

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 Dov - 22 Sep 2010 07:11

Same to you reb shturggly wurggly!!!

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Re: fresh start

Posted by Sturggle - 26 Sep 2010 07:12

hey. moadim Isimcha. so, im having some difficulty with one of my sisters. its not a new thing, recurring, for quite a while. and for some reason it's getting to me. im not sure what the story is that im in that is bringing out these emotions. i think something about not being loved. any thought/suggestions?

also last night, i had some urges to revisit some particularly nasty old habits. got a bit scared from that. in general im in a bit of a tense mood, feeling pressure, etc. im going to take some time to breathe into that and maybe figure something out.

moadim **ISIMCHA**.

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Re: fresh start

Posted by Dov - 26 Sep 2010 21:15

"Taking some time to breathe into that" is one of the wisest ideas I have ever heard, particularly when it comes to a painful knot that involves emotions, lust, family, and other confusing messes that are way bigger than our scope of vision.

Sturggle, you are a *breath* of fresh air!

PS. Sometimes I discover that when I can't think into it at all, giving it all up, shrugging my shoulders, and consciously moving past it and into my present life seems to work wonders. Usually, soon after getting free of the ball-and-chain, a light goes on and perspective returns....not so as long as I try to force the 'Faberge egg' of my feelings open!

However it works for you this time, hatzlocha!!

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Re: fresh start

Posted by Sturggle - 29 Sep 2010 08:47

Sometimes I need to breathe just to be able to shrug my shoulders!

And perspective itself is a breath of fresh air!

B"H, 72 days clean!

Chag Sameach!

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Re: fresh start

Posted by Eye.nonymous - 29 Sep 2010 09:11

[dov wrote on 22 Sep 2010 07:11:](#)

Same to you reb shturggly wurggly!!!

This must be the shortest Dov post ever! Probably too profound for "Daily Dose of Dov." Most people just wouldn't understand.

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Re: fresh start
Posted by 7yipol - 29 Sep 2010 12:15

72 "just for today's" Sturggle!

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Re: fresh start
Posted by Sturggle - 01 Oct 2010 14:53

This morning I had a unique opportunity. I slept last night in Yerushalayim and did not have my tefillin with me. My decision was to take a bus to get my tefillin this morning and daven there. I had a little bit of a hard time getting out of bed (because I went to sleep very late) and I missed the bus that would get me to where I needed to go on time. I could take a taxi, though, and then it struck me...

Over the last year or so, I found myself at times either driving on my own or hailing down a cab to go certain places that were very inappropriate to do inappropriate things. I probably spent some good money on some taxis at some very strange hours to get to and from these places.

I am 74 days clean today from acting out and I was able to stop myself and realize that I had a chance to be metakain some previous expenditures on taxis that I ran to do l'shem aveira with the big zchus of running to pay a taxi to get somewhere l'shem mitzva.

B"H! (Maybe this can be considered a hug?)

Still working on breathing, accepting, and being in the present.

Gut Shabbos to all!

(And Gut Voch!)

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Re: fresh start

Posted by Eye.nonymous - 02 Oct 2010 19:19

[sturggle wrote on 01 Oct 2010 14:53:](#)

I had a chance to be metakain some previous expenditures on taxis that I ran to do l'shem aveira with the big zchus of running to pay a taxi to get somewhere l'shem mitzva.

That's great to realize that!

Shavua Tov,

--Eye.

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Re: fresh start
Posted by Dov - 05 Oct 2010 04:15

Mazel Tov Sir! Or as Bards would put it,

MAZEL TOV SWEET YIDELLE ! !

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Re: fresh start
Posted by Sturggle - 05 Oct 2010 05:38

Not sure what the occasion is, but I'll take some good mazel when it comes my way!

Do we really believe in mazel? Hmm... Ok, ok, not to think too much, veiter, veiter!

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Re: fresh start
Posted by silentbattle - 05 Oct 2010 09:27

That is beautiful, and (I think) absolutely correct!

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Re: fresh start
Posted by Yosef Hatzadik - 06 Oct 2010 19:04

[sturggle wrote on 01 Oct 2010 14:53:](#)

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[Yosef Hatzadik wrote on 24 Feb 2010 17:28:](#)

Last night, I heard that Rav Chaim Brim Z"l said that the reason R' Osher Arieli Shlit"a, R"m in Yeshivas Mir, was zoche to give such a great shiur is because he never walked on Rechov Yaffo!

Also overheard last night: R' Asher Arieli Shlit"a said about himself: Many yungeleit save up some money, a little at a time, to amass some funds for a purchase that they want to buy; I saved up the loose change in order that I should be able to take a taxi to yeshiva one day more, thereby saving one more time of walking in the streets of Yerushalayim.

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Re: fresh start

Posted by Sturggle - 16 Oct 2010 17:24

SHAVUA TOV!!

:D ;D 8) ??? :

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Re: fresh start

Posted by Dov - 17 Oct 2010 02:46

Yeah! Shavuah Tov, amigo!!

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