

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 - 26 Oct 2010 02:50

thank you ZM and of course worldi can you a bisssel (little) yidish too

anyways, the more i speak like this and talk like this i also absorb it, even though sometimes i feel like i say the same thing over again, still i keep absorbing it more.

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Re: starting again after 37 days clean

Posted by silentbattle - 26 Oct 2010 05:03

Wow! Fantastic! Can I make a suggestion, though? As time goes on, there will be more difficult tests - but right now, you have some extra strength, given to you by the fact that you've just started something new, and you have put a lot of commitment into it.

So, use it. Use that extra energy to make plans, to set up a framework for yourself that will help you avoid slips and falls in the future.

WHat are you already doing to make sure you don't fall? What else can you do?

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 26 Oct 2010 14:12

HS, Silentbattle has a very good point. to take the determination and drive you have now and squirrel some of it away for the long cold winter by making some concrete plans and mechanisms to protect yourself. very sage advice.

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Re: starting again after 37 days clean
Posted by mnman415 - 27 Oct 2010 01:34

day 17.

still doing pretty good with my inspiration.

i agree, the only thing is, have any ideas? i would say that id tell my rebbi if i have a fall....but i want to tell my rebbi anyways.

anyone have any ideas?

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Re: starting again after 37 days clean
Posted by mnman415 - 28 Oct 2010 01:18

day 18. chai. today is life. today is the 3rd day of the mabul (going into the 4th)

[silentbattle wrote on 26 Oct 2010 05:03:](#)

Wow! Fantastic! Can I make a suggestion, though? As time goes on, there will be more difficult tests - but right now, you have some extra strength, given to you by the fact that you've just started something new, and you have put a lot of commitment into it.

So, use it. Use that extra energy to make plans, to set up a framework for yourself that will help you avoid slips and falls in the future.

What are you already doing to make sure you don't fall? What else can you do?

nothing...does anyone have any ideas?

i think im going to tell my rebbi tommorow (or ASAP) and ask him if i can tell him whenever i have a fall. good? any other ideas?

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Re: starting again after 37 days clean
Posted by ZemirosShabbos - 28 Oct 2010 01:21

sorry HS, i tried thinking of something but so far nothing. telling your rebbi sounds good. should be liberating and heartening to get that off your chest to a real person.

hatzlocha with that

zs

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Re: starting again after 37 days clean
Posted by mnman415 - 29 Oct 2010 04:29

hello. day 19.

today i had thoughts of wanting to do something bad but i told myself that i dont want to because its disgusting and is not me. i really feel confident, on the other hand i know that being too confident is bad.....so whats the bottom line? keep on pushing ONE day at a Time

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Re: starting again after 37 days clean
Posted by silentbattle - 29 Oct 2010 06:10

I'm a big fan of using your imagination. Picture yourself being tempted, and walking away. Do that enough times, and in your mind, walking away becomes the natural response, so when a situation comes up, you have a new script to follow.

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Re: starting again after 37 days clean
Posted by mnman415 - 29 Oct 2010 12:06

how do you imagine yourself being tempted?

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Re: starting again after 37 days clean
Posted by mnman415 - 29 Oct 2010 18:28

do you just imagine yourself in the situation?

over shabbas im going to try to ask my rebbi. its going to be hard though since its somebody that i know. but im still gona try to push myself to it. good shabbas.

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Re: starting again after 37 days clean
Posted by Shteeble - 29 Oct 2010 18:35

it may be easier to talk to your rebbi after couple shots voodford.

or lemonade.

git shabbis.

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Re: starting again after 37 days clean
Posted by anongye - 29 Oct 2010 19:38

I confided in my Rebbe and it was the best thing I did.

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Re: starting again after 37 days clean
Posted by silentbattle - 30 Oct 2010 18:36

How did the conversation go? What did you rebbe say?

As far as my imagining, I would imagine myself sitting in front of the computer, and being tempted, and then getting up and walking away. You can adapt that depending on your personal struggle.

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Re: starting again after 37 days clean
Posted by mnman415 - 31 Oct 2010 02:03

today is 21.

to make it a long story short i had to e-mail him, because of privacy:

Do you remember that teffilah that i showed you that dealt with shemiras eynaiyim, shichvas zera levatlah, and all different things relating to lust that i made because i have difficulty with all of them. lately i have been doing a lot better in those areas because of a jewish website specifically made for jewish men who have these addictions, but i still have a lot more work to do. i got advice from the website that i either get my Rav/Rebbe or someone who i would be embarrassed to tell if i had a "fall" and tell them whenever i ch"v have a fall. since you are both my rebbe and someone i would embarrassed to tell if i had a fall, is it ok if whenever i have a fall if i can at least just send you a text telling you that i did.

gut dvach

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