

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.

=====

Re: fresh start

Posted by Sturggle - 01 May 2010 22:46

Shavua tov

Shabbos was pretty nice and quiet. I had a little occurrence on Fri. night, when in the middle of my sleep I half woke up to find myself at the end of a masturbation session. It isn't the first time something like that has happened to me. I got all upset at myself in the moment, and then I changed what I was wearing and went back to sleep. In the morning, I pretty much realized that I didn't have much control over that and I was for the most part not fully conscious. I'm still counting myself as clean and hope to make it through another day.

I know I haven't posted in a bit, stuff has been going on and I plan to write a bit about it in the near future.

=====

Re: fresh start

Posted by silentbattle - 02 May 2010 03:54

Glad to hear that when you became aware of what was going on, you stopped!

Rock on, looking forward to hearing more from you!

Posted by Sturggle - 02 May 2010 05:47

There wasn't much to stop from at that point.

Posted by silentbattle - 02 May 2010 16:42

Posted by Sturggle - 05 May 2010 22:08

[illegible]

Ok, now that that's over with, gnite.

=====
=====

Re: fresh start

Posted by cleareyes613@gmail.com - 06 May 2010 07:11

Goodnight Sturggle.

=====
=====

Re: fresh start

Posted by Sturggle - 06 May 2010 07:23

thanks cleareyes.

and to you.

=====
=====

Re: fresh start

Posted by Steve - 06 May 2010 14:35

that was the AAAAHHHHHHH heard 'round the world!

Good to see you again, tzaddik.

=====
=====

Re: fresh start

Posted by Sturggle - 06 May 2010 20:38

thanks Steve.

=====

=====

Re: fresh start
Posted by Sturggle - 07 May 2010 08:20

: ??? :o

=====

=====

Re: fresh start
Posted by Sturggle - 07 May 2010 08:21

just checking..., so are we locked or not?

and what about us Israelis?

=====

=====

Re: fresh start
Posted by Sturggle - 08 May 2010 23:23

Welcome back to the forum...

Shavua tov!!

B"H, feeling pretty good.

I think it's mostly b/c I am working on being good,

even those times when I'm not feeling it.

=====

=====

Re: fresh start

Posted by Tev - 09 May 2010 02:09

Sturggle,

You tha man .. man!

keep up the shteigin, I'm sure G-d is looking down and "smiling"

=====

Re: fresh start

Posted by zalmandovid - 09 May 2010 04:25

Nice to hear your doin well, wspecially bc your tryuing hard to be good. I think that it is really important to realize that you are not "being good" . You are healing from a sickness. You my friend were always good, and Hashem in his unwavering love to all of his creations loves you dearly even when you are falling. We must always try to internalize the ABSOLUTE TRUTH that the person who acts out and falls is not the real you . You are a precious Neshama, a soul who has come down into this world. A soul that is connected to Hashem and is not bound by any physical limitations. We do not act out or fall. That is someone else. The real you is the guy who is striving to become ever so closer to his creator. I can promise you that when you interalize this truth your struggle will become so much easier. Keep being good, and hashem will be good to you

With Love,

Zalmandovid

=====