

need help

Posted by beh - 16 Oct 2012 16:55

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hi im going through a stressful busy time bh i'm 74 days clean - but its tough

im trying to rearrange my schedule to fit in the support group on the phone i hope it will work out

need chizuk

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Re: need help

Posted by Machshovo Tova - 16 Oct 2012 17:03

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Wow 74 days! Bitchu BaHashem adei a"d. Keep up the good work - a day at a time. Always pretend it's your first day and your only day, and give it all you got. Daven to Hashem every single day to help you remain sober. Avoid all triggering sights and thoughts to the best of your ability. And just "keep on trucking!"

Hatzlacha

MT

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Re: need help

Posted by yehoshua - 17 Oct 2012 06:34

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BEH you keep in there, little by little the stress will fade away, just a day at a time, or an hour at time, or a minute at time.

I think I read in Bards posts, that in the beginning he went for 15 minutes. Just 15 minutes. It may be hard to keep sober for 15 minutes, especially in face of a challenge, but it's not impossible.

As I am writting this, I think I need to go to that method too. ;D

A good chodesh to YOU!!!!

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