

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 - 14 Sep 2009 22:18

Dear chevre...,

I'm feeling better now than I was earlier today. Well, at least I'm thinking better, B"H.

I wanted to say thank you to some of you for your encouragement...

Cleareyes, Yechida, Habib, Letakain, Trying, (Mom, shhhh...), Pintele (even though you've disappeared...), Bardichev, Rage, Uri and Tomim..., oh, right, and Guard!

And to everyone else as well...

FYI,

I am not white-knuckling anything. At least I don't think I am. I have and am seriously considering getting involved in the SLAA 12-steps. I am also seeing a therapist.

On Friday, I sat down and cried most of the session. It turns out that I have a lot of negative voices in my head that are speaking to me and the most positive voice I can muster is "I don't want you to feel bad, I want you to feel good, I want to help, but..., hmm..., shucks, I got nothing..." I have what to learn. For now, your positive voices mean so much to me. (They always will, I just hope to join the ranks at some point.) And no, at the end of day 28, I am not

free of lust...

Still clean and hoping to stay that way...

this was supposed to be a day of ??...,

didn't really feel that...

well, i am on the other side of it now.

b'ahava,

Sturggle

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Re: fresh start

Posted by Someone - 14 Sep 2009 22:52

Sturggle, good to hear that you are clean and are feeling better. Can anyone seriously be completely free of lust? Keep on going, HaShem is with you and smiling!

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Re: fresh start

Posted by Sturggle - 15 Sep 2009 12:49

is He?

feeling better is a relative thing...

and it is fleeting...

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Re: fresh start

Posted by Rage AT Machine - 15 Sep 2009 15:48

i had a dream last night that we were the A Team. You, sturggle were Mr. T. I was hannibal, uri was face and dov was murdoch...how weird is that?

guard was more than one person.

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Re: fresh start

Posted by bardichev - 15 Sep 2009 15:50

WHAT ABOUT ME DID YOU LEAVE ME IN FLATBUSH?

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Re: fresh start

Posted by Someone - 15 Sep 2009 15:55

[sturggle wrote on 15 Sep 2009 12:49:](#)

is He?

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Re: fresh start

Posted by Sturggle - 15 Sep 2009 16:35

[Rage AT Machine wrote on 15 Sep 2009 15:48:](#)

i had a dream last night that we were the A Team. You, sturggle were Mr. T. I was hannibal, uri was face and dov was murdoch...how weird is that?

guard was more than one person.

i dont mean to date you, but i had to look that one up on wikipedia...

i was born in 83!

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Re: fresh start

Posted by Sturggle - 15 Sep 2009 16:36

oh, and not so weird?

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Re: fresh start

Posted by letakain - 15 Sep 2009 16:55

struggle, i don't know if you just posted now on the emergency thread. YOU OK?

start talking!

HEY everybody! get down here NOW!

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Re: fresh start
Posted by Sturggle - 15 Sep 2009 16:59

i dunno what to say...

and a voice pops and says,

you dont need help,

you dont deserve help...,

just do this alone,

youre alone

:'(:'(

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Re: fresh start
Posted by Someone - 15 Sep 2009 17:01

You are not alone. We all are there with you! Most importantly HaShem. Tell the voice, wait one sec. Then you "turn around" and say, "HaShem, I give all my struggles to You. It is up to You to decide what happens. Please do not let me fall."

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Re: fresh start
Posted by jerusalemsexaddict - 15 Sep 2009 17:03

i love you man.

im pretty low on energy

but let me just say

I LOVE YOU (put in real name here)!!!!

you are one of the best firemen i know

and dont u forget it

ur always the first to respond on the im about to fall thread

win or lose

doesnt matter

youre a hero anyway

-uri

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Re: fresh start

Posted by letakain - 15 Sep 2009 17:03

NO! kick that stupid yetzer hara out of the room! out of the house! kick him to the next universe!

i'm so angry at him- my keyboards getting a beating- HOW DARE he start up with you so close

i'm gonna smash him into smithereeeeeeeens!!!!!!

get up! Get away from the trigger/s!
ill try to call soon after i have some chicken soup

Take a deep breath!

Think "this is not me- this it the Y"H! i am better than this! i've succeeded in the past and i'm going to succeed again!

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Re: fresh start

Posted by letakain - 15 Sep 2009 17:05

and call someone! NOW!

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