

Sober Today

Posted by Serenity123 - 11 Jun 2018 03:44

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Hi,

I am posting to feel connected and feel part of this great forum, I had a good day today even though I was not very productive. Tonight I went to see friends, in the building there was a pool and I saw a lot of triggering images. I feel like lust is there everywhere I go, and it is hard for me to be triggered when with friends, I am afraid that they will notice. I have been sober for 5 month and a half ODAAT and it feels amazing, I have not felt so good in my skin in a lifetime. I am still eating and sleeping a bit too much but it is progress not perfection. In 2 weeks I will with god's help finish my last class before graduation, I worked hard for this and god made it possible and I am grateful. I am thrilled by GYE and I find it wonderful to see all of us helping one another GET OUT and STAY OUT of the lust pit. I started going to SA meetings 5 month ago and I heard a lot of stories of men who lost everything (wife, job, money, reputation) because of their lust, yet every time I see something that looks appetizing I forget everything and lose myself in it. God please help me stay sober in this moment, I want TRUE happiness and GENUINE relationships. I want to see women as human beings and not as objects, I want to be able to relate to others, I want to be loved for the RIGHT reasons and not just because I gave money to a stranger. I want to be free of my lust, just for today. Thank you for letting me share. Wishing sobriety to all the members of the forum!

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Re: Sober Today

Posted by lifebound - 11 Jun 2018 03:53

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This is just what I needed to read right now.

Thank you.

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Re: Sober Today

Posted by Shivisi\_Hashem - 11 Jun 2018 06:16

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[Serenity123 wrote on 11 Jun 2018 03:44:](#)

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Great post! To the point.

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Re: Sober Today

Posted by mzl - 11 Jun 2018 07:57

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So happy for you.

Keep up the good work now.

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