

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 im not alone - 25 Jan 2018 18:46

Bh still going strong.

No not everything is glowing right now in life....

but I truly fell that I got a new lease on life..

I know its not healthy to think of it in that way, However, one day I'm going to look back on all those years of darkness and I wont be able to forgive myself. Ill be filled with guilt and shame. oh how all those day of darkness, cant turn back the clock. all those days with the silent cry, a cry with no voice no tears, perhaps with no emotions, but a deep saddening cry nonetheless.

As i said, I know its not the best thing right now to look back, but now that Im clean for just 3 days im starting to have this vision of the past.

The only think i could say right now, this time around Im going to do anything it takes to stay put, and focus on my clean journey.

Off we go, to the 90 days challenge.

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Re: My journey to 90 days... once again
Posted by im not alone - 25 Jan 2018 18:48

correction "I truly FEEL (not fell) that I got a new lease on life."

How one letter can change everything. sadly funny!

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Re: My journey to 90 days... once again
Posted by Gevura Shebyesod - 25 Jan 2018 19:37

[im not alone wrote on 25 Jan 2018 18:46:](#)

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How about "one day I'm going to look back on all those years of darkness and realize that without them I would not have been able to become the better person and reach the heights that I am at now, and I will be filled with gratitude that I had these experiences that gave me the impetus to grow".

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Re: My journey to 90 days... once again
Posted by cordnoy - 25 Jan 2018 19:45

Howbout not lookin' back at all?

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Re: My journey to 90 days... once again
Posted by im not alone - 26 Jan 2018 05:31

[Gevura Shebyesod wrote on 25 Jan 2018 19:37:](#)

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Gevurah,

Yeah, You might be right. and I would love to have that perspective. Just at times I find myself saying to hasem "please i dont need the rewards of this challenge, and I dont need the struggle"

Might be wrong to think in that way.. but given how I feel and how I am when I'm able to stay clean... this feeling and pureness is so great..

to the contrary, I'm (like) in prison when Im hooked up to all sorts of shmuts. I'm not even in control of my own actions.. its literally like someone is dictating me of what I should do and how I should do....

as to not lookin back at all. well thats quite difficult. Do you understand the severity of my self inflicting wounds are? its so deep and ingrained, it became part of my (secret) identity.

its just hard, not to think about it.

Now to the good news... Im still trucking along yeahhhh. another purely clean day.

I'm actually screaming of joy, yet again no voice

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Re: My journey to 90 days... once again
Posted by cordnoy - 26 Jan 2018 06:19

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No, I don't understand yours, but I do understand mine. Extremely severe, self-inflictin' and deep, and I stay far away from them. No lookin' back for me; that's the danger zone.

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