

ImGonnaWin's Log

Posted by ImGonnaWin - 04 Apr 2012 14:11

Hey everyone.

I'm new to this site, so if I break any protocols here, I apologize.

I have a lot to say by way of introduction, but I don't have the time. For now, I'll just post my specific feelings right now, and hopefully come back later to write a proper introduction

I started the 90 day thing a few weeks ago. I haven't been able to crack 4 days. Sort of having some feelings of yeush here (nothing new for me in terms of dealing with this problem)

Lately, I've been doing terribly, actually. I sort of feel like I'm in a tail spin here. This morning I realized that I've missed tefila betzibur 3-4 times in the past 2 weeks because of my problem.

I have k9 filter set up, but I also have the password. I am too ashamed of asking any of my friends to take care of it. I would love to get in touch with that filter gabei, but I don't know how.

Any words of support and chizuk would be appreciated (as well as how to get in touch with that gabbai)

Thanks

-IGW

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 21 Jun 2012 03:51

Something that hit me earlier tonight, when I was davening, trying to give over to Hashem some of my problems, trying to realize that they're not in my hand, but in His hand:

The mishna in Avos teach lo alecha hamelacha ligmor before it teaches velo ata ben chorin lehibatel mimenah.

First, I need to realize that it's not all my responsibility. It doesn't all fall on me. I need to realize that God runs the world, and the bulk of the melacha is on him. I need to learn to give it over to Him, because it's not on me. Only at that point can I look around and see what there is for me to do.

With my paper, for instance. First I need to realize that as much as I believe that it's going to be kochi veotzem yadi that's going to accomplish everything, lemaaseh, it's not. I tell myself- yosef, lo alecha hamelacha ligmor-- ask God for help. It's in His hands, not yours. Then, I can turn to my paper and put forth the necessary histadlus to succeed.

Not sure if that made sense, but it's what is on my mind...
Goodnight, all!

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Re: ImGonnaWin's Log
Posted by Eye.nonymous - 21 Jun 2012 11:24

[ImGonnaWin wrote on 21 Jun 2012 00:26:](#)

I went to my first live meeting yesterday. It was great.

Glad to hear.

--Elyah

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Re: ImGonnaWin's Log
Posted by ImGonnaWin - 24 Jun 2012 19:35

Just checking in quickly.

With the help of God, today is day 7 clean, and I will be leaving in a little more than an hour to go to my 5th SA meeting in 6 days (I couldn't get to one on Shabbas).

I'm working on staying out of isolation, about being careful about my eyes as I walk down the street, and just working on connecting to people and to God.

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Re: ImGonnaWin's Log

Posted by obormottel - 25 Jun 2012 05:47

You're doing well.

That's a great feeling, isn't it?

Do you remember how bad it felt not to be able stay stopped? Take that pain and disappointment and bottle it up; and take the great feeling of freedom from obsession and bottle it up, too. Take out those for a sniff when the going gets tougher.

Your hard work will pay off. Der Eibershter will not let your effort go to waste, and will couple it with His, if you let Him.

Sometimes writing a journal of the first weeks/months/years of recovery helps to keep the perspective. Don't have to be public...

M.

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 25 Jun 2012 14:04

Great!

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 27 Jun 2012 01:48

Thanks for your words of encouragement.

Thank God today I am sober for 9 days. I realize, though, that I'm not working on my recovery. I'm going to the meetings (7 meetings in 8 days) and all, but, I'm not working any steps, I'm not *growing*.

My initial feeling is that I don't want to get a sponsor yet because I'm going to be leaving town for a month in a couple of weeks. Deep down, though, I think the issue is that I just don't want to do that first step. I don't want to admit that I'm powerless. I don't want to write down all of the

times I've tripped up. It will be so emotionally draining on me-- I just don't think I have the energy to go through with it right now.

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Re: ImGonnaWin's Log

Posted by Eye.nonymous - 27 Jun 2012 05:52

Don't think about it; just do it. A little bit every day.

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Re: ImGonnaWin's Log

Posted by obormottel - 27 Jun 2012 06:20

Really premature, I think, to stress out over this stuff.

Get a little sobriety, stay willing to stay sober, keep going to meetings. You'll want to do the steps when you're ready.

Mottel

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 29 Jun 2012 20:18

It's getting tough, my friends.

The high of the meetings is starting to wear off. Real life is setting in.

Trying to work things one day a time.

Have a good shabbas

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Re: ImGonnaWin's Log

Posted by obormottel - 29 Jun 2012 21:10

[ImGonnaWin wrote on 29 Jun 2012 20:18:](#)

Real life is setting in.

Mazel Tov!

Gut Shabbos.

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 04 Sep 2012 21:16

I know it's been a while since I was last here.

I just want to post a quick check in-- Thank God, I am doing well. It was a long, and sort of rough summer. But, now I am back into the swing of things and feeling positive.

May it be God's will that I can continue to connect with Him, with others, and that I can continue on my present sobriety streak.

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Re: ImGonnaWin's Log

Posted by mifatfait - 08 Sep 2012 22:44

[ImGonnaWin wrote on 21 Jun 2012 03:51:](#)

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Mr. IGW,

Just noticed your recent post, read a bit, was inspired by your beautiful explanation of the mishna.

Tonight starts selichos, R"H and Yom Kippur are around the corner, gotta really remember that idea, not to get caught up in trying to make a "my perfect Yomim Noraim", every tefilla I daven properly is only with Hashem's help.

Thanks,

Chaim

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 18 Oct 2012 01:51

Again, a long stretch with me not posting.

Thank God I have been involved in live meetings and getting out of isolation and meeting with friends.

Still, it's nice to stop by here in GYE and check in.

Sobriety is still coming slowly, but I am constantly working and growing. Lately, I have been taking major steps towards letting God into my life. Thank God, it has been getting easier and easier as I am working on it.

I hope everyone is doing well, and I pray that we should all continue to grow in our avodas Hashem and our sobriety (maybe that's the same thing).

And thanks, Chaim.

-IGW

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Re: ImGonnaWin's Log

Posted by ImGonnaWin - 18 Oct 2012 01:53

Also, I'd like to see what I can do to help GYE in some way. I am not, shall we say, rolling in the dough, but I can donate my time and perhaps other resources. Any idea of who I can talk to/ email ?

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