

having a bad day

Posted by last - 13 Feb 2012 11:59

i accidentally stumbled upon something triggering, and it isn't leaving me.

some times i feel it will be better to give in and it will leave me alone instead of the whole day thinking about it :-[

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Re: having a bad day

Posted by tehylimzugger - 22 Feb 2012 17:25

Hey Mr. "Low Man"

You sound like you made a lot of progress

Kol HaKavod!

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Re: having a bad day

Posted by ZemirosShabbos - 22 Feb 2012 23:01

LastTryHope,

i do hope this is your last and most successful try...

you know what they say about skydiving? you only need a parachute if you plan on doing it

as Someone suggested, counting the days can be good but if it creates a feeling of pressure and a build-up towards "when can i get my next release?" then forget the counting. there is a good line "it's not the quantity, it's the quality of sobriety". meaning if you feel like plotzing after x amount of days then something is amiss. we need to find a way to live without feeling like a wound-up matchbox car.

it sounds like you are making progress. kol hakavod!

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Re: having a bad day

Posted by last - 23 Feb 2012 06:11

[ZemirosShabbos wrote on 22 Feb 2012 23:01:](#)

you know what they say about skydiving? you only need a parachute if you plan on doing it

sorry to contridict you but there IS a way to skydive without a parachute ;D

[ZemirosShabbos wrote on 22 Feb 2012 23:01:](#)

as Someone suggested, counting the days can be good but if it creates a feeling of pressure and a build-up towards "when can i get my next release?" then forget the counting. there is a good line "it's not the quantity, it's the quality of sobriety". meaning if **you feel like plotzing after x amount of days** then something is amiss. we need to find a way to live without feeling like a wound-up matchbox car.

that **is** what i feel. i had long periods of sobriety but that is what happened each time
need ideas what to change

LT

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Re: having a bad day
Posted by Someone - 23 Feb 2012 14:10

Hey, good to hear that you went for breakfast with your wife! It seems you were quick to take
action 8)

[last try\(hope\) wrote on 22 Feb 2012 09:44:](#)

about giving all the credit to hashem

Im very sorry for having used the word "win". It was utterly the false word to use. For me, as an addict, I cannot think about myself as a bad/good person - just as a sick one. Therefore I also think, as with cancer, that I will not get any "credit" for going to chemo - its just something I would do to survive. Maybe thats why I shouldnt say "giving up ones struggles" - but more like "letting go and letting G-D" (handle the sickness). For me struggle always indicates a fight, which would indicate good and bad. Just like a cancer cell isnt evil, its just mutated, I dont think we can allow ourselves to see addiction as something evil. For me this is a paradigm shift, and although I can write about it, Im not sure I really internalized it yet. In the end I guess that doesnt matter either, since actions count much more anyways. Which you have taken!!

Let me know if Im completely offtrack here...

SO

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Re: having a bad day

Posted by Eye.nonymous - 23 Feb 2012 14:14

[last try\(hope\) wrote on 23 Feb 2012 06:11:](#)

that **is** what i feel. i had long periods of sobriety but that is what happened each time
need ideas what to change

Here are some ideas for you:

www.guardyoureyes.org/forum/index.php?topic=4870.msg128036#msg128036

Good luck,

--Elyah

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