

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

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This is day one or perhaps it's day zero. I fell today. It wasn't much fun. I was clean for 32 days. That is about how long I usually go for. I really want to be done with this problem. I just want to be normal. My self esteem is crushed every time I fall. Somehow internal adversity is more painful than an external adversary. For if it's an external adversary, even if he's causing you pain, you don't take the blame for it. Only the pain. With the internal losses you get both. I suppose I'm my own worst enemy. Well I hope that was morbid enough for you, because I'd like to begin my journey.

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Re: Journey of one day at a time

Posted by Singularity - 22 Mar 2017 07:48

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so many things to say...

1. I think PG movies are very inappropriate. PG stands for parental guidance. Conventionally, this could mean that parents need to watch these movies with their children to explain more difficult ideas. Personally, I think the parents *themselves* need guidance to have let their children watch this junk in the first place.
  2. Would you go to Russia if someone were there wanting to kill you? (PS: it's a little bigger than Italy, perhaps a little more litvish too) :-)
  3. Never wanting to do it again... it sounds very dramatic. The addict's best tool is drama. Thunder and lightning in the background, tense violin processes as you audaciously click that forbidden link. The fate of the world rests in your hands. The dance for eternity. Do you pull out? Perhaps the Devil has sunken his teeth in too deeply, for now... ...  
ie just try live today. Who cares about tomorrow?
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Re: Journey of one day at a time

Posted by Ihavenostrength - 22 Mar 2017 17:01

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Day 40: Very grateful to have reached forty days of sobriety. It's? a significant step up (albeit a small one) from my usual run.

ODAAT. So important. Not sober for one day. Living for one day. As you get sober for longer it's tempting to think of being sober as a goal in itself. (In the beginning, being sober for a week or so ain't much of an accomplishment, so it's less tempting).

It ain't a goal in itself. It's about making room for life. Too make room for yourself.

@singularity

There definitely is alot of junk out there, but there are some movies that don't have such terrible messages aren't there? Not to say that there aren't better ways to use one's time... But you gotta know yourself right?

I don't understand the Russia analogy, would you clarify for me please?

Thanks for giving me the kick in the pants I needed. (I suppose I was being dramatic).

Perhaps when you have a dark past it's tempting to want to counter it with imagining a bright future.

Today, or just one day, no matter how well lived, doesn't seem to be enough. Obviously though you are correct, one day at a time adds up to many days well lived.

Peace

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Re: Journey of one day at a time  
Posted by Hashem Help Me - 22 Mar 2017 22:18

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ihave..... you are a very insightful person. Looks like in the forecast it says you will be helpful

to many people.

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Re: Journey of one day at a time  
Posted by shneurzalman - 23 Mar 2017 02:11

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32 days shows the insane strength that your Yetzer Tov has. Use the guilt to do sincere Tshuva, and remember the guilt every time you have an urge. Hashem is with you and extremely proud of you!

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Re: Journey of one day at a time  
Posted by serenity - 23 Mar 2017 02:42

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Speaking of steak and sushi, I think we should make a plan to go out and get some some day soon.

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Re: Journey of one day at a time  
Posted by cordnoy - 23 Mar 2017 05:00

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[serenity wrote on 23 Mar 2017 02:42:](#)

Speaking of steak and sushi, I think we should make a plan to go out and get some some day soon.

Lookin' forward.

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Re: Journey of one day at a time  
Posted by MayanHamisgaber - 23 Mar 2017 12:27

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Me too

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Re: Journey of one day at a time  
Posted by cordnoy - 23 Mar 2017 12:35

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[MayanHamisgaber wrote on 23 Mar 2017 12:27:](#)

Me too

Who invited you?

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Re: Journey of one day at a time  
Posted by MayanHamisgaber - 23 Mar 2017 12:43

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[cordnoy wrote on 23 Mar 2017 12:35:](#)

[MayanHamisgaber wrote on 23 Mar 2017 12:27:](#)

Me too

Who invited you?

You did

but can we wait 1/2 hr just ate cheese (6 hours is you think israeli yellow cheese needs that)

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Re: Journey of one day at a time  
Posted by cordnoy - 23 Mar 2017 13:08

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[MayanHamisgaber wrote on 23 Mar 2017 12:43:](#)

[cordnoy wrote on 23 Mar 2017 12:35:](#)

[MayanHamisgaber wrote on 23 Mar 2017 12:27:](#)

Me too

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I thought I merely accepted serenity's invite.

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Re: Journey of one day at a time  
Posted by MayanHamisgaber - 23 Mar 2017 13:13

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[cordnoy wrote on 23 Mar 2017 13:08:](#)

[MayanHamisgaber wrote on 23 Mar 2017 12:43:](#)

[cordnoy wrote on 23 Mar 2017 12:35:](#)

[MayanHamisgaber wrote on 23 Mar 2017 12:27:](#)

Me too

Who invited you?

You did

but can we wait 1/2 hr just ate cheese (6 hours is you think israeli yellow cheese needs that)

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True but since you accepted serenity's invite it was now official and since it was posted on a

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Re: Journey of one day at a time  
Posted by cordnoy - 23 Mar 2017 14:03

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And now we have a mezuman.

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Re: Journey of one day at a time  
Posted by GrowStrong - 23 Mar 2017 14:13

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[cordnoy wrote on 23 Mar 2017 14:03:](#)

And now we have a mezuman.

I am joining... I might even treat us to a bottle of wine,

Meanwhile I am **so** getting a steak tonight.

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Re: Journey of one day at a time

Posted by Gevura Shebyesod - 23 Mar 2017 14:49

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Don't forget the Woodford between the sushi and the steak