

a new start

Posted by mggsbms - 24 Jun 2015 14:48

After being here for many years and succeeding sometimes more then others, I have left GYE.
im trying to start this thing again with renewed motivation hopefully with good results.

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Re: a new start

Posted by mggsbms - 26 Apr 2016 03:55

Day 16

Trying to surrender the lust that's creeping up. I reached out to a couple of friends and it helped
for the day, isn't that all that counts ?

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Re: a new start

Posted by markz - 26 Apr 2016 12:08

[mggsbms wrote on 26 Apr 2016 03:55:](#)

Day 16

Trying to surrender the lust that's creeping up. I reached out to a couple of friends and it helped
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Re: a new start

Posted by mggsbms - 27 Apr 2016 15:39

Day 1

A few points. Nothing earth shattering.

It's as important for me to learn how to get up after a fall as it is to have continues sobriety, even though I naturally tend to harp on the latter. Falls will happen. It's getting up and continued focus on sobriety that matters.

That is by.

1. Valuing and appreciating every sober minute. It is literally priceless to have a clear mind.
2. Continued recognition of all the good things in life.
3. Including patting myself on the back when winning some struggles with the help of Hashem.
4. Trying to remember the tumult of a day lost to addiction. Snappy to my wife and kids. Not appreciating the many blessings of a sunny happy plain day.

5. Trying to remember the sweetness of extended sobriety.

Comments are welcome

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Re: a new start

Posted by cordnoy - 27 Apr 2016 15:48

Golden post!

Expound on #2 perhaps.

Golden post!

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Re: a new start

Posted by inastruggle - 28 Apr 2016 04:05

I agree, great post.

KOMT!

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Re: a new start

Posted by Shlomo24 - 28 Apr 2016 09:38

While I appreciate the post, and the pointers were spot on, I always feel iffy when I read Day 1 revelations. I always had gantzeh svaros on that day of or after my falls. It never kept me sober. A previous sponsor of mine called me out on it, he said that I should just do the next right thing and stop thinking. He said that I just fell and I'm still reeking of alcohol. He told to get a little more sobriety until I start thinking again. I really agree with him.

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Re: a new start

Posted by mggsbms - 28 Apr 2016 11:41

[Shlomo24 wrote on 28 Apr 2016 09:38:](#)

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Oh I did write comments are welcome..

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Re: a new start

Posted by mggsbms - 28 Apr 2016 11:51

[Shlomo24 wrote on 28 Apr 2016 09:38:](#)

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So do I

So much for asking for comments...

This thread is in the "break free" section of GYE. And is meant for strugglers to be able to post at will about the ups and downs of their addiction.

It is mighty painful to fall. And even harder to admit it. And yet even harder to write about it on a public forum to people who know you - some personally - and your struggles. The last thing I would need is somebody to tell me "Btw you smell from alcohol, go back to your hell hole".

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Re: a new start

Posted by cordnoy - 28 Apr 2016 13:01

[cordnoy wrote on 27 Apr 2016 15:48:](#)

Golden post!

Expound on #2 perhaps.

Golden post!

And mgsmb's, keep on listening to your sponsor/friend, and keep thinking and writing those thoughts. I know you for almost three years and your thoughts from the past two or three weeks are on a higher level than most of the past years. It should be and it will be B'hatzlachah. Live Godly, today! And make sure to tell Him.

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Re: a new start

Posted by Shlomo24 - 28 Apr 2016 13:12

This was my response to a post that was deleted, I still think it is necessary to write:

I think that you got my message wrong. I was in no way saying that you smell of alcohol, hell, you aren't even an addict. I was just saying what my sponsor told me. Meaning that my brain is too cloudy after a fall for me to think rationally and not just shame myself for falling. He never told me to go back to my "hellhole," what he told me was to put the thinking on hold for the time being. What he said was out of love and care for me, he wasn't putting me down. You can do whatever you want with what I said, take it or leave it, I was just trying to relay my experience.

Sharing a fall can be very hard, I relate. However, many times the hard things are the ones we get the most growth from. Ayin cordnoy's signature.

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Re: a new start

Posted by mggsbms - 28 Apr 2016 13:17

[Shlomo24 wrote on 28 Apr 2016 13:12:](#)

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Well said and well taken.

Thanks

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Re: a new start

Posted by inastruggle - 28 Apr 2016 14:45

I don't know. On the one hand thinking about it can get you down if you start bashing yourself.

On the other hand, it's when you remember all the details of the fall. After a little while I don't even remember why and how I fell.

On the third hand those revelations didn't help me stay clean. They may help others though.

I got me three hands. Yeah.

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Re: a new start

Posted by realsimcha - 28 Apr 2016 15:03

When I read Shlomo's post warning of too much thinking on the first day after a fall I really identified with that. I have been there too many times. I am sure Shlomo doesn't mean not to engage in sobriety with vibrancy and energy, just not to make too many cheshbonos. The day after a fall for me is a day where I can't even understand how I could have had that tayva. Therefore, all kabbalos on that day are moot. I need to get back into a normal mode in order to make proper kabbalos. Now, some people I am sure are affected differently. And it could be that thats what caused some negative reactions. But I am thankful to Shlomo for speaking out the words that I was feeling but having a hard time forming into coherent thoughts. I remember hours and hours of pontificating to myself on those day 1's. Painful hours. I learned from experience that the best thing to do is to put one foot in front of the next and to just get through the day sober. Thinking happens [for me] after that.

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Re: a new start

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[Shlomo24 wrote on 28 Apr 2016 13:12:](#)

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Sharing a fall can be very hard, I relate. However, many times the hard things are the ones we get the most growth from. Ayin cordnoy's signature.

While I thanked you for the "non-thinking" gist of the post, I disagree with the placement (meaning: it is true in general, but not in this case). Mgsbms wasn't doing the type of thinking that a sponsor will disapprove of (imho). He wasn't analyzing the fall and what brought it about and the low feelings etc. He was extolling sobriety and bemoaning the failures of living in fantasy. All in all, it was positive thinking, and it should be continued, especially the gratitude part. Additionally, how do you know he's not an addict?

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