

And thus begins my 90 day journey to sobriety
Posted by David de Oude - 19 Apr 2015 15:31

Day 1

Having started my journey to sobriety yesterday, and having successfully made 24 hours of sobriety, I have felt some urges and had a few triggers, but thanks to G-d I haven't acted out yet. From past experience I know that this is only the beginning, but I am confident that with the tools I now have at my disposal I will defeat this thing at last.

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Re: And thus begins my 90 day journey to sobriety
Posted by David de Oude - 12 Jul 2015 20:16

Thank you so much! One day at a time

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Re: And thus begins my 90 day journey to sobriety
Posted by David de Oude - 12 Jul 2015 20:19

Day 33

So I managed to get through my holiday without a fall, which is quite the milestone for me!

I do think, however, that I seemed to be busier during the holiday than in study time, funny as it may seem. Tomorrow I start classes again, and I am slowly but surely becoming accustomed to my new lifestyle. Strict schedules, and lots of time spent conversing with the Creator. I will try to update more frequently, but this time of the year gets really hectic.

Kind Regards,

David

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Re: And thus begins my 90 day journey to sobriety
Posted by lamplighter - 12 Jul 2015 21:46

intresting story you had...

keep us informed!!

we are all in the same boat kol yisrael areivin ze lazeh!

keep it up!

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Re: And thus begins my 90 day journey to sobriety
Posted by abd297 - 12 Jul 2015 21:48

I admire your strength and motivation. It is really an inspiration. Great job staying clean over your holiday. Keep your connection with G-d up. Keep strong and keep us posted.

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Re: And thus begins my 90 day journey to sobriety
Posted by David de Oude - 19 Jul 2015 21:29

My friends, I have learned a valuable lesson. Note that I do not start off this post with my progress in days. That is because tomorrow will be my new day 1.

I reached 36-37 days this time around. For me this is really motivating, I managed to make it a third of the way, imagine if the trend continues? I can only succeed!

More to the point, I started a personal relationship with a lady friend of mine from church during

the holidays. It may seem trivial but I had a disappointment in this relationship during the week and it set off a jumble of emotions, which culminated in a fall today, back into the illusory comfort of the life I have lived for so long before GYE.

But this fall is actually a good thing. I have learnt that sometimes G-d uses a crooked stick to hit a straight shot. I have seen the truth of the life I once lived, that it cannot deliver on its promises of comfort and pleasure. It offer nothing but lies, deceit, trouble, nothing but animal like behaviour, no interpersonal relationship... I find myself being disgusted by it like never before.

As a precaution I will postpone any plans for romantic relationships until at least January, which gives a good buffer zone after my successful 90 day journey. But for now, I will take it day to day. One foot, and then the other. With your support, and that of my sponsor I have no doubt that I will make it this time.

Please pray for me, we are entering the final 3 months of my academic career, and I will be studying harder than ever before.

Shalom,

David

"A mind, like a home, is furnished by its owner, so if one's life is cold and bare he can blame none but himself. You have a chance to select from some pretty elegant furnishings!" - Louis l'Amour

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Re: And thus begins my 90 day journey to sobriety
Posted by abd297 - 19 Jul 2015 21:52

Keep up the good work, David. Good luck in school and all the best. KOP

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Re: And thus begins my 90 day journey to sobriety

Posted by serenity - 20 Jul 2015 03:40

Welcome back, friend.

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Re: And thus begins my 90 day journey to sobriety

Posted by David de Oude - 20 Jul 2015 12:39

Thank you my friends, it's good to have people to whom I can be truly truthful, who knows what I'm going through.

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Re: And thus begins my 90 day journey to sobriety

Posted by Pidaini - 22 Jul 2015 18:58

Sorry to hear about your fall. As you wrote though, the only thing that really matters is the present, live it up!!!

KOMT!!!

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Re: And thus begins my 90 day journey to sobriety

Posted by David de Oude - 24 Jul 2015 21:58

Day 5

Hello my friends! It's good to be writing again. We had a busy few days on campus this week. I feel strengthened each day as I walk this new path that G-d has chosen for me. I feel a deepening sense of closeness with my Creator daily.

I look forward to corresponding with you more frequently!

Kind regards,

David

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Re: And thus begins my 90 day journey to sobriety
Posted by David de Oude - 17 Aug 2015 20:29

Day 29

My dear friends and readers. In the busy mess one calls university on an honours level, I have found some time to actually post again.

Things are going strong, I find myself moving more towards G-d, closer than I have been in years. It is the month Elul after all, isn't this the month in which we search within our hearts and minds with G-d's own searchlight to find and clear out anything that should not be there?

In any case, I find prayer and quiet time with my Creator to be a powerful deterrent, and it has helped me sort out some stuff in my life other than my struggle.

It's good to be on the forums again, I will try to post more often. We are, however, entering the final phase of the academic year, with our biggest exams right around the corner.

I trust you are all well.

Kind regards,

David

"The only person you should try to be better than is the person you was yesterday."

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Re: And thus begins my 90 day journey to sobriety
Posted by yiraishamaim - 17 Aug 2015 21:56

Beware of the stress that come with exams. Going through that period and staying clean is a very real and meaningful goal to achieve.

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Re: And thus begins my 90 day journey to sobriety
Posted by David de Oude - 01 Sep 2015 21:44

Day 2

I feel so bad not posting consistently. My studies keep me extremely busy.

As you probably guessed, I have had a fall. Made it to day 42. After this fall I decided it's time to up the ante. I tweaked my filters and internet restrictions, and decided it's time to set my TaPHSiC fence up. I find myself asking "Why haven't I set up the TaPHSiC sooner?!"

What a powerful tool! Things are going better already! I have also had a heart to heart with my sponsor, and we discussed a few more tweaks to my program.

I know one thing. I wouldn't have made the progress I have without the support you, my friends at GYE, are giving me. Whenever I feel like losing hope I remember that I have people in my life that understand what it's like.

Stay frosty, my friends!

Kind regards,

David de Oude

"Sometimes it isn't good enough to do your best. Sometimes you have to do what's necessary!"
- Winston Churchill

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