

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 - 05 Apr 2016 18:03

I have a full 24 hours of sobriety to call my own.. I also made a gratitude list.

Will try to post daily.

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Re: a new start

Posted by mggsbms - 10 Apr 2016 13:00

I had 6 days of sobriety and then fell last night. I'm posting this here since I committed in the last post they I will post here and didn't comply. I hope I will from here on.

The gratitude list opened my eyes to see that I'm not appreciating all the good I have in my life in general, and specifically when it comes to the things that have been getting me down. I am focusing on the lulls and not realizing the highs. Just jotting them down changes the whole perspective and so does my mood change.

I've been trying to work this together with ACT therapy which also teaches a person to shine the light on the goals - values and not on thoughts, stories as they call them.

In any case it seems like I have a lot of work cut out for me, to start living life, and not dwell on everything that should've could've been different.

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Re: a new start

Posted by cordnoy - 10 Apr 2016 14:51

Thanks for the share.

I will try to post more regularly on the "g" thread, for I have been telling people that this is crucial.

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Re: a new start

Posted by mggsbms - 12 Apr 2016 01:30

Doing fine today. Day two in the new count.

I've started reading the white book something I've neglected in the past. I was / am under the impression that it's not the real deal. There is some pretty deep writing there, not sure I grasp everything.

There is however one point that really resonates which are the general aspects of addiction. Tolerance, abstinence, and withdrawal. I can relate to all three.

Another point. This addiction has become the single most defining factor of my identity. Both when I'm up and down. I wonder if this alone is feeding the addiction. In a certain sense it makes me feel special or different. I'm not so sure I'll like it if I hear that a large percentage of people have the same issue. It gives something to feel in some kind of special club. I would like to know if the chevrah agrees to this.

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Re: a new start

Posted by mggsbms - 14 Apr 2016 08:13

Day four came and went. Still sober BH. The stresses of life abound. But we're still around.
Thank you Hashem.

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Re: a new start

Posted by mggsbms - 15 Apr 2016 14:45

Day six.

It's been a full week now BH. and without any other outlets. So that's some progress.

I ask hashem to keep me sober. I know the goal got to be one day at a a time. But I can't help
but focus on the upcoming Yom Tov which is very different in a sober mind set.

Going through some major stresses and decision making. I ask Hashem to guide me. And to
realize that he's in control.

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Re: a new start

Posted by mggsbms - 17 Apr 2016 16:02

Eighth day

Thank you Hashem for a sober Shabbos.

Going in to the new week with renewed motivation. I ask Hashem for sobriety and clarity. And for the will to utilize my day to bring me fulfillment and content.

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Re: a new start
Posted by Yesod - 19 Apr 2016 04:47

Amen.

Gd bless brother

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Re: a new start
Posted by mggsbms - 21 Apr 2016 03:25

11th Day - all I can say, thank you Hashem from earth and heaven, for giving me every day including day eleven.

You have helped me start anew, when my hopes were but a few, for that and so much more I say thank you.

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Re: a new start
Posted by cordnoy - 21 Apr 2016 04:14

[mggsbms wrote on 21 Apr 2016 03:25:](#)

11th Day - all I can say, thank you Hashem from earth and heaven, for giving me every day including day eleven.

You have helped me start anew, when my hopes were but a few, for that and so much more I say thank you.

When you recite hallel in shul tomorrow night

Keep these last two weeks in plain sight

We all know of the counting of days

But you and I know the special praise.

Is it from God - this special smile?

Because you were willing to go the extra mile.

I don't know and neither do you

But you feel it in your bones and that makes it true.

Many of us stumble - once, twice or thrice

And soon afterwards, we are dishin' advice

But it's when we do realize that we simply aren't able

That we can look forward to a life that is stable.

We both know that your last move had a very rocky start

But your talk with the other was straight from the heart

?????? ??? ??? - he made you believe

That where you are now is what God wants from thee.

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?? ??? ????? - one day at a time

And with that, I will end this rhyme.

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Re: a new start

Posted by mggsbms - 21 Apr 2016 04:57

Umein !

In this very special prose, The depth of your friendship truly shows.

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Re: a new start

Posted by mggsbms - 25 Apr 2016 01:34

15th day

Will need some extra chizuk for the next few days. Anything is welcome.

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Re: a new start

Posted by inastruggle - 25 Apr 2016 01:45

Are you struggling with something extra in particular or the usual yomtov hardships?

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Re: a new start

Posted by mggsbms - 25 Apr 2016 04:28

Nothing in particular. It's the off time in the month (was only on for about six days). And Yom Tov has it's own hardships in shmiras einaim, plus the relaxed lazy schedule, if not utilized correctly can become a colossal disaster. I am asking hashem to help me keep my mind focused.

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