

starting again after 37 days clean

Posted by mnman415 - 27 Sep 2010 22:58

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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 Shteeble - 14 Oct 2010 01:25

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Maybe that's why R' Guard wears that big hat.

Good Job!

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Re: starting again after 37 days clean

Posted by Shteeble - 14 Oct 2010 01:55

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Gevalt!

Another hour of learning!!!!!!!!!!

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Re: starting again after 37 days clean  
Posted by mnman415 - 14 Oct 2010 02:59

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You just upgraded to a tractor trailer!!! KEEP ONNNN TRUHHKKKKINNNN!!!!!!  
yay! learning meseches succah with a good chavrusah!....torah is our tavlin!

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Re: starting again after 37 days clean  
(GO CHEVRA)  
Posted by Yosef Hatzadik - 14 Oct 2010 16:50

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[HashemsSoldier wrote on 14 Oct 2010 01:23:](#)

i think today is day 4. i withstood a tremendous temptation today....., and here i am safe and sound!!

It was worthwhile for Hashem to create Heaven & earth just for the nachas that He got from this single **Soldier of Hashem!!!**

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Re: starting again after 37 days clean  
Posted by mnman415 - 15 Oct 2010 04:22

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no time to say naything. gotta go to bed its late here. just checking in to say that im here.

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Re: starting again after 37 days clean  
Posted by Shteeble - 15 Oct 2010 09:46

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ok

when you wake up

ask Hashem to help you again today.

Remember too, we're here following your progress.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

keep on trucking.

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Re: starting again after 37 days clean

Posted by Yosef Hatzadik - 15 Oct 2010 16:32

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Don't forget to park the truck for Shabbos!

..... but don't sit & wait for Motzai Shabbos, start walking!

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

Keep on moving

KEEP MOVING FORWARD!!!!

-- ONLY FORWARD!!!

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Re: starting again after 37 days clean  
Posted by mnman415 - 15 Oct 2010 20:20

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thanks to all of you aspecially YH and world.

still doing good, last night after i signed off i had a small temptation and i used the tips that we have here. i laughed at it and said i dont want to do it and it worked.

tonight i am eating at my rebbis house. hes a real special person.

gut shabbas

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Re: starting again after 37 days clean  
Posted by Shteeble - 17 Oct 2010 00:08

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A gut voch!

Good to see you in such high spirits.

You are giving me lots of chizuk.

keep up the good work.

Nu shabbos is over.

Time to start the truck up again.

Keep trucking ah gantze voch... truck..truck....truck.... don't stop trucking.

until shabbos.

nu what phrase do we use on shabbos "keep on....." ???

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Re: starting again after 37 days clean

Posted by mnman415 - 17 Oct 2010 01:15

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idk world, we'll have to come up with something for next shabbas.

Pate at my my rebbis house. he's chassidish. he put me in a place where i could not see any women (his family nor guests) it was awesome.

over the day i had a some urges to loose control of my eyes but overall i did very good (actually i did very well)

i have to go turn my truck on. G-d willing ill check back here tommorow.

gut voch

HS

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Re: starting again after 37 days clean

Posted by kutan - 17 Oct 2010 01:24

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Re: starting again after 37 days clean

Posted by Shteeble - 17 Oct 2010 02:10

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ditto.  
Re: starting again after 37 days clean  
Posted by frumfiend - 17 Oct 2010 02:31

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Re: starting again after 37 days clean  
Posted by mnman415 - 17 Oct 2010 19:44

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[Frumfiend The star wrote on 17 Oct 2010 02:31:](#)

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i have a very strong urge right now. if i didnt have a filter i know exactly what i would be doing. im listening to (jewish) music right now. sometimes it helps me. but idk how long ill be able to controll myself today. i know that if i need to leave my house or if i have any oppurtunity to look at anything inappropriate or even if it is "appropriate" i would have a hard time controlling myself. im trying to push. just typeing has already helped me. but chizzuk would be helpful.

p.s. would this post be something to put in the "im about to fall" section?

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