

SOBRIETY

Posted by yiraishamaim - 04 May 2015 03:35

I am so deliriously happy with reaching 180 days!

I remember reading a post a short time ago of a member here who is also a Ba'al Koreh in shul. He said that when he read Shir Hashirim in shul he got quite emotional. I really relate to that. It shows how low we really became with these actions and the stark difference between that and kedusha is major. That sudden realization brings on tears of joy!!!

I used to get so down when I read "VELO SASOOROO ACHAREI LEVASVCHEM VEACHAREI AYNAYCHEM ASHER ATEM ZONIM ACHAREIHEM" - now I beam with pride that I am on the right road. I used to not look at people in the eyes. I thought they probably can see I have P____ eyes. Even though I learned Torah and had weeks or more of stretches when I did not indulge in the forbidden. Now I have no problem looking at people. No insecurity in that regard

I am so much more relaxed. I can multi-task easier. If I have stretches of time alone I do not have a sudden zombie robotic slave-like urge to to something filthy and stupid.

I am thrilled beyond thrilled.

I love and appreciate all participants in the forum. If you love someone you wish them the best.

I WISH YOU SOBRIETY (Can you think of something better?)

May we all get sober AND STAY THAT WAY so we can be the true YIRAISHAMAIM and AVDEI HASHEM that we were born to be.

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Re: SOBRIETY

Posted by Muttel - 25 Jul 2024 19:20

I second the motion. I remember a friend of mine recounting how he observed an elderly man in

??????? walking and lean on his can, slowly turn around to peer at an immodestly clad woman.....

Thank you Shem for this wakeup call

Muttel

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Re: SOBRIETY

Posted by yiraishamaim - 10 Sep 2024 03:33

Wow!

Haven't been posting for a very long time. I checked in tonight and got a kick seeing an old thread of mine given new life.

I hope some people find it meaningful.

All the best to everyone!

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Re: SOBRIETY

Posted by Muttel - 10 Sep 2024 08:21

We definitely have!

I see you reached a year of sobriety almost 9 years ago already. Can you share what you've been doing to maintain your sobriety since then?

It can give us newbies a lot of chizzuk to hear what others are doing to remain successful....

Thanks!

Muttel

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