

Rigorous honesty

Posted by Yoseph1 - 19 Apr 2017 14:31

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I am several days clean right now and am facing the struggles of early sobriety. I am proud of some progress of the last few days. My wife holds the password to my phone, literally everything is blocked. I have to request her to unlock any site I choose to visit, this helps a lot. All social media is blocked which I am grateful for, it is a hazardous wasteland of spiritual distraction for me.

The last couple of nights we had planned on being intimate, however she hasn't been feeling well so plans changed. I had been in anticipation of course. This would normally be a time when I acted out, instead I spent time reading GYE materials and went to bed without acting out in selfishness, BH!

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Re: Rigorous honesty

Posted by Markz - 19 Apr 2017 14:45

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Join the club

GREAT GOING!!!!

KEEP US POSTED AND KEEP ON TRUCKKNG!!!!

Small request brother. try stick to one thread please. Thanks

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Re: Rigorous honesty

Posted by Chaimel - 19 Apr 2017 18:30

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Every clean day is something to celebrate! Lechaim! lyh many more successful days!!

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Re: Rigorous honesty

Posted by Singularity - 20 Apr 2017 08:00

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Mazel tov! Good decisions!

What are the struggles of early sobriety, per se?

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Re: Rigorous honesty

Posted by Yoseph1 - 20 Apr 2017 15:02

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Mainly just wanting to use and nail biting through the first few days. The awakening, as I call it is tough also. Having a few days clean and receiving that moment of clarity where you realize how selfish and self destructive you have been. I've realized that I make excuses for my terrible relationship with HaShem when I am in active addiction, convincing myself that he doesn't care about me at all. In sobriety I realize how ridiculous this is and I feel shame for my behavior. Changing habits, such as what I am looking at in the restroom, before bed etc...is another. Picking up a book or studying Torah rather than reaching for my phone. Re-connecting with my wife and making her feel appreciated with sincerity. But mainly just the course correction in my heart on a daily basis. Getting in GYE and posting is helping. Going to meetings is helping also. I feel strength building within.

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Re: Rigorous honesty

Posted by ColinColin - 20 Apr 2017 16:10

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Well done Yoseph.

You are being tested the most anyone can be and have recognized it.

Keep going!

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