

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 Sturggle - 11 Jul 2011 22:27

Thanks guys. I have a lot of internal work to do. It helps to have good external support.

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Re: fresh start

Posted by ben durdayah - 11 Jul 2011 22:47

Good night chaver.

Hashem loves all of us anyways.

Bein kach uvein kach.

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Re: fresh start

Posted by ZemirosShabbos - 12 Jul 2011 17:08

[cominghome wrote on 12 Jul 2011 07:26:](#)

Pure awesome :www.guardureyes.com/GUE/Music/mus/Telescope.mp3

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Re: fresh start

Posted by Dov - 13 Jul 2011 05:41

My friend's sponsor would almost be *happy* when my buddy would act out with his lust. He would say, "Well, now you have a precious opportunity to look inside deeply and see what is missing in you - what pains are vexing you and distracting you from real life and leading you to act out!" And they'd sit down and do just that.

Not to prevent another relapse, but to do what recovery is for! Our masturbation and porn use are not our real, actual problem - but just a ***symptom*** of the real problem we have. Uncover, discover, and discard is the program Hashem has for us.

Talk to an Izhbitzer Chusid. They know. Hashem works through everything - sometimes *especially* through our falls. It's not over at all. A new layer is really just beginning for you now.

Love,

Dov

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Re: fresh start

Posted by Sturggle - 15 Jul 2011 01:36

Checking in. Not such easy going, but still going. At times I feel a lot of support, at others abandoned, disconnected. At times I can utilize my strength to pull through, and then I find myself trying to grasp at it, but coming up without. Keeping awareness of what is really going on for me is not an easy task and I can only hope to continue practicing the skill and becoming better at it. I am clean for three days and I am feeling some lust urges.

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Re: fresh start

Posted by Eye.nonymous - 15 Jul 2011 06:31

[sturggle wrote on 11 Jul 2011 22:27:](#)

Thanks guys. I have a lot of internal work to do. It helps to have good external support.

Bot don't spend TOO much time in your head with internal work. I have found for myself that introspection, which I used to value so highly, is often just a disguise for isolation.

--Eye.

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Re: fresh start

Posted by 7yipol - 15 Jul 2011 08:20

Keep moving forward Sturggle.

Thinking of you.

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Re: fresh start

Posted by Sturggle - 15 Jul 2011 14:05

I did not stay clean throughout the night. I made an attempt to reach out to different people and it didn't work out. Not that it's an excuse.

Hoping.

Sturggle

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Re: fresh start

Posted by imtrying25 - 23 Aug 2011 21:27

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Re: fresh start

Posted by Dov - 30 Aug 2011 21:49

Hey, Sturggly burggly. How's things today? *Just* today. Nu?

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Re: fresh start

Posted by Sturggle - 09 Sep 2011 08:18

Today, things are good, B"H. I feel good. I thank HKB"H for that.

Remembering that I when I don't feel good I can turn to Him as well.

Dov, thanks for that conversation we had a while back. I've been thinking about it since and it has helped me focus in.

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Re: fresh start

Posted by ZemirosShabbos - 09 Sep 2011 15:48

Hi Sturrple, great to hear from you!

have a great shabbos!

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Re: fresh start

Posted by gibbor120 - 09 Sep 2011 16:44

[Eye.nonymous wrote on 15 Jul 2011 06:31:](#)

[sturgple wrote on 11 Jul 2011 22:27:](#)

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Re: fresh start

Posted by silentbattle - 11 Sep 2011 04:14

Just dropping by to say hello - hope you're doing well!

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Very true. I'm learning the same. But, why do we have to learn it the hard way?