



There is no full recovery in this struggle. Hatzlacha !!

=====  
=====

Re: started 90 days as a preparation of lag beomer!  
Posted by gibbor120 - 28 Jul 2015 18:30

---

MAZAL TOV! KUTGW!

=====  
=====

Re:Lomed's Thread  
Posted by lomed - 10 Aug 2015 21:09

---

Hi all,

I have not been posting much here. Although I was here on most working days, but I was mainly posting on the Yiddish speaking site.

B"H I am now at 166 days.

I have no words how to thank Hashem for sending me here and for giving me the strength to keep it up till now. I hope to be able to continue further day by day. At the same time I want to thank you all this wonderful community for giving the Chizuk and support when needed.

just to give you a short update.

I had some hard days and some easier days, The main thing that works for me for now is, the one day at a time approach, the tefilos each and every time it gets hard, and thanking hashem for getting me through those times and giving me some milder days. Also the support that I give for others is a big help. And last but not lost, the much needed support that I get from others.

There was one big turn that my struggle took. That is the fact that i revealed everything to my wife. It was painful, but as of now it looks like it was a very positive thing.

As i move forward on more sober days, there is much evolving in my mind. I realize more and more that although I am B"H sober for many days, I am far away from recovery. This point is something that I am working on for now.

I ask Hashem that in the same way he had mercy on me and got to somewhat to sobriety, he should get me to recovery.

=====  
=====

Re:Lomed's Thread  
Posted by lomed - 18 Aug 2015 17:18

---

Do you know of any local rav or rabbi on the new york metro area, that can give me some guidance and advice? I do not have in mind a therapist. Rather one that can advise me if I should go to a therapist or not etc..

Thank you

=====  
=====

Re:Lomed's Thread  
Posted by yehoshua - 19 Aug 2015 07:03

---

Thanks for your amazing count, it gives hope, really. Perhaps this is a stupid question, but it really concerns me in my own life: If you can get to 177 days, why therapy?

(I am from Europe, sorry for not being able to answer your question)

=====

====

Re:Lomed's Thread

Posted by cordnoy - 19 Aug 2015 12:58

---

[yehoshua wrote:](#)

Thanks for your amazing count, it gives hope, really. Perhaps this is a stupid question, but it really concerns me in my own life: If you can get to 177 days, why therapy?

(I am from Europe, sorry for not being able to answer your question)

great question.

if you look below in my signature, you can see the numbers; those indicate streaks of sobriety, and that itself should answer your question, for ultimately, i need more, or the pattern of vicious cycle will continue.

=====  
=====

Re:Lomed's Thread

Posted by lomed - 19 Aug 2015 18:35

---

[cordnoy wrote:](#)

[yehoshua wrote:](#)

Thanks for your amazing count, it gives hope, really. Perhaps this is a stupid question, but it really concerns me in my own life: If you can get to 177 days, why therapy?

(I am from Europe, sorry for not being able to answer your question)

great question.

if you look below in my signature, you can see the numbers; those indicate streaks of sobriety, and that itself should answer your question, for ultimately, i need more, or the pattern of vicious cycle will continue.

Thank you

=====  
=====

Re:Lomed's Thread

Posted by lomed - 24 Aug 2015 18:34

---

Hi al chaveirim!

Today i thank Hashem for giving me 180 clean days!  
Cordnoy, I like this answer. You nailed it.

This is an incredible gift from Hashem to me, putting me in a good place as GYE. I want to thank many that have been here for me to support me to this day. First I want to thank all members that here for themselves and to help others. Especially i want to thank The one and only DOV, who gives away hours from his time to support others in their struggle. I want to thank a few other members in particular. I thank ONE DAY AT A TIME, BELMONT,9494, THEGUARD, CORDNOY, and many others. Without you I dont think I would be able to reach this day.

Last but not least, I want to thank all those that are behind this special website of GUARD YOUR EYES. I have no words for this makom Kodush that is here only to help people like me to

creep out of the rut. May Hashem grant them major success in all their aspects of life, and much nachas from their self and the whole family.

My tefilos are pouring to Hashem that I should have much Hatzlacha for many days month and years to come, and we all should have together success in our journey to sobriety and full recovery.

=====  
=====

Re:Lomed's Thread  
Posted by Gevura Shebyesod - 24 Aug 2015 19:17

---

=====  
=====

Re:Lomed's Thread  
Posted by serenity - 25 Aug 2015 03:55

---

Mazel tov!!!!!!!!!!!!

=====  
=====

Re:Lomed's Thread  
Posted by gibbor120 - 08 Sep 2015 21:40

---

A very belated MAZAL TOV!  
Amen! KUTGW!!!

=====  
=====

Re:Lomed's Thread  
Posted by lomed - 13 Oct 2015 20:36

---

Hi all!

B"n sober for 230, and hope be"n to stay clean today as well.

lately, I have come across a few members here on GYE that have accumulated more than 250 days and they had a fall. They should be honored for picking up and trying again. What i am learning from them is an important realization that may be useful for others.

The most dangerous thing for my sobriety is, IF I DECIDE THAT I AM OK AND GOOD TO GO. When Chas Vesholem i I feel safe, thats when I am in the most danger zone possible.

If only we can remember who we are and what are struggling, perhaps this can avoid a relapse. Maybe this will explain the Mishnah ?? ???? ???, we need to remember from where are coming in order to be able to overcome our challenges.

=====  
=====