

fresh start

Posted by Sturggle - 06 Jul 2009 19:35

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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 Kedusha - 01 Oct 2009 18:04

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[sturggle wrote on 01 Oct 2009 16:36:](#)

Kedusha,

Thanks for posting here

and putting up with me.

My pleasure, Sturggle.

Please reread my post entitled "Post Yom Kippur Encouragement for those Having Setbacks," especially the "P.S." at the end, which I just added.

[rehab-my-site.com/guardureyes/forum/index.php?topic=1037.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1037.0)

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Re: fresh start

Posted by TrYiNg - 02 Oct 2009 10:54

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sukkah decorating done!

room - well, i made a dent in it,

but it still needs some work!!

**Bravo** 8) 8)

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Re: fresh start

Posted by 7yipol - 04 Oct 2009 09:05

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Chag Sameach Sturggle,

I just saw your SOS call. Sorry I wasnt around earlier.

Hope you are doing better now.

I will keep peeking in and checking out the forum so if you need you me,

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Re: fresh start

Posted by Momo - 04 Oct 2009 11:06

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Dear Struggle,

Sorry I didn't see your SOS earlier. The Y"H caught us off guard!

I hope you're doing better. We're here for you.

Momo

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 11:11

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im doing better. im doing worse.

i dont know.

im ready to give up.

i want to and i dont.

maybe ill just get drunk.

does that rhyme?

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Re: fresh start

Posted by Momo - 04 Oct 2009 11:17

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Struggle,

I just tried to call you, but you didn't pick up.

Will you call me now or should I try again? Will you answer?

I need to speak with you.

Momo

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 11:19

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why do you need to speak with me?

i dont think i can talk right now.

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 11:22

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it's good, no?

drinking is better than s\*\*...

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 11:23

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i think we should move this conversation to PMs,

im a shtikel embarassed.

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Re: fresh start

Posted by Momo - 04 Oct 2009 11:25

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Struggle, pick up the phone. I'm calling your cell.

I can't work until you do. And if I don't work, I'll get fired. Do you want that on your conscience?

Pick up the phone.

Ask Uri, he knows how much of a persistent little nudnick I can be.

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 11:30

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i cant believe it,

but that actually made me laugh,

a little bit anyway

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 11:32

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you guys have no idea how strong this commitment is for me to go for 90 days,

its tearing me apart,

life would be so easy w/o it

oh, wow, im falling apart,

i just want to prove to myself that i can do it,

i took it upon myself,

and i dont want to give in.

Gd help me when these 90 days are over

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Re: fresh start

Posted by Momo - 04 Oct 2009 11:38

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You are probably experiencing withdrawal symptoms. This is normal!!!

(Thanks for picking up, by the way.)

The key to the 90 days is not to struggle over it as a huge project. That's too much for anyone!

Take it one day at a time.

Say to yourself, just for today I won't bring lust into my heart and act out.

I suggest you take your cell, turn off your computer, and go for a walk. Enjoy looking at the different types of Sukkot. Make a contest in your head to find the nicest one.

We love you!

Your brother in recovery,

Momo

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 11:59

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withdrawal shmithdrawal, ha!, that sounds almost like fell shmell, did you pm guard or something?

and why should i take my cell on a walk?

im listening to marvelous middos machine, does anyone know what that is?

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