

Been there done that... not really

Posted by geshertzarmeod - 14 Feb 2011 09:48

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I've started the teshuva process before, but never with the support of others. Even if no one is reading this, just the idea that I can post this somewhere is meaningful. One day at a time. So this is day 1. :-\

I think I need to check the attitude handbook.

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Re: Been there done that... not really

Posted by Gevura Shebyesod - 25 Dec 2011 07:35

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Hey I'm not the only one still awake? ??? ;D

right now i don't see it. It seems to come and go at random.

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Re: Been there done that... not really

Posted by Gevura Shebyesod - 25 Dec 2011 07:43

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Funny, i refreshed the page after sending the last post, and the picture showed up!

I think it may be that you uploaded a very large picture and the system needs to scale it down, and times out doing so. If that is the case try scaling it down first then re-uploading it.

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Re: Been there done that... not really

Posted by geshertzarmeod - 05 Feb 2012 22:05

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So here we are in between the hebrew and english dates of when i started this process a year

ago. Baruch Hashem we are clean for a year!

Alot has happened during this year.

Although i havent been posting lately, i felt the need to try and summarize what i've learned and gained from the forum, site, and process, if not for anyone else then at least for myself.

We'll try to post a little bit each day as we approach day 365 on the charts.

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Re: Been there done that... not really

Posted by tehillimzugger - 06 Feb 2012 16:32

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[Gesher Tzar Meod wrote on 05 Feb 2012 22:05:](#)

We'll try to post a little bit each day as we approach day 365 on the charts.

So we'll get to hear more from you?

Great News!

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Re: Been there done that... not really

Posted by ZemirosShabbos - 06 Feb 2012 21:12

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hi friend!

nice to see you again

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Re: Been there done that... not really

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Posted by geshertzarmeod - 07 Feb 2012 09:08

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[ZemirosShabbos wrote on 06 Feb 2012 21:12:](#)

hi friend!

nice to see you again

thank you

nice to be seen

which brings me to my first point

I think the strongest aspect of posting here is being seen, i.e. getting the problem out of the closet. I walked around for about 30 years with this deep dark secret that was killing me. Coming out in the open got the monster down to a size where he was attackable.

It doesnt solve anything, but it definitely chips away at the stranglehold that the YH has on us. I know that others take issue with remaining anonymous, and perhaps its a difference between those who need SA or the 12 steps and those who don't. But I know that it worked for me.

Zem you're on of the few who were with me from the start who are still here. Just wanted to say thank you.

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Re: Been there done that... not really

Posted by Blind Beggar - 07 Feb 2012 10:49

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Gevaldig Gesher, a whole year clean and sober! We'd love to have you on the Forum more often.

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Re: Been there done that... not really

Posted by geshertzarmeod - 07 Feb 2012 11:32

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Thanks BB

I'd like to be around more often

it just doesnt seem to have the same appeal that it used to have

for me that is

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Re: Been there done that... not really

Posted by tehillimzugger - 07 Feb 2012 11:44

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[Gesher Tzar Meod wrote on 07 Feb 2012 11:32:](#)

Thanks BB

I'd like to be around more often

it just doesnt seem to have the same appeal that it used to have

for me that is

Why? there's still good cholint, and a muffin or two occasionally..

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Re: Been there done that... not really

Posted by geshertzarmeod - 07 Feb 2012 12:00

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Hey TZ !

Never really got into the cholint and stuff here

dont know why, it just never spoke to me

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 07 Feb 2012 20:17

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Gesher, there's room on the narrow bridge for a cholint-muffin or two

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Re: Been there done that... not really  
Posted by Gevura Shebyesod - 07 Feb 2012 21:34

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[Gesher Tzar Meod wrote on 07 Feb 2012 12:00:](#)

Hey TZ !

~~whatever you do keep on trucking~~  
Never really got into the cholint and stuff here

dont know why, it just never spoke to me

No, you're not supposed to get into the cholint, the cholint is supposed to get stuffed into you.  
And it speaks to you better that way. :D

Oh, and it's great to see you around again, and Mazel Tov on a WHOLE YEAR!!!!

KOMT!!!!

Gevura!

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Re: Been there done that... not really  
Posted by geshertzarmeod - 08 Feb 2012 19:39

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Thanks guys.

Moving on in my trip thru GYE memory lane...

The chart was gevaldig. I realize that I probably used it a bit differently than others. For me once I was on the chart there was no turning back, no falling. The prevalent attitude among the chevra seemed to me a bit looser with this concept. And again I assume it was a difference between people following the 12 steps and those who weren't. For others the chart was more of a general picture of how much you've accomplished despite your falls. For me it was do or die! Any time I felt the urge to act out I had to consider what i was going to post afterwards and the fact that i would have to start the chart over from 0.

I know that the focus is one day at a time, but I had to keep in mind that no matter what i wasnt going back to where i was... EVER!

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Re: Been there done that... not really  
Posted by tehillimzugger - 09 Feb 2012 12:18

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[Gesher Tzar Meod wrote on 08 Feb 2012 19:39:](#)

Thanks guys.

Moving on in my trip thru GYE memory lane...

The chart was gevaldig. I realize that I probably used it a bit differently than others. For me once I was on the chart there was no turning back, no falling. The prevalent attitude among the

chevra seemed to me a bit looser with this concept. And again I assume it was a difference between people following the 12 steps and those who weren't. For others the chart was more of a general picture of how much you've accomplished despite your falls. For me it was do or die! Any time I felt the urge to act out I had to consider what i was going to post afterwards and the fact that i would have to start the chart over from 0.

I know that the focus is one day at a time, but I had to keep in mind that no matter what i wasnt going back to where i was... EVER!

i also had that attitude with the chart and that's how i got to like 60 something in the beginning, but if it's an addiction "do or die" has to be real...

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