

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 Ihavestrength - 14 Aug 2017 01:09

Day 25: Looking forward to the call tomorrow morning.

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Re: Journey of one day at a time

Posted by TzedekChaim - 14 Aug 2017 01:35

success!

Taking real, concrete steps to

one foot in front of the other, odaat style.

Day 23: This is my longest streak (by a bit) since my fall after 85 days. That's nice I guess. Nothing new really.?

DAY 23: ... after 85 DAYS...

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Hatzlacha!

Re: Journey of one day at a time

Posted by Ihavestrength - 15 Aug 2017 01:22

Day 26: Started working the steps today with a sponsor, B"H.

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Re: Journey of one day at a time

Posted by Ihavestrength - 15 Aug 2017 23:28

Day 27: Nothing much today. Been worrying too much about if I will get this job. G-d runs the world. I've just gotta let go.

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Re: Journey of one day at a time

Posted by Ihavestrength - 17 Aug 2017 03:42

Day 28: It's so funny how for many lusting has nothing to do with lust. Frustration, anger, fear and resentments is the name of the game.

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Re: Journey of one day at a time

Posted by Shlomo24 - 17 Aug 2017 05:04

[Ihavestrength wrote on 17 Aug 2017 03:42:](#)

Day 28: It's so funny how for many lusting has nothing to do with lust. Frustration, anger, fear and resentments is the name of the game.

As the white book says "Lust was not our problem, it was our solution."

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Re: Journey of one day at a time
Posted by Ihavestrength - 17 Aug 2017 14:12

Day 29: Morning call today. Always good. Getting up early for minyan is hard sometimes, but I usually don't regret doing so.

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Re: Journey of one day at a time
Posted by dms1234 - 18 Aug 2017 03:04

Shlomo where is that quote in the white book?

I always resent people that say that in a newcomer meeting because thats what i wanted to share! They beat me to it!

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Re: Journey of one day at a time
Posted by Ihavestrength - 18 Aug 2017 13:42

Day 30: Called a recovery buddy last night. Did a bit of work on step one. Shachris. Morning call. Chizuk email. Post on GYE. Write my to do list. Time to get to work.

Have a great shabbos!

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Re: Journey of one day at a time
Posted by Shlomo24 - 18 Aug 2017 18:10

[lhavestrength wrote on 18 Aug 2017 13:42:](#)

Day 30: Called a recovery buddy last night. Did a bit of work on step one. Shachris. Morning call. Chizuk email. Post on GYE. Write my to do list. Time to get to work.

Have a great shabbos!

What is your step 1? Powerless over lust?

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Re: Journey of one day at a time
Posted by GrowStrong - 19 Aug 2017 23:06

I have this long litany of things I am powerless over until I finally just say I am powerless over everything and everyone.

It's good though for me to go through them all when I do.

And I try to start with lust because it's the gem that brought me to here and to the program.

Just spent 20m catching up so had to post something!

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Re: Journey of one day at a time
Posted by lhavestrength - 20 Aug 2017 01:56

Day 31: "You should never regret anything in life. If it's good, it's wonderful. If it's bad, it's

experience."

Gut voch!

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Re: Journey of one day at a time

Posted by Shlomo24 - 20 Aug 2017 05:37

You're just a regular Confucius, aren't you! Damn, son.

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Re: Journey of one day at a time

Posted by Ihavestrength - 20 Aug 2017 19:09

Day 32: Hi, hello. Do you need to have everything in order?

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