

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 frumfiend - 04 Oct 2010 02:47

Your a solder in Hashems army. Just get up and be ready to carry out his will.

Hatzlacha in everything

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Re: starting again after 37 days clean

Posted by Shteeble - 04 Oct 2010 13:13

We're still new to the program. Remember that. The more we learn the program, be"H the better we get at overcoming such nisyonos.

Commit to working on the program as much as possible.

:D (There's no smiley that says "I'm working hard, and I'm proud of it." So this will have to do.)

Keep strong.

We're with you.

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 04 Oct 2010 19:04

get up, dust yourself off and try to implement a way to avoid a repetition of the fall in the future, those are the things the YH doesn't want you to do.

the torah you wrote from your rav about breishis is great and very fitting, beis reishis, time to start again, say mizmor shir leyom hashabbos.

keep on trucking

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Re: starting again after 37 days clean
Posted by aa1977 - 04 Oct 2010 19:39

HS,

we're all on a slow curve going up - but it has lots of dips and chinks along the way. You fell, but you're still higher than you were a month ago, a year ago. Maybe even a week ago. Even though you don't feel it. Every effort counts here. See Dov's email yesterday:

"See Rav Matisyohu Salomon, With Hearts Full of Faith (Mesorah, 2002) regarding Balei Teshuvah who are unable to instantly give up bad habits, where he distinguishes between

"compromise, which is absolutely forbidden, and gradualism, which is acceptable and unavoidable." pp. 264-266.

We're into gradualism here, and we may not have much choice in the matter. The falls are part of the process. Work hard, but please - take it easy!!!

Chazak V'ematz

Aaron

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Re: starting again after 37 days clean
Posted by mnman415 - 05 Oct 2010 03:27

thank you to all of you my dear friends. its very helpful and meaningful all of your posts. its gas in my truck to help to keep on trucking. today was baruch hashem day one....in school.

this whole struggle is hard. aspecially with family (btw that thing about the family, i talked to a couple rebbeim and my rav about it) aspecially since there are so many things in all areas of life which also need work. BUt we dont give up. we arnt quitters. its time to keep on trucking.

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Re: starting again after 37 days clean
Posted by mnman415 - 06 Oct 2010 01:52

hello freinds. day 2. taking it one day at a time. its extremly hard, being with all the kids at school. they arnt the type i should be with, but im stuck there cus of my dad. there is a famous line we have here. she/he/it/they might be a problem, but its not your problem. they have prblems about the way they are acting, but the way they act, the way they talk and who they talk to and what they talk about is not my problem.

now that im in school again, baruch hashem it takes a lot and a lot and a lot of time off my

hands! more time that is being used up is good!

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Re: starting again after 37 days clean
Posted by bardichev - 06 Oct 2010 16:10

truck away!!!!!!!!!!!!!!!

45 miles per hou

whatever

slow and easy

rome wasnt built in a day

stay in the game!!!

b

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Re: starting again after 37 days clean
Posted by Yosef Hatzadik - 06 Oct 2010 17:17

Stay in your lane!

All the way to your destination!

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Re: starting again after 37 days clean
Posted by Shteeble - 07 Oct 2010 02:34

Soldier! Keep fighting!

We're proud of you.

You're a REAL soldier!

keep on trucking and woodfording. Just don't drink and drive. Wait until the woodford wears off.

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Re: starting again after 37 days clean
Posted by jewinpain - 07 Oct 2010 15:13

HS, hope things are going well on ur end, keep us inspired

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Re: starting again after 37 days clean
Posted by mnman415 - 08 Oct 2010 04:23

day 4. on the way to and from school is the only time that it is really possible to have a test in shemiras eynayim, so the thing i use to keep me motivated is that i tell myself that this one test represents 30 tests that i would have through the day, and when i pass this testit is like passing all the tests there would be on one day.

also the kollel wives (families) live in the school so it is also hard for that (the one or 2 times a day i see them) but i am still trucking. there is no time to have a fall. a fall is for tommorow, but today is for winning battles and running over the yetzer with my truck

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Re: starting again after 37 days clean
Posted by jewinpain - 08 Oct 2010 04:42

HS, u doing fine, just make sure u got enuff full in that monster truck engine

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Re: starting again after 37 days clean
Posted by Shteeble - 08 Oct 2010 05:00

Ice cream trucks are the best trucks to use when running over the yetzer hora.

The music plays "yetzer hora you're a real mean guy...."

Crunch!!!!

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Re: starting again after 37 days clean
Posted by Yosef Hatzadik - 08 Oct 2010 17:09

"We are fighting together in Hashem's Army!"

Anyone remember that song?

Hashem Soldier will be getting a medal very soon!

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