

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 - 09 Feb 2010 07:58

Dov and B,

LOLLING over here!

Some good thoughts,

huge fan of LOTR,

and working in the kitchen,

don't even got nintendo,

I will see how I can put some of that into action.

So, how was dinner last night?

What did you have?

Some good pasta?

One issue, btw, with your suggestions is

that the breaks could take me half an hour plus

and then in 4 hours time, I will only have studied for a little over an hour!

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Re: fresh start

Posted by imtrying25 - 09 Feb 2010 12:42

Very impressed by the math sturggs!!

And im sure R' Dov is enjoying his tomato sauced fingers, i mean pasta!!!

Keep it rollin.

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Re: fresh start

Posted by Sturggle - 09 Feb 2010 14:15

ok, ive actually been doing the 20 minute thing and B"H, moving along here,

it's not easy, though, i have this nagging feeling that keeps on coming back to me

and my mind keeps wandering..., not cool, but it is what it is,

it helps me to keep in mind what i really want to accomplish:

do well on my exam and stay clean/sober, the feelings aren't going to go that easy...

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Re: fresh start

~~this thread is starting to make me laugh. Although just a little.~~

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Re: fresh start
Posted by Dov - 09 Feb 2010 17:41

My sponsor used to say to me, "feelings are just: feelings. Not reality at all. Just feelings, not the way things are."

Oh, how I hated when he said that! ;D

Bye.

Re: fresh start
Posted by imtrying25 - 09 Feb 2010 23:06

[illegible]

Good night!

Re: fresh start

Posted by Sturggle - 17 Feb 2010 20:11

[sturggle wrote on 17 Feb 2010 19:44:](#)

I could use some help over here

rehab-my-site.com/guardureyes/forum/index.php?topic=616.750

im trying not to falter, but thinking in the negative is not so helpful,

so i'm reaching out

[sturggle wrote on 17 Feb 2010 20:08:](#)

WOW...,

thanks

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Re: fresh start

Posted by Sturggle - 17 Feb 2010 20:14

that's all from the "I'm About To Fall" thread,

interesting, oh, and btw, there were no posts in between the two

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Re: fresh start

Posted by imtrying25 - 17 Feb 2010 20:31

Cmon man sorry i wasnt there for you!! :'(:'(:'(:'(

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Re: fresh start

Posted by Sturggle - 17 Feb 2010 21:31

Rage,

thanks for dropping a line,

but i dont know when you looked at the chart last,

cause of what i know, i aint on it at the moment,

i keep trying again, though

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Re: fresh start

Posted by imtrying25 - 17 Feb 2010 21:36

hey man give him some credit on tryin to help you out! I guess he was sleeping when he checked out the chart, too!! :D :D :D :D :D You know rage, ha probaly was drunk, to be honest!! :D :D :D :D

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Re: fresh start

Posted by silentbattle - 18 Feb 2010 03:40

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Posted by imtrying25 - 18 Feb 2010 12:12

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Posted by Ineedhelp!! - 18 Feb 2010 14:17

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