

Journey of one day at a time

Posted by lhavenostrength - 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 Markz - 10 Apr 2017 21:26

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[lhavenostrength wrote on 10 Apr 2017 21:12:](#)

[cordnoy wrote on 10 Apr 2017 16:40:](#)

Il think that sayin' that puttin' yourself down is comin' from arrogance and not humility is itself arrogant, but rather, you should humbly put yourself down for your arrogance.

B'hatzlachah

How do you humbly put yourself down for your arrogance?

P.S I honestly don't have something to write about everyday and my posts will sometimes reflect that. The only reason I write is because I made a commitment to do so for 90 days come

what may (excluding yom tov).

You could ask a noahide

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Re: Journey of one day at a time

Posted by Ihavenostrength - 13 Apr 2017 01:48

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Day 61:

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

[Ralph Waldo Emerson](#)

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Re: Journey of one day at a time

Posted by Rick - 13 Apr 2017 04:18

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thanx so much, I think you really helped me discover one of my biggest issues (validating others)

**Warning: Spoiler!**

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

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Sry, I think I posted that on the wrong chat

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Re: Journey of one day at a time  
Posted by Ihavenostrength - 13 Apr 2017 14:28

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Day 62:

It's going to be all right, sir," Harry said over and over again, more worried by Dumbledore's silence than he had been by his weakened voice. "We're nearly there ... I can Apparate us both back ... don't worry ..."

"I am not worried, Harry," said Dumbledore, his voice a little stronger despite the freezing water. "I am with you."

[J.K. Rowling](#), [Harry Potter and the Half-Blood Prince \(Harry Potter, #6\)](#)

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Re: Journey of one day at a time  
Posted by Shlomo24 - 13 Apr 2017 16:17

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Hmm, maybe I should make Dumbeldore my Higher Power...

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Re: Journey of one day at a time

Posted by GrowStrong - 13 Apr 2017 16:25

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Re: Journey of one day at a time

Posted by Shlomo24 - 14 Apr 2017 01:51

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If you are going with a wizard just have him magic it all away

[GrowStrong wrote on 13 Apr 2017 16:25:](#)

If you are going with a wizard just have him magic it all away

What I am about to say would have nauseated me in the past: I am grateful for my addiction. I don't want it removed.

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Re: Journey of one day at a time  
Posted by Ihavenostrength - 14 Apr 2017 22:56

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Day 63:

The greatest weapon against stress is our ability to choose one thought over another.

[William James](#)

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Re: Journey of one day at a time  
Posted by Ihavenostrength - 16 Apr 2017 05:18

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Day 64: I realized I must check the rating of the shows I watch.

I don't watch too much TV.

I found a show, innocently started watching.

Shut it immediately when I saw it was inappropriate.

Seeing even a second of these images can be so triggering. It can awaken feelings within that I really don't want to feel.

Nu nu, gotta be more careful. Learnt my lesson.

Gut moed!

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Re: Journey of one day at a time  
Posted by Chaimel - 16 Apr 2017 06:03

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Gut moed and keep it up!!

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Re: Journey of one day at a time  
Posted by GrowStrong - 16 Apr 2017 09:10

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[lhavenostrength wrote on 16 Apr 2017 05:18:](#)

Day 64: I realized I must check the rating of the shows I watch.

I don't watch too much TV.

I found a show, innocently started watching.

Shut it immediately when I saw it was inappropriate.

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Gut moed!

As someone else just mentioned if it's PG it's most likely a problem already.

Hope you are enjoying Chag you are doing amazingly.

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Re: Journey of one day at a time

Posted by Shlomo24 - 16 Apr 2017 11:58

~~And those IMDB parental descriptions can be quite graphic so be careful with them~~

There's a site I use called commonsensemedia.org and they also have an app. They give accurate ratings without being too descriptive.

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Re: Journey of one day at a time

Posted by Ihavenostrength - 16 Apr 2017 14:36

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Day 65: Boruch Hashem. Thank G-d for today and all these past days. Why do I thank G-d? I thank him because I know how complex the world is. I know how many variables there are in life, which lead us in one direction or another. So I'm thankful that I made it this far, approaching the precipice of sanity. I'm thankful that he lead me in this direction.

Yes, there was years of pain. I don't know why. I don't see the positivity in the past.

Maybe it taught me that I could survive in the toughest of situations.

I'm still grateful though. Why?

G-d doesn't owe us anything. Everything he gives us is a gift. So I'm grateful for this drop of sanity, that he in his benficiency, bestowed upon me.

Another idea.

We think the great warrior is the one who believes in his own strength and discounts the strength of his enemy. This couldn't be farther from the truth. The great warrior respects his enemy. He acknowledges the strength of his opponent. He also looks for weakness and tries to exploit it. However, he never discounts the danger. Pride comes before the fall as they say.

Lust is very powerful. A sexually themed scene in a TV show or movie can be very powerful. You'd have to be a fool not to respect that.

Lust has some weaknesses too. Do you know what they are?

Peace

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