

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

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 - 10 May 2017 18:58

Day 2: Wow, great posts from everyone!

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Re: Journey of one day at a time

Posted by yiraishamaim - 10 May 2017 19:40

YFM, sure everyone is different. point well made

Please remember the very fact that there is a count on GYE, both short term and long term, and the fact many display there count conspicuously by their name, shows that keeping a cheshban is helpful to most.

and what is the reason for keeping a cheshban if not to track the past and to build a strong future?

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Re: Journey of one day at a time

Posted by YidFromMonsey - 10 May 2017 20:09

[yiraishamaim wrote on 10 May 2017 19:40:](#)

YFM, sure everyone is different. point well made

Please remember the very fact that there is a count on GYE, both short term and long term, and the fact many display there count conspicuously by their name, shows that keeping a cheshban

is helpful to most.

and what is the reason for keeping a cheshban if not to track the past and to build a strong future?

I myself do it too. My point is that sobriety cannot depend on it, sobriety needs to depend on the now and the next right thing....

Thanks brother

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Re: Journey of one day at a time

Posted by Hashem Help Me - 11 May 2017 04:33

Everyone is different and what works for one may not work for another. It appears that updating the cheshbon is helpful for many, and ODAAT is helpful too. Of course the deterrent of having to restart a count (publicly) is real. The daily updating of the count is also something that keeps one focused. ODAAT helps us when we get overwhelmed looking at the seemingly insurmountable challenge of remaining permanently clean. So everyone should avail themselves of whichever tools and systems resonate with them. Hatzlocha to all.

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Absolutely
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Re: Journey of one day at a time

Posted by Ihavenostrength - 11 May 2017 15:50

Day 3: Thinking about changing my username, welcoming suggestions.

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Re: Journey of one day at a time
Posted by Shivisi_Hashem - 11 May 2017 15:52

[lhavenostrength wrote on 11 May 2017 15:50:](#)

Day 3: Thinking about changing my username, welcoming suggestions.

that's not the solution, but maybe "Todayonly" or maybe just "today"

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Re: Journey of one day at a time
Posted by GrowStrong - 11 May 2017 16:15

[lhavenostrength wrote on 11 May 2017 15:50:](#)

Day 3: Thinking about changing my username, welcoming suggestions.

just remove the 'no'

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Re: Journey of one day at a time
Posted by YidFromMonsey - 11 May 2017 16:21

[lhavenostrength wrote on 11 May 2017 15:50:](#)

Day 3: Thinking about changing my username, welcoming suggestions.

GYE - Guard Your Eyes

Generated: 22 August 2025 04:20

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You're name is a solid step 1, why change?

Re: Journey of one day at a time

Posted by Gevura Shebyesod - 11 May 2017 16:24

It's time for Step 2. "HPHasStrength"

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Re: Journey of one day at a time

Posted by YidFromMonsey - 11 May 2017 16:28

[Gevura Shebyesod wrote on 11 May 2017 16:24:](#)

It's time for Step 2. "HPHasStrength"

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Re: Journey of one day at a time

Posted by MayanHamisgaber - 11 May 2017 16:32

HP?

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Re: Journey of one day at a time

Posted by yiraishamaim - 11 May 2017 17:21

Strengthening Myself?

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Like

Re: Journey of one day at a time

Posted by Gevura Shebyesod - 11 May 2017 17:26

[MayanHamisgaber wrote on 11 May 2017 16:32:](#)

HP?

~~Hewlett Packard~~Higher Power

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Re: Journey of one day at a time

Posted by Markz - 11 May 2017 17:38

[lhavenostrength wrote on 11 May 2017 15:50:](#)

Day 3: Thinking about changing my username, welcoming suggestions.

That's only allowed if you're ready to share your real name either here like dov, or with another member

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