

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 mnman415 - 05 Nov 2010 18:36

wow..... me, give chizzuk? now i feel a greater responsibily to make sure i keep myself in line. thank you dovek!

in the parsha we see that rivkah saw the big mistake of yitzchok. he was gona bentch eisav who was evil instead of yaakov who was good. we see that sometimes the evil looks like its good and the right thingg to do and the good is evil and the wrong thing to do. what must be done? we need to make sure that that does not happen.

this is my own thought and its very very basic....if i had more time i think i could build on it....buuuuuuutttttttt.....shaabos is comeing!

gut shabbas!

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Re: starting again after 37 days clean
Posted by dovekbashem - 05 Nov 2010 18:43

Good Shabbos Soldier!

Beautiful vort... and yes, I am constantly getting chizuk from your journey... take that as a compliment and a responsibility.

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Re: starting again after 37 days clean
Posted by jewinpain - 07 Nov 2010 03:08

How r u my holy soldier, hope u r trucking away, we all want ur success and hashem is waiting for it to, every day u go clean that's a victory and hashem is proud of u, don't worry about the wet dreams just worry for the good things how u can help the YT getting into ur life, the YH let him brake his brain on how to win u, he will anyways loose u so u don't wana be on a losing team stay far away:)

Good week

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Re: starting again after 37 days clean
Posted by mnman415 - 07 Nov 2010 21:28

last night a girl i used to text texted me and i had a hard time saying no. basically i didnt have a fall

day 28.

today i also had a slip with google books. its not covered on my filter yet. im trying to work with the gabbai on that.

what is considered a fall? if one started the action, but stopped himself what is that?

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Re: starting again after 37 days clean
Posted by jewinpain - 07 Nov 2010 21:48

HS, very proud of ur not texting back the girl, hashem will repay u for that tenfold, if u stopped right away and didn't actually act out that's no fall, just a slip, plz stay away from the computer 2day enuff done, go keep urself busy with better stuff, and hashem will take away that urge from u

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Re: starting again after 37 days clean
Posted by mnman415 - 07 Nov 2010 22:02

well i lost control and texted her a couple times. it wasnt sooo many texts. but i said stuff i shouldnt have. i deleted all the texts though and i deleted her number.

im gona go away from the computer now

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Re: starting again after 37 days clean
Posted by Dov - 08 Nov 2010 13:41

Keep reaching out to the right people, HS.

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 08 Nov 2010 15:13

HS, i don't have much to add, just to say that we are all here for you and we are rooting for you and based on your record you have the strength - (Hashem's strength), to get through this, even if you slipped at first.

ZS

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Re: starting again after 37 days clean
Posted by Kedusha - 08 Nov 2010 15:19

We're all rooting for you, HS!

Best wishes of bracha, hatzlacha, and a gutten Chodesh!

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Re: starting again after 37 days clean
Posted by kutan - 08 Nov 2010 15:33

[HashemsSoldier wrote on 07 Nov 2010 22:02:](#)

well i lost control and texted her a couple times. it wasnt sooo many texts. but i said stuff i shouldnt have. i deleted all the texts though and i deleted her number.

im gona go away from the computer now

HS,

just want to let you know you make a world of difference to us here on the forum!

like you who really work on connecting to others on GYE, and find the struggle coming back again and again... WOW, you rock (as JIP might say).
) , its the guys

keep it up,

kutan

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Re: starting again after 37 days clean
Posted by Shteeble - 08 Nov 2010 15:44

Dear Soldier,

We are right here with you in your struggle.

Try to be strong.

Don't view your slip as the start to your way downhill.

View it as part of the challenge to push yourself forward.

Decide you will stop the slip now.

no more slip.

it's finished.

only forward.

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Re: starting again after 37 days clean
Posted by the.guard - 08 Nov 2010 16:06

Truly Hashem's Soldier!

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Re: starting again after 37 days clean
Posted by jewinpain - 08 Nov 2010 17:03

Kutan, HS is soon gana be captain here he's rocking away like there is no 2moro, we know HS u are doing the best u can at the moment with the environment u r in, hashem knows it too and is proud of ur progress, u keep all of us alive here

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Re: starting again after 37 days clean
Posted by kutan - 08 Nov 2010 17:17

[jewinpain wrote on 08 Nov 2010 17:03:](#)

2moro

wow.

think about it.

in 50 years or so (say Moshiach did not come yet), they will look at 'tomorrow' as the way we look at Olde english!

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