

Staying focused on MY sobriety

Posted by myk5775 - 30 Oct 2016 06:21

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Hey guys, so I actually haven't been on this site in well over a year. My reason for getting back in is that I'm starting to realize that I really do need group support. I have, BH, a little over two months clean time (1st day sober was 8/25/16) and I made it through a combination of short Taphsic's and a **really** good friend of mine who is in AA. What I'm having an issue with is that I see all of these people on the forums saying "I had 9 months clean time and then I fell" or "I had a year of clean time and then I fell." When I look at that, I think to myself, "man...I only have a little over two months clean time, I'm **really** screwed then!" How do I stay focused on my sobriety without comparing myself to everyone else's clean time and relapses? Any tips would be really greatly appreciated!!!

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Re: Staying focused on MY sobriety

Posted by Markz - 30 Oct 2016 06:54

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Brother there are so many combination of factors that apply to each one of us, that it's not really the right road to compare one guy who slipped after 90 days to another. And therefore to base your sobriety on someone else's TRUCK manual isn't always gonna work.

Some are FFB, some are BT like yourself, some were introduced to dirty stuff by bad friends, but some were abused in their childhood.

Theres many more variables, eg personality type (see my story), which is why I would not go down that road

I needed sobriety, Gd showed me Gye, and I'm doing what I personally need for my Trucking.

I hope you find what works for you too. Check "solutions" below, and maybe read some Dov

All the best and Keep on Trucking

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Re: Staying focused on MY sobriety  
Posted by cordnoy - 30 Oct 2016 12:22

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There are many fellows here that have been sober for fifty days and sixty and thirty. There's plenty of everything here. There are even some that have three or eight days.

B'hatzlachah

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Re: Staying focused on MY sobriety  
Posted by myk5775 - 30 Oct 2016 15:30

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Hey, thanks so much for your advice. Just a few questions, what's the TRUCK manual? Also, I know I'm not trying to compare, but I think what worries me is that right now I feel empowered because I am doing really well on my 90 day journey, I've overcome a few challenges, and I guess I'm just concerned that what if I get all of this clean time i.e. I get to nine months or even a year and then I fall just like that I'm back at square one? Also, I don't know if anybody else has this issue, but one of the things that i initially took from GYE is that you don't have to feel like you have his dirty little secret anymore to hide from your wife. But the thing is my wife doesn't know about my struggle and she also doesn't know that I have an account on GYE or that I am actively using the program. So really, now my dirty little secret is the fact that I'm engaged with a recovery program for Internet addiction. I definitely do not want to tell her, that would be like suicide, but I also don't like this feeling of having this double life. Any suggestions on how to deal with that from anybody?

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Re: Staying focused on MY sobriety  
Posted by YidFromMonsey - 30 Oct 2016 16:14

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[myk5775 wrote on 30 Oct 2016 15:30:](#)

I definitely do not want to tell her, that would be like suicide, but I also don't like this feeling of having this double life. Any suggestions on how to deal with that from anybody?

In my experience, sharing my struggles with my wife really helped a lot, 1) she thinks twice before asking me to go to triggering places, 2) the fact that she understands me helps me be stronger in my battle, and 3) it's way harder to rationalize when she looks me in the eyes and asks "are you sure it's ok?"

I'm not going to lie and say it's easy, IT IS DEFINITELY NOT EASY, but I felt like a huge boulder was taken off my chest when I opened up to her and I don't regret it one drop.

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Re: Staying focused on MY sobriety  
Posted by cordnoy - 30 Oct 2016 19:11

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Don't worry about later....it won't help a bit.

regarding double life, focus on recovery.

As far as telling wife, don't.....unless a mentor/sponsor tells you to.

B'hatzlachah

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Re: Staying focused on MY sobriety  
Posted by myk5775 - 30 Oct 2016 22:48

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I'm actually trying to find a sponsor, I requested one, but I don't know if he's even still active on the GYE site. Is there a way that I can have more direct contact with someone about being my sponsor? I'm looking for someone who can do deep emotional searching work, my friend from AA tells me that while the Taphsic method is good, I need to go more to the root of the problem

than just dealing with the symptoms. I feel like a sponsor would really help me out with that.

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Re: Staying focused on MY sobriety  
Posted by Shlomo24 - 31 Oct 2016 04:14

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In my experience, the 12 steps aren't therapy. They are suggestions on how to live life. So deep, emotional work might not be what you're going to get in a sponsor. I don't think the 12 step methodology even gets to the "root" of the problem. If there is such a thing. In my opinion, therapy and 12 steps work hand in hand. But if you want emotional work, I suggest you go to a therapist.

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Re: Staying focused on MY sobriety  
Posted by gibbor120 - 31 Oct 2016 14:03

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Best advice. Focus on recovery. The rest is just a distraction. If you fall, it's not back to square one. There was a guy on here Eyeanonymous. You can find his ebook in my signature "Additional Tools". He fell every so often, but he kept working the program and made tremendous progress.

For now, don't worry about telling your wife. Focus on recovery.

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Re: Staying focused on MY sobriety  
Posted by yiraishamaim - 31 Oct 2016 20:23

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[cordnoy wrote on 30 Oct 2016 19:11:](#)

Don't worry about later....it won't help a bit.

*Agreed, live one day of sobriety at a time and enjoy the euphoria. In any attempt to better oneself one could say I will most definitely not make it eventually so why attempt. You are on*

*the path of winners, just do the right things and don't look behind you.*

*Be careful however, not to be lulled into a false sense of security. Tweak along your journey as necessary to prevent triggers.*

regarding double life, focus on recovery.

When you do other mitvas besayser do you also feel like your disingenuous?

As far as telling wife, don't.....unless a mentor/sponsor tells you to.

Telling a wife has been discussed so many times before and it is tricky business. So listen to the ever so wise and experienced cordnoy and don't be so quick on the draw,.

Although many have done so and swear to the fact that it was a great assistance and turning point in their long term sobriety.

B'hatzlachah

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