Falling after reaching 90 days
Posted by tony - 20 Dec 2016 10:01

_____

Very upset. Its taken me almost 2 years to reach 90 days and now just over 2 weeks later I've fallen again. Will I ever be able to stay clean permanently???

==
====

Re: Falling after reaching 90 days
Posted by Markz - 20 Dec 2016 17:40

_____

Great - so just go to the meeting tomorrow and let us know how it goes

That's if you feel SA meetings are what you'd like to try - your choice. Otherwise AA or just fly to SA and hangout with singularity

==
====

Re: Falling after reaching 90 days
Posted by Markz - 20 Dec 2016 18:32

_____

Ok dear brother

Let's keep it simple

Please click on the spoiler button below. (Checkout the video!)

Then look at the "solutions" link. Does anything there speak to you?

==
====

Re: Falling after reaching 90 days
Posted by Shlomo24 - 20 Dec 2016 19:13

_____

[tony wrote on 20 Dec 2016 17:30](#)**:**

I have no idea what any of you are talking about!

Lol. Do you understand what one day at a time means?

===

Re: Falling after reaching 90 days
Posted by Watson - 20 Dec 2016 23:43

_____

I feel for you. I have fallen after more than 90 days. Truth is, 90 is just a number. What I need is a spiritual experience **today**, no matter how long it's been since I acted out.

I'll just leave this Dov quote here because I think it's relevant:

'Holding our breath' is a totally different experience than recovery offers. This story illustrates what 'holding breath' is:

The Steipler zt"l was once on guard duty in the Russian or Polish army on Shabbos - and his socks were soaked, so it would be s'chitah for him to walk in them. He decided to stay in place the entire time till Shabbos was over. It was terribly cold and driving him nuts. How could he stay put?!

He told himself that he could withstand the cold for just a minute (or hour?)...and he did! When that minute was over, he told himself that he just proved that he can tolerate the bitter cold for just a minute. So here before him is: a minute! He then waited a(nother) minute. When it was over, he thought: here before me is another one of those minute-thingies. I can definitely hang on just a minute! So he held on, and tolerated the cold for just a minute.

Etc, etc, and the entire night passed! Amazing. Beautiful.

AND THAT IS NOT _AT ALL_ WHAT 'ONE DAY AT A TIME', MEANS! For what the Steipler did was a gimmick. A mind game. And it worked for him, for one night or day...it may work for more than one day - it may even work for a lifetime, who knows? And if I could stay sober that way for a lifetime, _I would probably not take it._ It would be gehinnom, would keep me good-and-miserable/crazy, and would generally...suck. I would surely eventually run to lust again just to get out of such a stupid (but kosher!) life. Yup.

But: the Steipler _could [b]not[/b]_ have actually held his breath all night using this gimmick. Correct? After a few minutes (about 2-3), a human knows he must breathe, period. So what would you do if someone told you he would give you a million (yep, a million!) bucks if you held your breath for two hours? Would you breath deeply and give it a try?

No, you would surely not. Why suffer for nothing in the end, anyway?

People who are not sincerely giving up lust for today, are just sitting ducks. They are just holding their breath and holding back one day at a time. It does not work. Eventually they will have to breathe. And Hashem knows this. It is a twisting of the meaning of 'one day at a time'.

I know they will say 'vatishlach es amosoh - she sent forth her arm' and all the sweet, encouraging droshos on that. But for an addict, _it just does not work here!_ And in the meantime, the marriage and family are brutalized. Yuch.

==

Re: Falling after reaching 90 days
Posted by Singularity - 21 Dec 2016 07:41
_____

Shame I feel we confused you.

Thanks Watson for the sobering account of One Day at a Time.

==
====