

fresh start

Posted by Sturggle - 06 Jul 2009 19:35

I was on the list before under a different name and I decided to change it. Previously I was "David". I am nearing the end of my 4th day clean. Today was difficult and challenging. Thanks to your help, I have had a filter (K9) on my computer since Thursday afternoon. That has been helpful. Anyway, happy to be on this journey of sobriety. I'm not so sure how much to disclose about myself and what to write on these forums. I hope to make use of them, though. I have needed, do need and will need help and support.

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Re: fresh start

Posted by Dov - 21 Apr 2011 16:27

Didn't get it...maybe its the seder hangover still.....

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Re: fresh start

Posted by Sturggle - 21 Apr 2011 16:47

maybe. from the first or second night?

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Re: fresh start

Posted by Dov - 22 Apr 2011 03:23

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Re: fresh start

Posted by Sturggle - 22 Apr 2011 07:57

as long as your enjoying yom tov, right?

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Re: fresh start

Posted by Sturggle - 27 Apr 2011 21:27

putting out there that for the last couple of day ive been having urges to act out,

thoughts about acting out, etc. i have stayed clean albeit a few slips.

may HKB"H help me.

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Re: fresh start

Posted by Dov - 27 Apr 2011 21:51

...sounds pretty normal to me.

May you get a reprieve from the struggle - we all do every now and then. Spiritual rest is nice. In the meantime, I am with you, buddy.

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Re: fresh start

Posted by 7yipol - 28 Apr 2011 08:22

we would be more appropriately called human "becomings" than human "beings".

because we are not perfect and we can do something about it,

Well said!

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Re: fresh start

Posted by Sturggle - 29 Apr 2011 05:58

I like

thanks Dov.

I am feeling a little better, but still feel weighed down. the most important part of it for me is to not let my emotions get the better of me, not to turn to acting out, and continue living my life from where I want, making choices from as healthy a place as possible. all of that a struggle for me at the moment. definitely slipped a few times over the last few days. feeling down is "normal" and I want to accept it and not let it rule over me.

and, Mom, thanks.

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Re: fresh start

Posted by Eye.nonymous - 29 Apr 2011 06:06

[sturggle wrote on 29 Apr 2011 05:58:](#)

feeling down is "normal" and I want to accept it and not let it rule over me.

...and try to do something that might improve your mood.

Sounds like you're doing good, and like you have a realistic perspective on life.

--Eye.

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Re: fresh start

Posted by Sturggle - 29 Apr 2011 14:45

working on it.

gut shabbos!!

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Re: fresh start

Posted by ZemirosShabbos - 29 Apr 2011 14:55

good shabbos Sturggle!

wishing you the very best

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Re: fresh start

Posted by ben durdayah - 30 Apr 2011 22:05

It's been a long time since I last checked in here...

A gitte vuch!

How's it?

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Re: fresh start

Posted by Eye.nonymous - 17 May 2011 05:56

How are you doing, Sturrgle?

--Eye.

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Re: fresh start

Posted by ben durdayah - 17 May 2011 07:38

Gam Ani Mitztareif LeHanal,

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