

Feeling good Boruch Hashem.

Posted by eli613 - 24 Jan 2018 06:41

I am working step 1 of the 12 steps of recovery. I have been attending a weekly meeting and I am working with a sponsor.

My understanding of the 1st step is to realize that I have this problem even when I don't feel like I have this problem. I am +30 days sober and thank god I have no urge to want to act out, but I am still thinking about my problem and admitting that I have a problem that I am powerless over. I wake up every day and thank hashem that I woke up with another day of sobriety and I ask hashem to help keep me sober for one more day. I am powerless over my addiction and I have to remember not to take my sobriety for granted.

Thank you for letting me share.

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Re: Feeling good Boruch Hashem.

Posted by Singularity - 24 Jan 2018 13:57

Sounds like someone's on the recovery truck! Keep on sailing down that highway!

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Re: Feeling good Boruch Hashem.

Posted by Hashem Help Me - 25 Jan 2018 02:21

Welcome. It should be with hatzlocha.

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Re: Feeling good Boruch Hashem.

Posted by eli613 - 18 Feb 2018 23:49

I am thankful to GYE, my sponsor, friends, meetings, 12 steps and *Hashem* that I now have 60 days of sobriety behind me. The earlier days were not as difficult to be abstinent because I was still feeling remorse about my last acting out episode. However, the last few days have been a little more difficult. The waves of lust have become more forceful. My addiction whispers to me

what it has told me so many times before; "you deserve it, don't miss out, just one final really amazing fulfilling fun experience before you quit for good." My insanity has caused me to agree with this voice so many times before.

I am working on the 3rd step to try and give my life over to the care of *Hashem*. I tend to worry about the outcome and procrastinate to take action, it is against my nature to give up my-self reliance and truly trust in *Hashem* that he can heal me from this disease.

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Re: Feeling good Boruch Hashem.
Posted by Singularity - 19 Feb 2018 11:48

mazeltov!

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Re: Feeling good Boruch Hashem.
Posted by ieeyc - 20 Feb 2018 05:32

mazal tov vehatzlacha!

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