

My journey to 90 days... once again

Posted by im not alone - 04 Mar 2013 12:10

so im starting once again my journey after a period of 3 months of being stuck in the mud

now with hashems help im going to make it.. I know ive said it a million times but... this time is different (Ive said that a million times too)

the only way I could prove it. is by waiting the 90 days and ill have the proof

hashem please help me ... life is not that long ... I have to get going .. please

Im 24 hours clean now... thats already a milestone

(ill post lightly as bh i have extreme busy job duties)

just keeping a record

im not alone... keep on trucking

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Re: My journey to 90 days... once again

Posted by ZemirosShabbos - 05 Mar 2013 02:59

wishing you much hatzlocha with the new count

maybe try something different this time

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Re: My journey to 90 days... once again

Posted by reallygettingthere - 05 Mar 2013 03:06

[im not alone wrote:](#)

im not alone... keep on trucking

Dude,

You are so not alone

Eli

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Re: My journey to 90 days... once again
Posted by chaim11 - 05 Mar 2013 11:00

Indeed you are not alone; we are all with you, holding your hands and wishing you success.

I remember myself being in a similar situation as you, starting the count again after a deep long-period fall. Then I asked myself the following question:

"what am I going to do different this time than last time to prevent the next nasty fall"?

I will try harder?

Not sure harder will work for me (or any other addict).

Then I joined a phone conference group and started working the 12 steps seriously, getting the concept of this struggle in a total different perspective (: not a struggle at all, at least not MY struggle). This time hashem keeps me alive - I already bypassed my previous count - one day at a time.

We would love to see you going on forever o recovery path, please do it for us ?

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Re: My journey to 90 days... once again
Posted by im not alone - 06 Mar 2013 09:26

thanks chevra for your replies.. t means a lot to me

anyhow.. so what or how am i going to do different this time around.. well yes ill work harder.. I believe that updating my journey on this forum will help me stay focused and on task... i havnt done that in a while (I think since the new forum is on)

yes and I had done before a clean streak of over 100 days, just by staying put.. so if I can get there now I hope to be able to surpass that milestone..

going into day 4.. 3 days in the can.. nobody could take that away... forever

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Re: My journey to 90 days... once again
Posted by im not alone - 07 Mar 2013 10:30

BH im back onto the 90 day chart as i just completed my forth clean day

im thrilled how im doing so far

ill continue

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Re: My journey to 90 days... once again
Posted by mr. emunah - 07 Mar 2013 21:59

Keep it up man!

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Re: My journey to 90 days... once again
Posted by im not alone - 08 Mar 2013 10:17

bh i am keeping it up

just completed another solid super clean day... in the can

entering my sixth day

good night

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Re: My journey to 90 days... once again

Posted by ZemirosShabbos - 08 Mar 2013 20:00

yishtabach shmo!

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Re: My journey to 90 days... once again

Posted by im not alone - 11 Mar 2013 19:14

bh

8 days clean on the 90 day chart... wow

what could I say... bh I dont need anymore that much chizuk (shouldn't say that)

its self explanatory

the taam of being clean is such a great chizuk

have a clean day

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Re: My journey to 90 days... once again

Posted by Gevura Shebyesod - 11 Mar 2013 19:37

KOMT!!!!

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Re: My journey to 90 days... once again
Posted by mr. emunah - 11 Mar 2013 22:51

C H I Z Z U K!

C H I Z Z U K!

C H I Z Z U K!

C H I Z Z U K!

C H I Z Z U K!

C H I Z Z U K!

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Re: My journey to 90 days... once again
Posted by im not alone - 12 Mar 2013 08:39

another clean day bh

so pure to the utmost purity... bh

however... I do pertain loads of chizzuk just from being in the stage where i am

KOT

(Keep On Trucking..but what is KOMT? I guess i havnt been around for a while)

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Re: My journey to 90 days... once again
Posted by reallygettingthere - 12 Mar 2013 09:35

KOMT Keep On Monster Trucking

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Re: My journey to 90 days... once again
Posted by mr. emunah - 12 Mar 2013 20:28

KOMT = Kishka On My Table

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