

90 days now

Posted by gettinghelp - 06 Jan 2009 15:42

DAY1

Since meeting with my dr. and taking a careful and serious inventory of the past few weeks,i have decided to start my 90 days now,today on a fast day.I now have a sponsor,and know that without support I will continue to fail.I have learned much and know that there is still much to learn and do to get healthy.I realize that shooting for 100% perfection is a pipe dream.I am a human with faults, the difference is that I know that Hashem isn't asking me to be perfect,he is asking me to simply be the real me. have posted here before a saying or rather an idea that someone on GUE sent me.Instead of escaping reality I want to live in reality.That means tearing the walls and barriers I have put up between me and everyone in my life including myself.So once again I will now start a new 90 days.I really don't care if I fall 100 times(I hope not)I will never ever let the y'h take over my life.I will fight,crawl,scratch,do whatever it takes to gain control of my life.No pain no gain

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Re: 90 days now

Posted by gettinghelp - 28 Jan 2009 21:40

B"H another day has come and gone.One chock full of brachot and nissim,all day long.I just need to keep my eyes open to see all of the help the ALMIGHTY is sending me to get thru each day clean.I could have fallena few times but Hashem was there to carry me the extra yard,and B"H I had success A.Big THANK YOU to all of the people on GUE for all of the chizuk and chessed.We should all include in shema kolainu our own personal tefilah for a successful recovery for everyone on GUE.

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Re: 90 days now

Posted by gettinghelp - 29 Jan 2009 22:28

B"H DAY 24 has come and gone.The desires were quite strong and I so wanted to act out,but for some reason I just could not(B"H).This site has become so a great source of chizuk,it has gotten me thru some really tough spots.

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Re: 90 days now

Posted by the.guard - 29 Jan 2009 22:32

The days that you have "close calls" are the **strongest bricks** in the foundation of recovery, sobriety and closeness to Hashem - that you are building.

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Re: 90 days now

Posted by gettinghelp - 30 Jan 2009 17:51

Today was a close call, but I called my sponsor asap and it saved me(B"H). I am most grateful to Hashem for getting me to day 25. It has been a good few days of learning and growing. When I make kiddusha tonite I will try to have in mind the new and higher level of kiddusha Hashem has brought me and family to via me being clean for 25 days. GOOD SHABBOS TO ALL !!!!!

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Re: 90 days now

Posted by mevakesh - 30 Jan 2009 18:10

Have a great Shabbos!!!

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Re: 90 days now

Posted by gettinghelp - 30 Jan 2009 18:34

what does that mean?

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Re: 90 days now

Posted by the.guard - 31 Jan 2009 19:16

KUTGW = Keep Up The Good/Great Work!

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Re: 90 days now

Posted by gettinghelp - 02 Feb 2009 17:52

Between last nite and today i am going crazy.It is so hard not to give in.I won't, but it is certainly taking me for a ride today.I just spoke with my sponsor,I will post here and read here for awhile,and just do what ever it takes to get thru today clean.

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Re: 90 days now

Posted by jack - 02 Feb 2009 18:17

you are still clean?!? that is the greatest news i heard today! thanks so much for posting here that you are doing well, it really makes me happy.

to the people that think they are not doing well because they are still falling: it is a process. in the beginning of the process, you think you're not doing well because you still fall. but falling and getting up is PART OF THE PROCESS.what do you think, you start right away with no falls? i fell for 38 years, until i finally, finally, was ready to stop falling.have patience, and you WILL SUCCEED.in the yomim noraim davening it says 'ad yom MOSO techakeh lo letshuvai I hope it doesn't take you as long as it took me, but be prepared for the long haul, and be prepared that it's going to be hard.and dont think about tomorrow. jack

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Re: 90 days now

Posted by Mevakesh Hashem - 02 Feb 2009 20:16

Jack.

I read your words, and it brings tears of joy to my eyes and heart!

Just a few months short ago you didn't believe that you could change. You thought the Yetzer Hara had you in his wicked net forever!

Yet, with hard work, Emunah and perseverance, you are here today a changed man, telling others that IT CAN BE DONE!!!

WOW! You are awesome Jack! A real Tzaddik!

Chazak V'Ematz!

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Re: 90 days now

Posted by the.guard - 02 Feb 2009 20:40

What a beautiful post Jack!

GettingHelp, in a few weeks / months you will be on this forum telling others, like Jack, that with hard work, perseverance and doing the RIGHT STEPS, it CAN be done.

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Re: 90 days now

Posted by gettinghelp - 02 Feb 2009 21:10

That's what keeps me going. I came so close to falling, almost but not quite. B"H!!!

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Re: 90 days now

Posted by jack - 03 Feb 2009 13:28

dear mevakesh until 120, may Hashem shower you with blessings ad bli dai! as you know,i agree with everything you said except one thing - i dont think that you should call me a tzadik.i really look for the truth.and i'm really not a tzadik - just trying to be one.

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Re: 90 days now

Posted by the.guard - 03 Feb 2009 20:13

Jack it, won't help you. "Trying to be one" is what ALL Tzadikim do :-) Listen to this. I once heard an amazing vort. It says - **Zeh Hashar laHashem Tzadikim Yavo'u Vo**. The question is, WHAT IS "**Zeh Hashar**"? The answer is the Pasuk before, that says "**Pischu li Sharei Tzedek avo vum**"...That is "**Zeh Hashar**"... As long as one feels he is not a Tzadik yet and is asking Hashem "**Pischu Li**" - open for me the Sharei Tzedek so I can be a Tzadik - then **ZEH HASHAR LAHASHEM TZADIKIM YAVOU VO**. That precisely IS the Shar to Hashem of true Tzadikim. (But as soon as one feels he already is a Tzadik, he missed the boat :-)

Also, it says **Yismach lev mevakshei Hashem**... It doesn't say, **Yismach Lev Masigei Hashem**... The act of being Mevakesh, makes one a Tzadik. (You hear that "Mevakesh?")

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Re: 90 days now

Posted by gettinghelp - 04 Feb 2009 15:30

Need help! After a run of 4 wks I fell.I saw it coming,spoke with my sponsor,came to GUR, but still fell.On the one hand I feel more prepared to move on.On the other hand I want to explore other means of dealing with this.I read about a program that has teh approach that addiction can be 100% cured.It is called passagesmalibu.com.There is a book out by the founder Chris Prentiss.Has anyone heard of this?For some reason the info on this website touched me and gave me a new hope that I can actually have a cure not a recovery.I am at a point in my life

that I want a truly fresh start,from A-Z.

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