

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 Ihavenostrength - 03 Apr 2017 22:10

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Day 52: The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also. -Harriet Ann Jacobs

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Re: Journey of one day at a time

Posted by Singularity - 04 Apr 2017 09:34

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[Ihavenostrength wrote on 03 Apr 2017 22:10:](#)

Day 52: The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also. -Harriet Ann Jacobs

I heard a vort that we read the parshios of Yetzias Mitzrayim in the winter because perhaps the spark of change occurs at the very darkest

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Re: Journey of one day at a time

Posted by Ihavenostrength - 04 Apr 2017 13:17

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Day 53: Worrying about a younger sibling of mine. I don't? know if I could/should help him.

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Re: Journey of one day at a time  
Posted by Singularity - 04 Apr 2017 13:21

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why not?

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Re: Journey of one day at a time  
Posted by Trouble - 04 Apr 2017 13:37

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[lhavenostrength wrote on 04 Apr 2017 13:17:](#)

Day 53: Worrying about a younger sibling of mine. I don't? know if I could/should help him.

Wouldn't it depend on whose fault it is/was?

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Re: Journey of one day at a time  
Posted by Shlomo24 - 04 Apr 2017 13:40

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[Trouble wrote on 04 Apr 2017 13:37:](#)

[lhavenostrength wrote on 04 Apr 2017 13:17:](#)

Day 53: Worrying about a younger sibling of mine. I don't? know if I could/should help him.

Wouldn't it depend on whose fault it is/was?

Ask Trouble.

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Re: Journey of one day at a time

Posted by Hashem Help Me - 04 Apr 2017 13:59

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[lhavenostrength wrote on 04 Apr 2017 13:17:](#)

Day 53: Worrying about a younger sibling of mine. I don't? know if I could/should help him.

What are the details?

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Re: Journey of one day at a time

Posted by lhavenostrength - 05 Apr 2017 16:09

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Day 54: Something is weighing heavily on my mind. It's so easy to fall in the trap of worrying myself crazy. Important to remember that thinking is voluntary and it won't be productive to think ad nauseum. I wish it could be resolved already. Unfortunately it's taking some time.

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Re: Journey of one day at a time

Posted by lhavenostrength - 06 Apr 2017 20:36

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Day 55: One thing I'm learning is that most people don't want to hear the nitty gritty. They want the bare bones. Sometimes silence is just as companionable?.

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Re: Journey of one day at a time  
Posted by GrowStrong - 06 Apr 2017 21:11

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[lhavenostrength wrote on 06 Apr 2017 20:36:](#)

Day 55: One thing I'm learning is that most people don't want to hear the nitty gritty. They want the bare bones. Sometimes silence is just as companionable?.

Most people are selfish and self centered.

(apart from when we are selfish and self-centered-which is  
a lot of the time)

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Re: Journey of one day at a time  
Posted by lhavenostrength - 07 Apr 2017 00:15

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Thanks Growstrong, in truth I wasn't even talking about talking about GYE matters. I was just making a general observation of people's interest/attention span in my silly stories. Sometimes, I think people want to hear them, but in truth they don't and I'm trying to become sensitive to this.

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Good thing we are not most people  
Re: Journey of one day at a time  
Posted by GrowStrong - 07 Apr 2017 09:14

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[lhavenostrength wrote on 07 Apr 2017 00:15:](#)

Thanks Growstrong, in truth I wasn't even talking about talking about GYE matters. I was just making a general observation of people's interest/attention span in my silly stories. Sometimes, I think people want to hear them, but in truth they don't and I'm trying to become sensitive to this.

Me too

As an obsessive thinker I identify with a lot of your deep thoughts and 'revelations'

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Re: Journey of one day at a time

Posted by Shlomo24 - 07 Apr 2017 12:41

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Interesting thoughts written here. I'm not 100% sure if this is what you guys are talking about, but validation is a human need and people seek it and crave it whether they realize it or not. I utilize validation a lot for my jobs (I work with special needs children/teenagers) and I find it to be immensely helpful. My supervisor was the one who really showed me the beauty of it. So much so, that I use it all the time and with everybody, not just at work. People think that women are the only ones that crave it, but men need it also. I was just talking about this with my supervisor (who's a woman). I know for myself that when I feel accepted and understood (ie: validated) I feel very good. Even if I'm struggling, I know that someone else understands me and I'm not alone. With one of the autistic boys that I work with, I literally tell him how he's feeling because he has a very hard time expressing emotion. It works wonders with him. I use it with my father also, before I respond to him or disagree with him about something I validate him. It has helped me a lot in that area also. I'm realizing more and more that validation is a beautiful human experience. I picked my Sponsor because I felt incredibly validated when I spoke with him this past summer. I used to be terrible at this. I would jump into problem-solving mode right away or I would argue right away. It leaves the other party feeling bad about themselves. I forgot which thread exactly, it was in the SSA forum, in which I did a terrible job of validation. (It was strugglingtomakeit's thread). I could have gotten my point over in a much softer and understandable way if I first validated his concerns and how he felt.

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Re: Journey of one day at a time

Posted by lhavenostrength - 07 Apr 2017 14:06

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Thank you shlomo24. I find your posts thoughtful. Sometimes I don't need validation. Sometimes I'll tell someone a story (something that happened to me during the day) because I erroneously think they care. However, I'm perfectly fine not sharing it. I started realizing I'm actually happier talking less. Sometimes being connected with people, engaging, doesn't require much talking. It's much more about having a demeanor of openness and friendliness. To make it clear to the other person you care.

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