

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 - 04 Oct 2009 14:02

[7Up wrote on 04 Oct 2009 13:59:](#)

GET OUT THE HOUSE. Head to Jerusalem. By the time you get there, you can daven maariv soon

MINCHA, MOM, MINCHA!!!!!!!

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Re: fresh start

Posted by 7yipol - 04 Oct 2009 14:05

:D :D

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 14:09

i hear.

i think im going to.

but if i leave now,

ill miss zman mincha,

so until then,

im here...

ill keep you posted.

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 14:39

my father walked in a few minutes ago...

he wanted to know if i had company...,

the man keeps an eye on his whisky,

he said the bottle looks half empty

since he last saw it

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i told him i had some,

whatever, doing ok...

still at home...

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Re: fresh start

Posted by 7yipol - 04 Oct 2009 16:29

Sober up and head out to town~

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Re: fresh start

Posted by Sturggle - 04 Oct 2009 16:32

my head hurts...,

i think i might just spend the night at home.

ill head in tom morning.

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Re: fresh start

Posted by the.guard - 04 Oct 2009 17:19

im just really down right now,

maybe not even so down,

im not even sure at this point

If you're ever in doubt whether you're down or not, just assume you are. It makes things simpler and you'll also get more sympathy! That's what I do, at least :D

oh, how i wish someone would be my friend

and accept me for the way i am

and together we could play and share

if only somebody would care..."

Hey sturggle, sorry I just got to pop on to your thread now and see your difficult sturggle today... I want you to know that "low self-esteem" is a form of addiction as well. "It" wants us to believe we are unlikeable, incapable, and that no one really cares. It's a kind of self-defense mechanism, and we even use it as a kind of "shell" to *hide in* and escape from ourselves and from the problems of the world around us. Instead of facing our real issues, which are too hard, we use our "low self-esteem" to say, "we aren't worth it anyway. No one cares anyway. We can't anyway. etc. etc"... It's an escape, JUST LIKE sexual addiction is. And that's why often people with SA have LSE as well. The feelings you have are normal and understandable. But both the SA and the LSE are symptoms of your mind's desire to "escape" from the real issues.

So what *are* the real issues?

Usually, it's a general "disconnect" from life and the Source of life. Through the 12-Steps, millions of people around the world have learned how to reconnect to life, living right, and to the source of life. Will you join Duvid Chaim's new 12-Step phone group after Sukkos? Or perhaps find one in your area... There are no magic solutions. It takes work, but a very different kind of work than what you are used to. Until now, you are used to working hard to FIGHT the addiction, depression and LSE. With the 12-Steps, the only type of work you'll have to do is; show up for the meetings, follow the instructions to a "T," and take it seriously - as if your life depends on it, because it DOES. But the "other" type of work you are used to (of "white-knuckling" it and "sturggling" with it all), will slowly vanish as you progress in working the steps into your life and becoming more connected to G-d, feel His everlasting love, and learning to let *Him* take over...

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Re: fresh start

Posted by habib613 - 05 Oct 2009 00:12

ok, i know i'm HOURS late,but how are you doing?

and i kinda agree with R' Guard, from personal experience.

trying to work on that.

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Re: fresh start

Posted by Kedusha - 05 Oct 2009 02:26

Dear Sturggle,

A Gutten Moed. Here is Chutz l'Aretz, Yom Tov has only been over for about 3 hours.

I hope you're doing better! Enjoy Sukkos - it's only once a year!!

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Re: fresh start

Posted by Momo - 05 Oct 2009 07:27

Good morning Struggle,

I hope you are doing better today. I'm here if you need me.

Momo

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Re: fresh start

Posted by the.guard - 05 Oct 2009 08:06

Sturggle, we MISS YOU!! I keep checking back on your thread to see if you're Ok....

Of course, I'm talking about Simcha shel Mitzvah!

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Re: fresh start
Posted by TrYiNg - 05 Oct 2009 09:05

ye, sturggle. Me too. I want to know ur ok.

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Re: fresh start
Posted by 7yipol - 05 Oct 2009 10:15

attached to your body.) but post an 'oy, my poor head' so we know its still

Think smily's
mom

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Re: fresh start
Posted by habib613 - 05 Oct 2009 11:44

sturggle come on!

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Hangovers are rough (Im told; wouldnt know