

My CLIMB on the wall

Posted by 2nd-chance - 01 Jan 2011 23:24

Started dec 26 after several other starts

trying to keep tight

for ONE day only

now day 7

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Re: My CLIMB on the wall

Posted by cordnoy - 03 Sep 2014 20:13

Im remindin' you; thanks.

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Re: My CLIMB on the wall

Posted by Bigmoish - 04 Sep 2014 04:17

[cordnoy wrote:](#)

And one last thought. There are many people here who speak about the yetzer hara and his ways of enticin' us to do stuff, and I will not get into my opinions on that right now, but one thing I could tell you (again, just imho), when one starts thinkin' about the past and the future and how can one fall after so many days, and what am i gonna do about it, and is it all worth it, and can I handle it.....all that is certainly the atsas hayetzer and one should run da hell away from those stuff.

A Rebbe of mine told me that the YH's (sorry) main weapon in this dor is depression.

And there are scant few things that I can think of that are more depressing than this. Hence, the YH in action. KOMT, KOP, KO whatever else you want, but don't think about this.

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Re: My CLIMB on the wall
Posted by cordnoy - 04 Sep 2014 06:29

Mine as well.

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Re: My CLIMB on the wall
Posted by lomed - 07 Jun 2015 17:37

Just read this thread. This is amazing. Your name answers everything. you show how we all have a 2nd chance. I am inspired to see you here fighting for so many years, and you are on the battle field not giving up. You start all over.

Last weeks parshe we learn how the ones that were not clean to be able to bring the kurban pesach. They asked from Moshe rabeinu the million dollar question ??? ???? ????? ????? ??
???? ???????????????????? Why should we be left out?? Then Hashem tells him that indeed you do have a 2nd chance, and they will be able to bring the kurpan pesach on pesach sheini.

So here we are just asking from hashem just for one more second chance. That the inspiration that I take from this thread.

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Re: My CLIMB on the wall
Posted by cordnoy - 11 Jun 2015 11:33

Thanks for bumpin'

My inspiration is that one shouldn't get sad.

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Re: My CLIMB on the wall

Posted by 2nd-chance - 28 Jun 2015 10:41

Hi friends/fellows,

Thanks for stoppin by, seeing comments on MY thread gives me chizuk

My current situation:

SA sober for 42 days,

Weekly psychotherapy sessions (EMDR)

daily SSRI medication

the above are giving me courage & emotional strength to work the steps with my sponsor

I pray that I will have courage to push over the hills

Oh no!! get out of the future!

1 day at a time

I do not need to know/control the results

thanks for reading

Isaac

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Re: My CLIMB on the wall

Posted by cordnoy - 28 Jun 2015 14:17

Thanks for the update.

Great to hear you're doin' well.

B"H!

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Re: My CLIMB on the wall

Posted by serenity - 28 Jun 2015 16:56

Thanks for sharing with us, chaver.

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Re: My CLIMB on the wall

Posted by yiraishamaim - 28 Jun 2015 18:13

Sounds like you 're working a good program.

Good for you!

Hatzlacha and be proud

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Re: My CLIMB on the wall

Posted by 2nd-chance - 01 Apr 2016 15:24

After so loong

i started working with a mucker sponsor

did 1.5 hours todays to continue sunday

looks like fun

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Re: My CLIMB on the wall

Posted by markz - 01 Apr 2016 15:36

Welcome back

See you again next year?

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Re: My CLIMB on the wall

Posted by thanks613 - 01 Apr 2016 17:54

Good thread, thanks for the shares and wishing you best haztlacha 2nd! So far, I have learned from this thread all the things I ***don't know***. For example:

imho

KO

KOP

KOMPT

ESH

MO (ok, so I didn't see this one here, but I'm still not sure what it is..)

It's humbling really.

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Re: My CLIMB on the wall

Posted by cordnoy - 03 Apr 2016 18:13

[thanks613 wrote on 01 Apr 2016 17:54:](#)

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Re: My CLIMB on the wall

Posted by thanks613 - 03 Apr 2016 18:54

[cordnoy wrote on 03 Apr 2016 18:13:](#)

[thanks613 wrote on 01 Apr 2016 17:54:](#)

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yeah, that one too. Thanks Cords. Also imhi (unless that's just a misspelled imho :)

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