

Checking in !

Posted by kvetched - 16 Jun 2011 20:39

Shalom and Hello,

Just ended a six month clean run after the "week from hell" (divorce and big job promotion) the whole six months wiped out ! lam now about to rebuild.....out of bricks this time, not straw !

Kvetched.

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Re: Checking in !

Posted by Jew - 13 Jul 2011 18:31

Great achievement - well done! im on 4 days but really positive.

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Re: Checking in !

Posted by kvetched - 14 Jul 2011 17:20

Great start and well done Jew. Have you thought about reading or some light jogging? lam reading some History books as well as therapy books . Am also undergoing some therapy too and it is all helping!

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Re: Checking in !

Posted by kvetched - 18 Jul 2011 18:04

Another good day and absoutely no urges. Reading two history books and working (too) hard

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Re: Checking in !

Posted by shteighecher - 18 Jul 2011 18:06

Great. You are giving us Chizzuk. Keep it up brother.

Keep on trucking. One day at a time.

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Re: Checking in !

Posted by kvetched - 19 Jul 2011 19:23

Many thanks, just want to help others out there.

I am reading at present, nothing to do with PA or addictions, just books that I enjoy reading (in my case History). I am about to go on holidays too so perhaps I am feeling "demob-happy" too? So pleased just to be of help to people so again thankyou .

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Re: Checking in !

Posted by kvetched - 26 Jul 2011 00:34

A good day.....but.....I fear my relationship is dying. Despite everything I have achieved to date, I have lost her trust for good I fear.

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Re: Checking in !

Posted by Eye.nonymous - 26 Jul 2011 05:52

I think that happens as part of recovery.

Our wives find out about us, then we feel that everything is lost, trust is lost.

But after the dust settles, and as we prove--by acting differently, not by philosophizing or explaining--that we are truly on a different path, that we are on a road of progressive recovery (which means overall improvement in all aspects of our lives), then we regain that trust.

And, in the end, we realize our relationship all along was faulty, and we begin to enjoy a new intimacy built on a solid foundation.

That's basically what I am experiencing.

--Eye.

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Re: Checking in !

Posted by shteighecher - 27 Jul 2011 14:58

I might be at the moment at a simliar situaion. But i'm looking at it diffrently. Things will change. Feel free to PM me or email at shteighecher@gmail.com

Keep on trucking. One day at a time.

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Re: Checking in !

Posted by kvetched - 29 Jul 2011 20:15

Many thanks for that....I shall in a few days , again thankyou.

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Re: Checking in !

Posted by kvetched - 06 Aug 2011 16:04

So far so good.....still doing ok and walking a lot !

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Re: Checking in !

Posted by kvetched - 19 Aug 2011 12:46

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Just an up date.....I am fine, well and very very clean. Life is good and wholesome.