

Staying happy

Posted by chaimlee - 21 Feb 2016 15:34

Hey anyone have any tips on how doing all these work of staying clean and also doing it happily and feeling it all a big burden??

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Re: Staying happy

Posted by chaimlee - 21 Feb 2016 15:35

typo eror,I ment to write and not having it feel as all a big burden

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Re: Staying happy

Posted by markz - 21 Feb 2016 15:36

Welcome!

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Re: Staying happy

Posted by chaimlee - 21 Feb 2016 15:40

lol love it but any more tips?

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Re: Staying happy

Posted by Shteeble - 21 Feb 2016 15:43

Welcome.

I think happiness and sobriety are pretty much unrelated topics.

Being drunk makes me happy, cause then I'm drunk, and I don't have any problems while I'm drunk.

It's like I'm driving my station wagon, and any life problems that come up, I can just toss in the back of my big

station wagon, and forget about them.

But once I start getting a little bit sober,

it's like I was driving 90 miles per hour, and suddenly make a short stop.

All the life problems that I've been throwing in back of the station wagon

all these years,

suddenly fly up to the front,

and bury me alive.

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Re: Staying happy

Posted by markz - 21 Feb 2016 15:44

Checkout the [GPS solutions](#)

Try post at least once daily, and also set this link [HERE](#) as your home page.

Did you click on the rotating link in my signature?

When you're done with these 3, lets talk again

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Re: Staying happy

Posted by Shteeble - 21 Feb 2016 15:45

Why not post a little bit about your story.

Then your friends here can give you specific advice pertaining to your specific situation.

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Re: Staying happy

Posted by Gevura Shebyesod - 21 Feb 2016 15:57

[Shteeble wrote on 21 Feb 2016 15:43:](#)

Welcome.

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That's why you need a pickup truck. Then everything just falls out onto the road.

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Re: Staying happy

Posted by Shlomo24 - 21 Feb 2016 16:09

[Shteeble wrote on 21 Feb 2016 15:43:](#)

Welcome.

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suddenly fly up to the front,

and bury me alive.

#withdrawal It gets better over time. Happiness doesn't mean high, happiness can be a steady

pleasantry.

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Re: Staying happy
Posted by markz - 21 Feb 2016 16:25

[Shteeble wrote:](#)

Why not post a little bit about your story.

Then your friends here can give you specific advice pertaining to your specific situation.

Testing reply in mobile

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Re: Staying happy
Posted by OTR - 21 Feb 2016 16:52

Do you really mean that you feel the actions that yo take toward sobriety are a 'burden'. Or do you mean that it is hard work. It is hard work to face our flaws and share them. It takes courage and sometimes we run away, each of us in varying degrees. But when I think burden, I think of different things.

thanks for sharing.

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Re: Staying happy
Posted by Watson - 21 Feb 2016 17:07

Hello Chaimlee, welcome.

Why not introduce yourself a little, tell us more about what problems you are facing. Chevra will be better able to give advice if they know who they are advising and what the issue is.

Meanwhile, here's a good place to start:

guardyoureyes.com/breakingfree/first-time-here

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Re: Staying happy
Posted by chaimlee - 21 Feb 2016 20:38

well its al the same thing,when someone is trying to achieve something hard, one may experience it happily although its hard and one may experience it as a burden and unhappily,it has nothing to do with the actual work,its the attitude, and thas what im finding challenging here,to developing a happy positive attitude while going through my first 90 days,which I think is extremely important,any tips?

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Re: Staying happy
Posted by Workingguy - 21 Feb 2016 20:41

[chaimlee wrote on 21 Feb 2016 15:35:](#)

typo eror,I ment to write and not having it feel as all a big burden

I think it is very normal for it to feel like a burden bc all of a sudden all the things that you were escaping from are hitting you, sometimes all at once.

So how do you deal with it? For me it was very hard at times, and I felt like my life was going backwards. But what you begin to see, if you open your eyes, is that you are DEALING with issues you used to run away from, which actually makes you feel like a human being. And even in the pain of facing your issues, sometimes you can feel the beauty of being alive and feel Hashem's love (even if you're not a very spiritual person) that you have what you have and you can feel what you do.

A healthy outlet helps, and exercise helps TONS, and another thing you can try to do is take a moment to either journal or notice the progress you're making and give yourself a pat on the back.

Hatzlacha!!

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Re: Staying happy
Posted by OTR - 22 Feb 2016 02:16

I think this exercise vort is something I need to tap into. I have seen guys talk about it helping before, but never tried it. Most exercise I usually get is to the fridge and back.

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