

My journey

Posted by Third holy bear - 27 Jun 2017 18:11

BH

Dear friends,

I am trying something new, I have been struggling for so long with this, that at the very least I owe it to myself to try someone else with the hopes and prayer to G-D that things would improve and become better.

Today is a special day in the Jewish calendar, despite this I have acted out on my worst way, yes somewhere inside of me there is deep shame and guilt, though outwardly life goes on, as if nothing happened.

So what do I do? Do I mourn and become depressed? Do I continue as if nothing happen just to wait for it to repeat itself as it did so many times before?

The logical thing to do is to take steps of action that it never repeats itself.

hence one of the steps I decided to take was to post and share what I plan on doing for my recovery, regardless of how successful I may or may not be.

Lets try this for the next 7 days.

I am very committed to working the 12 step program. And continue some of the good healthy life I have had, with the hope that somehow I will manage to overcome this terrible illness.

Though I am very much aware that I may never over come it, I hope and pray that I can at the very least manage it.

1. I have reached out to a dear confident friend, and shared with him via text what has transpired.
2. Reached out to my sponsor via text.
3. Looked for a 12 step meeting. Waiting to see if there is a meeting in this area tonight, since I am visiting.
4. Will call at least another person in the 12 step program.
5. Will rewrite the first step.

6. in the past when I would act out I would lose control in eating and family relationship as well. I commit for the rest of the day to continue my accounting of what I eat and keep level headed regardless.

Though its already 2 PM much work need to be done, I am stressed but yet confident I can make it and accomplish what needs to be done.

If you find what I write helpful, your feedback will motivate me to keep on sharing and maybe maybe it will help us remain sober one day one hour at a time.

Yours,

The third holy bear.

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Re: My journey

Posted by 360gye - 27 Jun 2017 18:20

Welcome,

That is a very inspiring first post. i am sure you will beat this struggle and not have to live with it your whole life. I'm sure you'll find help here, as GYE has a lot of tools to offer. For example: partner program, 90-day chart, Taphistic method, etc. i'm sure there's something that'll help

Stick around and keep posting

Hatzlacha,

360gye

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Re: My journey

Posted by MayanHamisgaber - 27 Jun 2017 19:45

Welcome

Would you mind telling us a little more about yourself and your struggle

Recovery should be with Hatzlacha

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Re: My journey

Posted by Shivisi_Hashem - 27 Jun 2017 20:10

[Third holy bear wrote on 27 Jun 2017 18:11:](#)

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why 7 days??? only today, you should try 7 days, just try for **TODAY** only

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The third holy bear.

hay, you are in the right place, i feel your pain, and I'm telling you that you will be our hero, just hang on here, and the support will start pouring in!!!

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Re: My journey

Posted by Gevura Shebyesod - 27 Jun 2017 20:30

Welcome!

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Re: My journey

Posted by Markz - 28 Jun 2017 02:09

We all know who the first Holy Bear is, but who is the second?

How's the relationship with your wife

Warning: Spoiler!

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Re: My journey

Posted by dms1234 - 28 Jun 2017 02:40

I go to 12 step meetings (SA)

If you want to be in touch, feel free: dms1234ongye@gmail.com

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