

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 Sturggle - 17 Aug 2009 19:10

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So, Kedusha, are you suggesting that I get married, immerse my mind in learning or just be busy? I think being busy is the best for me right now, with as much immersion in learning as I can...

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Re: fresh start

Posted by battleworn - 17 Aug 2009 19:15

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Struggle, you have to get busy about making your life meaningful.

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Re: fresh start

Posted by bardichev - 17 Aug 2009 19:22

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5 THINGS YOU CAN DO THAT WILL HELP 100s OF PEOPLE

1 GO INTO ANY SHTEEBLE AND CLEAN UP THE SEFORIM

2 CONTACT 2-3 GABBAIM IN YOUR NEIGHBORHOOD ASK THEM IF THEY NEED BULBS

CHANGED IN SHUL

3 CALL THE ADMINISTRATOR OF YOUR SCHOOL ASK THEM IF THEY NEED HELP  
SETTING UP CLASSROOMS

4 CALL A LOCAL BIKKUR CHOLIM OFFER A NIGHT SHIFT ( THEY WILL ACCEPT IN A  
HEARTBEAT\_

5 CALL ANY CHESED ORGANAZATION ASK THEM IF ANYONE NEEDS A RIDE

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Re: fresh start

Posted by Kedusha - 17 Aug 2009 19:32

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[struggle wrote on 17 Aug 2009 19:10:](#)

So, Kedusha, are you suggesting that I get married, immerse my mind in learning or just be busy? I think being busy is the best for me right now, with as much immersion in learning as I can...

Sounds like a great idea. And save marriage for when you have this problem under control - your future wife will thank you for that!

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Re: fresh start

Posted by bardichev - 17 Aug 2009 20:28

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ONE MORE THING U CAN DO

PRINT THE GUE PAMPLETS AND DISTRIBUTE THEM IN PLACES U THINK MAY BENEFIT

FROM THEM

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Re: fresh start

Posted by Pintele Yid - 19 Aug 2009 21:37

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[struggle wrote on 16 Aug 2009 08:00:](#)

I fell last night. I was at my grandparents for Shabbos and they have a computer that is not filtered... I was thinking of going out, but Shabbos ended late anyway and my friend that I was going to get together with got held up somewhere. I decided I'd turn in a bit early, it was cute, my grandfather said that at my age it was a crime to go to sleep so early, but I was tired anyway and planning on getting up pretty early for shacharis. I figured I'd read a book and fall asleep. I ended up going on the computer, checking this site and then, well, things went downhill from there. I wish I could even send out a cry for help like many others do on this site, but I was gone... And I thought I wouldn't go so far, just a minute and that's it, and an hour plus later... Then I woke up this morning for davening on time, which I was happy about and pleasantly surprised that I was able to. I fell again this morning, acting out my own in bed before I got up and even after I got back from davening by going online again... I am feeling quite miserable and almost like I want to give in... I know that I don't want to, but I am feeling somewhat helpless and hopeless and it's pretty strong. Now I'm still at my grandparents on my own computer, which is filtered, and my parents are here. I don't feel like spending time with my parents... and in this mood, it's not helpful, but for some reason I think I might stick around here anyway... I don't know what's with me... Well, just checking in... Hope to keep my head above water for the rest of the day.

struggle

Heiliga Struggle,

I am very sorry I have not been able to post recently. My time has been extremely limited.

Please remmember that when you get out of this situation and become an Emes Ba"al Tshuva in this Inyin(and if you stick around GYE and implement the advise **you will get out**), the Malach Gavriel or Michael will take every drop of Zerah that you spilled and bring it on the Mizbayach Shel Mayla as a Korbon for Hashem. Remmember Zdoinois Nasseh Kezochuyos!

Rome wasn't built in one day and when there is a will there is a way. You will B"H beat this. Just don't get depressed!

Love Pintele

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Re: fresh start

Posted by Sturggle - 19 Aug 2009 22:23

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[Pintele Yid wrote on 19 Aug 2009 21:37:](#)

Something to think about when going into Elul

Please remmember that when you get out of this situation and become an Emes Ba"al Tshuva in this Inyin

Pintele Yid, thanks for the encouraging words. I'm thinking about the above, though, and wondering, "Is that ever really going to be me?!"

Bardichev, Battleworn and Kedusha, thanks for posting here and for your words! Bardichev, you have some really good ideas... I hope to implement some of them when i am able. I actually sat

today with my roommate who is getting married soon and helped him make phone calls to all of those people who have not yet responded to the wedding. It felt very meaningful to be helping out and doing something for someone else. Then he got me and another friend lunch because of it... I hope that doesn't cancel my zchus in helping...

I've also been hanging around a lot in this forum for the last few days and I have been feeling a lot better than I was at the very beginning of the week, I just hope I'm not getting addicted to GYE!!

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Re: fresh start

Posted by bardichev - 19 Aug 2009 22:30

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MAZEL TOV ON YOUR FRIEND IMY"H BY U OIF SIMCHAS!!!!

KEEP UP THE GOOD WORK IT WILL ALWAYS COME BACK

TO YOU!!

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Re: fresh start

Posted by Pintele Yid - 19 Aug 2009 23:31

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[struggle wrote on 19 Aug 2009 22:23:](#)

[Pintele Yid wrote on 19 Aug 2009 21:37:](#)

Please remmember that when you get out of this situation and become an Emes Ba"al Tshuva

in this Inyin

Pintele Yid, thanks for the encouraging words. I'm thinking about the above, though, and wondering, "Is that ever really going to be me?!"

Of course you will do it! There have been so many people in GYI that have. Keep on reading their stories and their tactics and be inspired. It will eventually sink in **and you will win**. There is

[struggle wrote on 19 Aug 2009 22:23:](#)

I've also been hanging around a lot in this forum for the last few days and I have been feeling a lot better than I was at the very beginning of the week, I just hope I'm not getting addicted to GYE!!

Achdus here at GYI. The Y"H is alone. Koach Harabim Adifa

Pintele Yid

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Re: fresh start

Posted by Sturggle - 20 Aug 2009 06:34

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3 days clean. I am back on the charts. what a feeling.

now the challenge, today. anything particular? no, except for making today today, if that makes sense to anyone, it does to me.

chodesh tov!!

lots of love,

struggle

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Re: fresh start

Posted by Pintele Yid - 20 Aug 2009 18:51

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Heiliga Struggle,

3 days ;D

That means you have a full fledged Chezkas Tahara gong into Chodesh Elul!!!!!!!

Chazak Vematz,

Pintele Yid

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Re: fresh start

Posted by Sturggle - 22 Aug 2009 21:45

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gut voch.

I'm feeling a little down right now. A little unsure as to why, it could be coming from numerous different places or all of them together. I think it's time go to sleep and I will start afresh tomorrow.

love you all and looking for a big hug,

Struggle

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Re: fresh start

Posted by the.guard - 22 Aug 2009 22:01

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## **A BIG HUG FROM GYE**

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Re: fresh start

Posted by Tev - 23 Aug 2009 02:21

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Reb guard ur the best

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