

What Works For Me

Posted by workingmyprogram - 18 Jul 2010 16:20

I have 41 days sober today. How do I do it? I rely on G-d, always realizing that lust is more powerful than me and it is only through his strength that I can stay sober. I go to lots of SA meetings. I have a sponsor who I call almost every day. I call others in the program. I do what my sponsor tells me to do. I make a gratitude list almost every day of ten things I am grateful for and text it to my sponsor. (he asked me to do this). I pray. I have a filter on my internet. I pray. Only when we admit that it is too powerful for us to conquer on our own will we get G-d's help. Thank you Hashem.

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