinpain wrote on 31 Oct 2010 02:32:](#)

HS, keep it up, I'm amazed by the courage u have and u hit right & left, this will get u ly"n very far in life, no need to be ashamed when it comes to that, just be brave face it head on & hashem will make u win, keep us posted how the rabbi responded

courage??? i guess you can call it that. although, when i was sending him the message it took me 10 min to finally click on the send button and i had to let go of the mouse since i have a

world: the yetzer has also been telling me shtarkeh trucking! guess what else he said.....time for a gas break. and guess what i tell him.....my truck runs on lemonade and woodford grown in the land of GYE

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Re: starting again after 37 days clean
Posted by Shteeble - 31 Oct 2010 20:22

quote...my truck runs on lemonade and woodford grown in the land of GYE

couple seconds to cancel sending it. but still

;D Hey! Whatever works! laemonade woodford, cholenade...

ahbee mir trucked.

as long as we're trucking.

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Re: starting again after 37 days clean
Posted by mnman415 - 01 Nov 2010 01:10

alright guys, i had my teffilen checked (should have been checked during elul but thats a long story) and everything is good..... i got new retuos and now i cant wait till tommorow to wear them (i feel like a bar-mitzvah bachur) and we all know that the shel yad is to combat the desires of the heart and the shel rosh is to combat the fantasies of the mind.....so tommorow when i wear my teffilen....i willl have special kavvana to ask hashem to help me.

world.... i think that cholant would clog the engine....or would it? hmmmmm.... that gets me thinking

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 01 Nov 2010 01:32

beautiful, HS!

there is a story, i think with Reb Moshe Kobriner (it's in Toras Avos - Slonim), about an older man who came to him and said that he feels he has nothing left to live for. the Rebbe said to him "it's worth living for 80 years just to put on tefilin one time".

once you are asking for Hashem to help you, why not include all of us here on GYE? it would be a zechus for your own tefila to be accepted as well.

keep on trucking and inspiring me, chazak ve'amatz

ZS

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Re: starting again after 37 days clean
Posted by mnman415 - 01 Nov 2010 03:03

welll if you are accusing me i forgive you ;D

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in the bracha of refainu i daven for me and all of te GYE community.

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 01 Nov 2010 03:59

it is great to know that you are davening for me, b'soch shaar chavrei GYE. thank you so much.

sorry, ZS
ZS.....thats AVADEH! are you accusing me of not davening for GYE every day???? >

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Re: starting again after 37 days clean
Posted by mnman415 - 02 Nov 2010 01:32

day 23.

ZS i wasnt too harsh was i? i was kidding.

does anyone know how to block google book searches?

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Re: starting again after 37 days clean
Posted by Yosef Hatzadik - 02 Nov 2010 02:41

[HashemsSoldier wrote on 01 Nov 2010 01:10:](#)

alright guys, i had my teffilen checked and everything is good.

Hashem is checking His tefilin also, everything is becoming good over there too.

His tefillin expound on the Greatness of **HashemsSoldier & ZemirosShabbos!**

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 02 Nov 2010 04:29

, no harm done, keep on kidding, it's good for you and keep on trucking, it's a Bardichever minhag

and thanks Yosef Hatzadik for the association of me with HS, it is truly an honor, and if you

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Re: starting again after 37 days clean
Posted by jewinpain - 02 Nov 2010 11:33

HS, u doubt ur courage cuz it took u 10 minutes to click the send button, how about it took me 20 years to come out of my shell,u must be kidding, u r very lucky for doing so @ ur age &

Ur rabbi is gr8, but listen HS, ur rabbi u only tell after u fall , but u tell us b4 u feel like falling this way u never need to tell him how's that:) u know my ear is open for u

Keep up day 24!!!! YEAH

stage of life u will iy"h start married life with a couple years of sobriety, I'm jealous already=====