

90 days - Chazaka to bring back Chazaka Demeikkara

Posted by yosefhatzadik - 11 Oct 2012 04:38

Shalom GYERs,

This is my second journey for the 90 days... the first time when I first joined I reached like 20 days... I have reached that number only 2 times... the other like 9 years ago.

So, today I am **7 days** clean, until now it was easy, but today I started to have hirhurim (because of university), the thing is that I still feel on time to receive chizzuk and avoid the fall... So please!!

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Re: 90 days - Chazaka to bring back Chazaka Demeikkara

Posted by yehoshua - 03 Dec 2012 13:09

I might be wrong on this, there are so many people here who know what they are saying... But, here goes...

I feel the taphsic is like a things to do before and after a fall or perhaps even a slip. This is how I understand taphsic. This is great, since it keeps me sober, but I feel that the aim of recovery should be to have a great meaningful life. And by that I mean breathing space, after the taphsic I can joyfully find meaning and do chessed, search for the real meaning of life.

It depends what are you in for. It is the obstacles of life, that I want to escape from, yes, I want to escape life. But once I have some breathing space, some clear thinking time without my lust knocking, I can see lifes problems not as triggers, but simply like a new day, full of fresh air and new challenges.

But hey, I am dreaming here of a perfection. The truth is somewhere else. Honestly, I am really struggling for that right this second.

May Hashem give You a lot of simcha!!! 8)

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Re: 90 days - Chazaka to bring back Chazaka Demeikkara

Posted by yosefhatzadik - 06 Dec 2012 06:57

THANK YOU!! :D 8)

That helps a lot...

I didnt see it that way, and youre completely right, I dont want to be clean in order to be clean, I want it to have a better life...

And its exactly when I feel have problems or I am stressed or preoccupied when I feel the strongest urges...

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