

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 - 08 May 2016 04:52

Day 89: For the first time on this day of 90-1 I am feeling a little jittery around my computer. Need to get to sleep ASAP. Maybe its because of the late hour. Maybe I have been too preachy and taking this for granted. Hashem: Please Please give me the strength and serenity to stay sober.

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Re: I thought I can do this alone.

Posted by thanks613 - 08 May 2016 06:05

I am starting to feel scared about hitting 90 days. Its been a while since I have been there and I have only been there once. I really dont want anything to change. I want to keep posting every day and keep being blessed with the strength to stay clean.

Why stop counting? I am terrified to stop. I fear that it will make it easier to slip a little then a little more...

I was thinking... If you like it, and it helps, then why not keep counting and posting. For as long as it helps. Its not a mitzvah, and you don't have to worry about zmanim and stuff. But maybe keep doing what works and helps for as long as you feel that it is still doing something for you.

And when you feel differently, then.... Well then you're on your own. I haven't tested this myself, but maybe I have Yesod's endorsement

Whatever works,

for many, even the count gets old.

But i try to squeeze everything for what is worth, and usually some other form of chizuk or another surfaces.

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Re: I thought I can do this alone.

Posted by Yesod - 08 May 2016 16:39

Couldn't of said it better, you definitely have my vote.

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Re: I thought I can do this alone.

Posted by realsimcha - 08 May 2016 22:04

Day 90: 90 Days, as many of you warned me, is the king of anticlimactic. I'm here. Its nice. But with a few keystrokes ---- so easy!! ---- it could be all over. I have been reading the advice from all of you. I have been thinking about it. I think I have come up with a novel approach. I am starting over. I wont change my official gye count because I am proud of it and I think its important. But here in this thread I am going to call tomorrow DAY 1. I am going to consider the next 90 days to be a new count, trying to bring my sobriety to a new level. This way I wont be focusing on the false moshiach of 90 days. I will try to live for this round of 90 days with less lust, less slips, less resentments and less anger. I will work on living with more faith, more family, and more responsibility. So today is DAY 90. Tomorrow, Day 1.

I'd love to get some feedback....

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Re: I thought I can do this alone.

Posted by markz - 08 May 2016 22:07

Now is time for the graduation speech

Please share with us in detail how you made it to 90, and if you're really gutsy - is there anything different you're planning for your next day 1

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Re: I thought I can do this alone.

Posted by Keepclimbing5 - 08 May 2016 22:39

it's so difficult to discern progress in this particular struggle. But when I read over your entire thread one can begin to see the hallmarks if someone who doesn't give up. Sobriety and serenity are the very opposite of climatic. No confetti, balloons and cheering just one clean day at a time. Keep up the awesome work, u are an inspiration!

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Re: I thought I can do this alone.

Posted by inastruggle - 08 May 2016 23:29

AWESOME! MAZEL TOV!

Very interesting approach. I like it.

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Re: I thought I can do this alone.
Posted by thanks613 - 08 May 2016 23:56

Mazel Tov! Awesome!

I love the idea

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Re: I thought I can do this alone.
Posted by Yesod - 09 May 2016 04:04

Congratulations!

90 days of devotion to gd and devotion to soul

90 days that are forever embedded in eternity

The aibishter should fulfill all your desires for
good just as you subdued your desires for the opposite.

Roll on

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Re: I thought I can do this alone.

Posted by doingtshuva - 09 May 2016 10:36

Yisod,

You have nearly done 3 times 90 in one strike.

keep it up one day at a time.

you're a good pilot

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Re: I thought I can do this alone.

Posted by realsimcha - 09 May 2016 12:24

Day 1: I really tried not to let it get to my head. I tried to tell myself that day 90 is the same as any other day. It didn't help. It is only by the grace of Hashem that I am not restarting my count. I had such a hard time last night. At the last minute, by the skin of my teeth, I shut the computer and walked away before things got out of hand. I really wanted to stay in the mindset that I wouldnt even feel the urge. The mindset I was at for so much of the past 91 days. Its crazy how this happens. Exactly as some of you predicted. Crazy crazy crazy. I feel much better today and back on my feet. I want to make sure not to be too full of myself. Not to become confident in my sobriety. Yesterday I wrote how this 90 days will be on a higher level. I can almost hear Cords sighing. No. Lets do this: Lets try to move one one day at a time exactly like I did the past 90 days. Just keeping at it. No madreigos. No declarations. No big plans. Just sober. Today.

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Re: I thought I can do this alone.

Posted by markz - 09 May 2016 23:48

[markz wrote on 08 May 2016 22:07:](#)

Now is time for the graduation speech

Please share with us in detail how you made it to 90, and if you're really gutsy - is there anything different you're planning for your next day 1

RealSimcha, I feel there's great benefit if you can ponder on the points mentioned, especially since apparently your urges haven't abated, or am I wrong

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Re: I thought I can do this alone.
Posted by thanks613 - 09 May 2016 23:59

All this talk about numbers has me wanting to SIN, COS it TAN't helpin' me keep me lust LOG in good shape. You said that you felt the compulsion, but you usually tell us what is goin on that leads to it.. was it just the 90 DAY bug, or were there other stuff flying around?

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Re: I thought I can do this alone.
Posted by Shlomo24 - 10 May 2016 00:13

[thanks613 wrote on 09 May 2016 23:59:](#)

All this talk about numbers has me wanting to SIN, COS it TAN't helpin' me keep me lust LOG in good shape. You said that you felt the compulsion, but you usually tell us what is goin on that leads to it.. was it just the 90 DAY bug, or were there other stuff flying around?

You might want to rewrite that post. I personally don't know what you're saying. The random caps don't help either... Autocorrect?

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