

2 Steps Away

Posted by Strugglingtomakeit - 15 Jan 2016 20:33

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I am 2 steps away.

2 steps away from what you might ask, 2 steps away from giving up. giving up from this fantasy, from making myself sick, with wanting to jump in a vat of goop just so the feelings stop after

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Re: 2 Steps Away

Posted by Workingguy - 15 Jan 2016 20:53

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What has worked and not worked for you? Don't give up; you'll find a lot of support here. Have a great Shabbos!

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~~every~~ fall. its just not worth it anymore:(

Re: 2 Steps Away

Posted by cordnoy - 15 Jan 2016 21:11

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We are with you.

B'hatzlachah

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Re: 2 Steps Away

Posted by GuideMe - 16 Jan 2016 19:47

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[Strugglingtomakeit wrote:](#)

I am 2 steps away.

wanting to jump in a vat of goop just so the feelings stop after every fall.

You described me. one week ago.

what i want the most is just the feeling to stop. i just couldn't take it anymore...

i remember, a few weeks ago, I sat at the bus stop and all I wanted is to jump in front of a car...

There's hope. There's another way.

i'm now 7 days clean and already feeling better. imagine what would happen after 70 days ... or 700...

(BTW, my english is not very great. sorry for that...)

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Re: 2 Steps Away

Posted by Strugglingtomakeit - 24 Jan 2016 05:25

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last few days I've been a bit depressed with everything going on in my life and this constant reminder of my failure just adds to the stress and depression. Im supposed to start a second job in a week or so, and im very worried about meshing my schedules and the way my boss will react, its killing me.

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Re: 2 Steps Away

Posted by Shlomo24 - 24 Jan 2016 05:54

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How are you in terms of where you were in the beginning of this thread? Still two steps away?

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Re: 2 Steps Away  
Posted by TalmidChaim - 24 Jan 2016 17:49

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We've all felt down about a lack of success, really. It's normal. Sometimes our expectations for ourselves are simply too high. And a lot of times, those unreasonable standards stem from overreaching our vision of recovery. As soon as we start -- 1 day clean, 2 days clean -- our minds race to how we'll feel at 90 days clean, 180 days clean, a year. We don't appreciate what it means to progress slowly, and grow, step by step. Then we fall, and instead of landing on the floor from the top of a modest, two day clean streak, we plummet to the ground from where we were emotionally, 90 days clean, or even sober. So it feels a lot of worse. That's why there's such wisdom in that thing everyone here keeps saying: One day at a time!

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Re: 2 Steps Away  
Posted by markz - 24 Jan 2016 17:59

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[TalmidChaim wrote:](#)

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Thats true, but there's one little thing that precedes ODAAT, and that is - day one

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Re: 2 Steps Away  
Posted by TalmidChaim - 24 Jan 2016 20:01

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So, yeah...just worry about making that first clean day (90 times, and beyond)!

**GYE - Guard Your Eyes**

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