

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by Markz - 19 Dec 2016 23:44

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Great idea!

encouraging and thoughtful that i know i can do this for good !

But pray tell me is this the first time you tried some sort of abstinence plan?

For me the plan didn't work - not before gye and not after I joined either. I started trucking when I joined gye and it happened by the grace of GD that I passed 90 days

So what are you doing today to get that truck engine warmed up??

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Re: I will make it b"h

Posted by czworking123 - 20 Dec 2016 00:07

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first of all thanks for the vid. very interesting.

this is not the first time i am trying something like this i remember in mesivta i fell twice in one year i told the menahel and the mashgiach and ended up learning with them and that helped for a while.

This time i hope to keep it up by 1)keeping my wife updated and 2)using the resources that gye

provides especially the forum and chats and hope to connect to some of the guys here (though i get the feeling i am younger than most of you)

I've been reading the threads on the forum many guys i think would be able to help me either with advice humor or just plain understanding of this journey we are going through.

gotta get some sleep very late (really early morn. here).

and thanks

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Re: I will make it b"h

Posted by Singularity - 20 Dec 2016 09:03

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[czworking123 wrote on 20 Dec 2016 00:07:](#)

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Hey. How do you know? Just because I write in calligraphy script? These young whippersnappers....

Keep using the resources. See if 12-step programs are right for you. They may or may not. Do your research. Tons of stuff here to peruse and make a decision. Hatzlocha! Keep active.

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Re: I will make it b"h

Posted by czworking123 - 20 Dec 2016 19:44

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had a really good day had to go take care of insurance stuff and that means going to yaffo:hear\_no\_evil: not a good place for keeping clean but i took my mp3 and listened to shiurim kept my eyes down took the back streets.It was great to see the yad hashem so many times from getting a man by the desk to the sun blinding me at the right time (TWICE)

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Re: I will make it b"h

Posted by Singularity - 21 Dec 2016 08:47

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Wonderful! The sun shall stop for you!

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Re: I will make it b"h

Posted by czworking123 - 21 Dec 2016 21:13

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Help i'm so tired it's hard to think straight my baby has cried till 2is am for a week and a half any

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Re: I will make it b"h

Posted by cordnoy - 21 Dec 2016 21:53

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[czworking123 wrote on 21 Dec 2016 21:13:](#)

Help i'm so tired it's hard to think straight my baby has cried till 2is am for a week and a half any

Perhaps she can't tell time or spell.

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Re: I will make it b"h

Posted by Workingguy - 21 Dec 2016 22:28

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[czworking123 wrote on 21 Dec 2016 21:13:](#)

Help i'm so tired it's hard to thunk staight my baby has cried till 2is am for a week and a half any

suggestions?

Yes. We got this book that taught you how to swaddle the baby in the blanket, rock them back and forth, and make loud noises to get them to sleep, and it worked.

Is your baby eating well?

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Re: I will make it b"h

Posted by czworking123 - 22 Dec 2016 12:41

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thanks everyone for the help

cords:i told you i can't think straight:wink:

workingguy:thanks for the info i've also read and watched clips about that but the problem is that when we put her down she starts screaming as if in pain (she is on zantac for reflux and i have upped the amount given)

and b"h she is eating well

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Re: I will make it b"h

Posted by cordnoy - 22 Dec 2016 12:49

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[czworking123 wrote on 22 Dec 2016 12:41:](#)

thanks everyone for the help

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workingguy:thanks for the info i've also read and watched clips about that but the problem is that when we put her down she starts screaming as if in pain (she is on zantac for reflux and i have upped the amount given)

and b"h she is eating well

Have you asked your mashgiach?

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Re: I will make it b"h

Posted by czworking123 - 22 Dec 2016 18:03

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ask him what

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Re: I will make it b"h

Posted by cordnoy - 25 Dec 2016 17:45

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[czworking123 wrote on 22 Dec 2016 18:03:](#)

ask him what

How to calm the baby.

or, how to sleep with the racket.

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Re: I will make it b"h

Posted by czworking123 - 25 Dec 2016 20:00

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oh that,sleeping with the racket is fine by me just not fair to the wife

and to calm the baby she is definitely allergic to something but the doc. doesn't want to test till 3  
(we know she has re-flux and give her med. and milk is a no no but what else?)

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Re: I will make it b"h

Posted by cordnoy - 25 Dec 2016 20:11

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[czworking123 wrote on 25 Dec 2016 20:00:](#)

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and to calm the baby she is definitely allergic to something but the doc. doesn't want to test till 3  
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months

So, did you ask him?

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