

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

This is really hard for me. I feel nervous and uncomfortable as I am posting this . I have been struggling for over twelve years. Twelve nightmarish long years. Some have been better and some have been worse. All have been painful. I have never reached out like this before. Its really hard for me, as I always convinced myself that I can do this alone. I was wrong. I hope that I can get what it seems like others on this website have. Strength. Simcha. Clarity. I don't have any more strength for this addiction, and I want to face the world around me with simcha and without feeling embarassed. Can you help?

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Re: I thought I can do this alone.

Posted by realsimcha - 18 Apr 2016 13:25

Day 70: On one hand i dont want to make a big deal about reaching 70 days. Today is a challenge just as every day was for the past 70 days. A challenge to keep my eye on the ball and not lose sight of what is important. It is a challenge to remain connected with Hashem and not to undermine all the pieces of healthy living that I put into place. On the other hand I want to shout from the rooftops **I MADE IT TO 70!!!!!!!** and I guess this is the balance that has been coming out of the "conversations" that I have been having with Ina - who I was happy to "meet" on this forum.

Its hard. On one hand I am so happy not to be the person I was 70 days ago. On the other hand I am very much that person. And with one action I can slip and slide head over heels until I get to the bottom, bruised and upset. I dont want that. I want to keep remembering to do what it takes to be here.

To anyone who feels like they keep falling: Please keep trying. Even if I were to fall today [and I have no intention of doing so -- with Hashem's help!] I would never regret the past awesome 10 weeks of my life. And I fell many many times. Sometimes I couldnt get four days. Let me introduce you to my friends from those times: Pain. misery. Humiliation. Regret. Self Hate. and many more ugly characters. The only thing Ia can say for myself. The one only thing is that with hashems help I refused to give. Please dont give up. Lets keep "truckin' " together ?? ???? ????
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Re: I thought I can do this alone.

Posted by inastruggle - 18 Apr 2016 14:19

KUTGW!

Do not get overconfident. 70 is only a drop in the bucket.

It also represents a lot of hard work. KOT!

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Re: I thought I can do this alone.

Posted by Workingguy - 18 Apr 2016 14:53

[realsimcha wrote on 18 Apr 2016 13:25:](#)

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It's great to hear that you're happy

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YOU MADE IT TO 70!!! Congratulations and continued hatzlacha to you! Say it ten times, jump up and down, and then say to yourself "I made it to 70; wow, I better get to work now".

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Re: I thought I can do this alone.
Posted by Yesod - 19 Apr 2016 04:37

Real Simcha,

Congratulations! That's phenomenal, rock on brother.

I hope you keep on finding more and more blessings in your day to day life, little things to move you further away from the past and closer to a beautiful future.

Hatzlacha.

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Re: I thought I can do this alone.
Posted by Shlomo24 - 19 Apr 2016 05:42

[realsimcha wrote on 18 Apr 2016 13:25:](#)

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Wow, amazing. A person with a lot of sobriety, (9+ years), told me I should treat myself by
You deserve it. Also, remember that 70 is

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Re: I thought I can do this alone.
Posted by markz - 19 Apr 2016 11:03

And remember shlomo 1 is no less than 2

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Re: I thought I can do this alone.

Posted by Shlomo24 - 19 Apr 2016 17:11

[markz wrote on 19 Apr 2016 11:03:](#)

And remember shlomo 1 is no less than 2

Good zug, Good zug.

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Re: I thought I can do this alone.

Posted by thanks613 - 19 Apr 2016 19:14

I know there has been some discussion on the forum about math and english teachers, but just to clarify..

Which is more? 71, or 70?

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Re: I thought I can do this alone.

Posted by markz - 19 Apr 2016 19:17

[thanks613 wrote:](#)

I know there has been some discussion on the forum about math and english teachers, but just to clarify..

Which is more? 71, or 70?

70 = Wise Man's age

With sobriety plan = Zaken Monstah Trucker

Without a plan = Zaken Mena'eF

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Re: I thought I can do this alone.

Posted by doingtshuva - 19 Apr 2016 21:11

[markz wrote on 19 Apr 2016 19:17:](#)

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Without a plan = Zaken Mena'eF

Were you ever in an nursing home?

I have been there and saw some elderly people who still get excited over every women passing by.

Nebech, nothing works anymore besides of their eyes and fantasies.

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Re: I thought I can do this alone.

Posted by cordnoy - 19 Apr 2016 21:27

[doingtshuva wrote on 19 Apr 2016 21:11:](#)

[markz wrote on 19 Apr 2016 19:17:](#)

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Nothing?

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Re: I thought I can do this alone.

Posted by realsimcha - 20 Apr 2016 01:33

Day 71: Nothing like a nisayon on day 70 to remind me that day 1 and day 70 have to operate with the same principles. Last night as we were going to sleep, my wife and I went into bed with completely different ideas of what would take place. She thought [as wives often do -- what was I

thinking [?!?!?!] that it would be a good time to review the day and talk about stuff that happened and think about how to finish getting the house ready for yom tov. I thought we would take a little break, enjoy each others company, chill out and maybe even enjoy some intimacy. Boom! And all because I couldn't get off my own selfish position and selfish needs. If only I could have said "zelda shprintza [name changed to protect anonymity], I see you have a lot on your mind from the day, let's talk about that a bit and then let's take a break and enjoy each other" - then I would have been the caring and understanding husband that my wife has been starting to believe that I could be. The night could have been great. It didn't go that way. We are married for a long time and we are mature enough to work through it, but it reminded me just how selfish and single minded I can be. Selfish enough to lock myself into the bathroom and act out while she takes care of the kids and runs the house. 70 amazing days. [today 71 bh]. And lots more work to do.

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Re: I thought I can do this alone.

Posted by doingtshuva - 20 Apr 2016 10:35

[cordnoy wrote on 19 Apr 2016 21:27:](#)

[doingtshuva wrote on 19 Apr 2016 21:11:](#)

[markz wrote on 19 Apr 2016 19:17:](#)

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I have been there and saw some elderly people who still get excited over every women passing by.

Nebech, nothing works anymore besides of their eyes and fantasies.

Nothing?

your so right

It looks like nothing is working,

but then you find out how everything starts working.

Its really scary.....

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Re: I thought I can do this alone.

Posted by cordnoy - 20 Apr 2016 12:05

[realsimcha wrote on 20 Apr 2016 01:33:](#)

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Sorry, but the honest truth is coming. I know from my house that even in your amended version, you would not be labeled as caring and understanding. Certainly two days before pesach, saying "let's take a break and enjoy each other" is selfish - even when stated after "let's talk about the day." But perhaps your house is different. In mine, I don't ever say that six months before pesach.

B'hatzlachah

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