

I am still very excited

Posted by veryexcited - 27 Oct 2014 10:27

Looking back at the time I signed up to GYE my life was far from exciting. My wife found out about my addiction and our sholom Bayis was falling apart. Those were the worst days of my life. but the fact that I found out that there was a place that claimed they where able to help people, and offer me hope made me very excited.

I never believed recovery was really possible and I was sure I would take my addiction to the grave. I sometimes hoped It would happen sooner so I would have less a chance of getting caught.

I was very scared to share my addiction openly to anyone, I hung up the phone a couple of times on GYE just as someone picked up on the other end. But when I did stay on the line and spoke to the representative it was such a wonderful feeling A. To be able to admit verbally and honestly that I was an addict was a very powerfull experience

B. Someone listening to me and not judging me

C. That here was a man that had the same issues as me and was actually sober.

I signed up to GYE very excited that I would be sober one day. I started the 90 day chart and phoned in on duvid Chaim's call and signed up for the daily chizuk. This erev Yom

Kippur I reached 90 days for the first time.

I have a lot to write about my journey and the discoveries I had along the way. I need a separate post for that.

Just this week after a hundred plus days clean I had two nice falls pretty much to the same place I started off as if nothing changed.

But I am still very excited.

A. I know that I will never be the same as I was before I started recovery. the progress i made

during the past 3 and a half month have changed me forever.

B. I feel so much more prepared, capable, and empowered to move on and deal with the core of my problem- pain/ego/ self centered.

C. The most exciting is that the phone conferences are resuming tomorrow/ today. and stating the cycle from the beginning.

I really thank everyone on this forum for being so open and honest it really helped me along the way even though I never posted before.

Thanks for letting me share.

Levi

=====
=====