

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 sci1977 - 25 Feb 2010 04:16

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KUTGW!

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Re: fresh start

Posted by silentbattle - 25 Feb 2010 20:29

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Glad to hear that you're clean, living life, and working on ways to live life more fully!

Keep on rocking!

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Re: fresh start

Posted by Sturggle - 01 Mar 2010 09:19

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I'm currently in Yerushalayim, but I am post the mitzvos of Purim. I had a great day and I thought about all of you throughout.

And, being in Yerushalayim, the fun continues...

**MISHE MISHE MISHE MISHE...!!!**

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Re: fresh start

Posted by silentbattle - 01 Mar 2010 15:02

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Thanks! Enjoy! ;D ;D

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Re: fresh start

Posted by Sturggle - 02 Mar 2010 19:56

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ok, so now my throat has been hurting me and i was tired all day long,

but B"H i am clean and planning to stay that way.

im trying to remember whenever negative thoughts come up,

to just quell them and keep moving in with whatever i may be doing,

really not so easy, i just think that negative thoughts will always take me back to where i dont want to go

and one major weapon i have against them is to not think them

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Re: fresh start

Posted by Sturggle - 04 Mar 2010 16:32

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still not feeling well, getting through the day...

i wonder if the girls were able to post on my thread

how many more posts there would be here,

i miss my sisters, hope they're doing well

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Re: fresh start

Posted by Ineedhelp!! - 04 Mar 2010 16:36

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Refuah Sheleimah Sturggle,

Dont make enough to just get through the day. Live the day! I knwo its probably hard because youre sick, but this is Davka when your yeter Hara tells you cant do anything productive. He wants you to just sit in bed and wallow. How about listening to a shiur or something???

Feel better!!!!

-Yiddle

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Re: fresh start

Posted by silentbattle - 05 Mar 2010 16:48

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And remember that you can feel satisfied and proud of yourself at the end of the day!

Hope you feel better, and have a great shabbos!

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Re: fresh start

Posted by Sturggle - 06 Mar 2010 19:51

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Yiddle & SB,

thanks for your remarks.

B"H, I had a very nice shabbos.

and things are going well.

would like if someone can help me

re: "TECH HELP!" in the Break Free

Gut voch!

P.S. "Mom," you ever see my thread?

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Re: fresh start

Posted by silentbattle - 07 Mar 2010 01:46

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Glad to hear that your shabbos went well - I'll check out your tech help thread, but don't have high hopes...I'm not very tech savvy...

Hope your week continues to go wonderfully!

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Re: fresh start

Posted by Momo - 07 Mar 2010 06:24

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Refuah shleima.

Hope you're doing well.

Sorry I couldn't talk with you on Thursday. I was crazy busy at work.

Still busy at work, but thinking of you.

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Re: fresh start

Posted by 7yipol - 07 Mar 2010 08:59

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Embarrassed to admit that I no longer check the mens side on a regular basis :-[

Remember; if you want me to stop by for something specific -

and that may be no more than a "please stop and say hi, mom"

give me the heads up on my 7UP thread, k?

DO NOT think that they have forgotten you though!  
Hi Sturggle

Keep climbing Sturggle.

We believe in you.

I hope you have noticed how much you have grown.

Because mom has!  
Its too much of a YH and makes me want to post here all the time again

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Re: fresh start

Posted by Dov - 08 Mar 2010 00:18

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Re: fresh start

Posted by 7yipol - 08 Mar 2010 21:35

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Wow...and she remembers all of us when we were just.....oh, never mind!  
[dov wrote on 08 Mar 2010 00:18.](#)

Stopped just in time R'Dov!

...although Im sure you were going to write

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Wow....and she remembers all of us when we were just.....oh, never mind!