

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 - 18 May 2010 11:58

Chag Sameach! May we all be zoche to feel HKB"H's love on this huge day of Matan Torah!

3 weeks clean!

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Re: fresh start

Posted by 7yipol - 18 May 2010 12:42

Chag sameach to you too Sturggle.

3 weeks is awesome! May it continue minute by minute, day by day!

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Re: fresh start

Posted by silentbattle - 21 May 2010 04:11

Amen - hope you had a great one!

Keep it up, you're really on a roll!

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Re: fresh start

Posted by Sturggle - 26 May 2010 09:18

I hope that I can figure out what's going on with me.

There are so many things on my mind and things that I want to do.

I think that's all part of it and it is also keeping me from just doing and/or figuring out why I am feeling the way that I do right now.

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Re: fresh start

Posted by Sturggle - 26 May 2010 09:42

I just had a slip.

and I just fell.

quick and simple.

there was a reason for this.

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Re: fresh start

Posted by briut - 26 May 2010 10:17

[sturggle wrote on 26 May 2010 09:42:](#)

there was a reason for this.

...which would be..?

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Re: fresh start

Posted by Sturggle - 26 May 2010 11:09

if I knew the answer I would have written it.

unsure. something I need to think about.

on a simple/deep level to help me realize that I have more to work on.

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Re: fresh start

Posted by Dov - 26 May 2010 16:50

Maybe...but maybe it's time to just work on today and allow Him to put the solution into your heart and mind with no help from your brain at all. Maybe not. Everyone is different and changes, too. Hatzlocha doing what you can do! I love you Sturggle!

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Re: fresh start

Posted by silentbattle - 26 May 2010 17:00

Please be careful with that idea...down that road, madness lies.

You fell, Fell Shmell. You're up now - stay that way, one day at a time. You know you can do it!

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Re: fresh start

Posted by Sturggle - 27 May 2010 06:38

B"H, today is a new day.

No matter what I feel, I can make it a good one, with HKB"H's help, of course.

Dov, I am trying to work on today. Without my brain, though, I don't know how possible that would be. I don't want to get lost in my head, but it definitely serves a purpose!

SB, be careful with which idea? And did I just catch you Yoda-ing?

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Re: fresh start

Posted by silentbattle - 27 May 2010 12:02

Mm. Much power young Sturrle has! Strong the force is within him! (why is there no high-pitched voice emoticon?)

What I meant was that...ultimately, god has some reason why you fell, at least according to R' arush (not sure if everyone agrees with that). But first of all, just like with everything else in life, we don't always know what God's reasons are, and trying to figure it out can drive us crazy, and often leads us to make assumptions that can easily be wrong, and are often motivated by our own selfish concerns.

But most importantly, I think that the danger in that way of thinking is that we need to be careful - it seems to me that it would be easy to start thinking about the fact that there's a reason for the fall...even before the fall. And THAT, *is* madness.

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Re: fresh start

Posted by Dov - 27 May 2010 22:05

Gevalt, what's with y'all? I don't mean to go without your brain, really. I just mean what works for me: Not to go with **too much** of our brains. Knowing when to think, think, and think - and when to let go of the lust to nail down the explanation or rationale...that's a blessing from Hashem. Most nisyonos require (as the ba'al haTanya and many others say) a bit of suspension of our Da'as. We seem to lose our brains at the point of nisayon - and are left to proceed on what *feels* like blind heart, alone. I cannot count the times I went without the lust temptation for what felt like no rational reason whatsoever! When I have a lust temptation - ate actual moment of true choice - it boils down to me feeling that I really need this crap. It truly seems to be in my best interest and there is no logical answer I seem to be able to grasp onto. The mussar is all slippery in my hands. But when I "overcome" it is usually by me just figuring that *there were so many thousands of times that I went with the lust 'just because'*, that it was now my turn to suspend my judgement of what's better for me and go without it - **just because**.

In other words, sometimes, all the hundreds of meetings, thousands of hours of stepwork, and thousands of shares in meetings I have made, all boil down to a moment of letting go of my judgement and accepting Hashem's judgement instead of mine. And doing without what feels like it'd be soooo nice.

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Re: fresh start

Posted by Ineedhelp!! - 07 Jun 2010 17:28

Hey sturggle,

Haven't seen you update in a while. WHat you been up to?

-Yiddle

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Re: fresh start

Posted by Dov - 08 Jun 2010 04:22

Yeah, vos hertzach?

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