

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 - 11 May 2017 21:57

[Markz wrote on 11 May 2017 17:38:](#)

[Ihavenostrength 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

I don't think people are so special for sharing their real name. For the record, I've actually done so already.

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Re: Journey of one day at a time

Posted by Shivisi_Hashem - 12 May 2017 00:14

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your new name should bring you a new Mazel, and only good stuff your entire life, Mazel

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Tov.....

Re: Journey of one day at a time

Posted by Hashem Help Me - 12 May 2017 01:39

Your new name is great and is very fitting for you. By the way you also GIVE strength to the rest of us. Continued hatzlocha.

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Re: Journey of one day at a time

Posted by Gevura Shebyesod - 12 May 2017 03:10

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Re: Journey of one day at a time

Posted by lionking - 12 May 2017 09:34

[Gevura Shebyesod wrote on 11 May 2017 17:26:](#)

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

HP?

~~Hewlett Packard~~Higher Power

HP was in the news this week for bundling a keylogger with their audio driver. Lesson learned:

:muscle:

The Higher Power logs every stroke you make.

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Re: Journey of one day at a time
Posted by MayanHamisgaber - 12 May 2017 10:07

Glad to see you figured it out

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Re: Journey of one day at a time
Posted by Ihavestrength - 16 May 2017 03:01

Random note: An individual's calls were helpful to me in many ways. However, ultimately it was disempowering to hear that without the 12 steps I would be doomed to a life of lust. Not that it's anyone's fault of course. People just believe in what worked for them.

Pity we're all so different.

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Re: Journey of one day at a time
Posted by Hashem Help Me - 16 May 2017 04:47

[Ihavestrength wrote on 16 May 2017 03:01:](#)

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Pity we're all so different.

Part of the beauty of GYE is that there are so many different tools available. Each person should use what resonates for him. There are no copyrights on success. Different people formulate different plans and find different mentors who they feel understand them. If the person you spoke to is not a shidduch, keep looking. Someone out there can guide you in a way you will succeed in. Hatzlocha.

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Re: Journey of one day at a time
Posted by cordnoy - 16 May 2017 11:34

[lhavestrength wrote on 16 May 2017 03:01:](#)

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Il am no expert, but I will say this brief thought: there are those of us here (myself included) that will/would not change thru chopsticks, exercise, music or countin' triggers, victories, days or whatever and more. Behavior change would happen only with life changin' tendencies and attitudes. The 12 steps can accomplish that. Certain mussar seforim can/could be effective. Therapy also works. They all lead to similar conclusion/result.

B'hatzlachah

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Re: Journey of one day at a time
Posted by YidFromMonsey - 16 May 2017 19:35

[lhavestrength wrote on 16 May 2017 03:01:](#)

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Pity we're all so different.

You got to know yourself and be honest - with yourself - about what you feel works for you, there's no one size fits all and there's no copy-write....

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Re: Journey of one day at a time
Posted by TzedekChaim - 17 May 2017 02:12

Ihavestrength, Hatzlacha Rabba!! You are an inspiration for me and I'm rootin for yah all the way.

I'm with coords by the way. Fixing this is about change. Major-one-step-at-a-time change. It's about shifting the paradigm into one of living in recovery and having a simchas hachaim by being present at each moment, appreciating all the good the Hashem gives us, and Doing the NEXT right thing. It's not about avoiding acting out.* That would be like walking carefully on a patch of ice on the side walk. No matter how cautious a person is there is a big chance of falling. But if you melt the ice or take a different path then its so much safer. (not saying a person won't fall down in clear conditions, just that it is a lot safer). Fighting the fight is important but the goal is real change and that takes time, but the goal is to hopefully fill ourselves out so that we don't feel the need to fill our void with this. (this might not apply to you, but I think that's what cordnoy is saying and I agree wholeheartedly with it. IT took me a while to understand this idea, but it gives me a lot of hope) I hope you find it helpful as well.

Best,

KOT!!!!

*though that is a natural prerequisite and the first step towards recovery; to not act out

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Re: Journey of one day at a time
Posted by Ihavestrength - 18 May 2017 01:28

Oops fell again. Sorta sucks. Scratch that, it definitely sucks. So I went ahead and totally restricted my phone. I can't trust myself. Being alone for so many hours without a real purpose/even slightly having my life figured out is too much for me to handle. I have covenant eyes but I still managed to find what I wanted. I'm very resourceful when I want to be, I guess. But it's ok, for truthfully building up your sense of self from being clean will never work. I don't need to wait any amount of days to start feeling good. Not acting out means to not engage is negative and destructive behavior. It is not a positive goal in itself. I'm going to find a way to make my life so positive that I won't need to act out. I'm going to get my sense of self from positivity, not a lack of negativity.

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Re: Journey of one day at a time
Posted by Hashem Help Me - 18 May 2017 03:45

From the way you write, maybe this was a real nefila l'tzorech Aliya. May Hashem give you the ability to fulfill your wish of developing a truly healthy sense of self and true recovery.

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Re: Journey of one day at a time
Posted by yiraishamaim - 18 May 2017 04:18

[Ihavestrength wrote on 18 May 2017 01:28:](#)

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I hear ya. Maybe a strong leaning to the positive. A true meaningful healthy positive outlook that you strive to engage in daily.

But practically speaking both are valuable. There is a reason we say *Tsur may'ra va'asay Tov*.

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