

Clean but feeling lost

Posted by mosheross - 05 Sep 2010 17:18

Four years clean, 15 years clean and sober, 5 years observant, two years married. Trouble at home, trouble at work. Wife doesn't trust me, doesn't want me. Feeling lost, hard to daven, and living out my addictive behaviors in other ways. Lying, hiding tobacco and nicotine, just want to sleep....depressed...lonely...

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Re: Clean but feeling lost

Posted by Jooboy - 06 Sep 2010 13:59

R Nachman,

I read some of your posts. How did you get sober from your various addictions? I go to SA for mine and find that the fellowship provides a lot of what is sounds like you really need. If your not comfortable going to SA there are certainly plenty of open AA meetings that I hear are very good.

Hatzlacha.

If you would like to connect with someone to talk it out, feel free to PM me for my contact info

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Re: Clean but feeling lost

Posted by 14 - 06 Sep 2010 15:19

I know I might not have the experiance to be speaking, but from way you described the situation, it sounds like you've given up! Which is understaderbal but silly, if you want I'm sure you could find someone who actually knows what there talking about, just for startes don't make one big cholent out of all you problems take them one by one.

Kesiva vechasima tova!!!

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Re: Clean but feeling lost
Posted by mosheross - 06 Sep 2010 17:04

Jooboy, I got sober going to AA meetings, but right now I don't get out much (wife doesn't trust me), and I also find that for my Torah observance, meeting content distracts me from my SA goals. That being said, I took your advice and dialed into the SA conference call that started today, on this site. What a relief to get out of myself, to find fellowship, and in kedusha, even though I only listened. Thanks. And thanks for your offer. What does it mean to PM?

Not14, awesome reminder, and never heard it said so well: "don't make one big cholent..." I haven't given up, G-d forbid, but I have allowed myself to become overwhelmed. I'll step back and work with the ingredients one at a time. Today I started with the "meat:" I dialed into a Big Book meeting on this site! Kind of like, back to basics...

Shana Tova

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Re: Clean but feeling lost
Posted by 14 - 06 Sep 2010 17:15

LOL!

Hatzlocho with all this, and keep us posted.

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Re: Clean but feeling lost
Posted by Jooboy - 07 Sep 2010 02:47

Reb N,

PM stands for Personal Message. There is an icon under my name that looks like a dialogue cloud that allows you to send a personal message that goes just to me instead of being posted for all to see. I'm sure you understand that I'm not so interested in broadcasting my contact info

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Re: Clean but feeling lost
Posted by 14 - 26 Sep 2010 23:03

nu reb nachman any news?
on the web

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