

sci1977 journey

Posted by sci1977 - 30 Nov 2009 15:50

I started on November 23rd on my 90 days online. I have been clean since the 19th. I am feeling a little scared today. I woke up and said this is going to be another great day that G-d gave me. It has been a tough day so far. I decided to log onto the website and not get off. After reading some and looking back at emails, I am feeling better, but am not going to chance it. No slips or falls. I will NOT give up!!!!

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Re: sci1977 journey

Posted by OneLife - 04 Feb 2010 09:02

SCI,

KUTGW!!

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Re: sci1977 journey

Posted by Eye.nonymous - 04 Feb 2010 13:10

EZ does it.

Glad you're doing so well!

--Eye.

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Re: sci1977 journey

Posted by Sturggle - 04 Feb 2010 13:31

[humanbeing wrote on 04 Feb 2010 04:23:](#)

Hey STurggle How's the struggle...and how's the spelling?

the spelling is good, no mistakes made.

im not in a struggle, as sci said, we're leaving that to HKB"H.

sturggle

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Re: sci1977 journey

Posted by sci1977 - 04 Feb 2010 17:10

Day 77 of being clean and sober. Realized today that stress can get you pretty good. I held on and feel good that I did. Had about 10 minutes where I had a twitch. Overcame by actually walking away from the computer. Came back and was fine. A good family friend told me one time, when ever you get mad or upset or stressed, remember to take a step back. Analyze the situation and calm down. That exactly what I did. I have been feeling really stressed for a two days regarding work. I now fel calmer and took that step backwards. Thank you G-d for popping the friends name in my head.

I love you my wonderful wife. I almost lost you two years ago today, when our son was born. Thank you for being a survivor and making it through the operation and C-section. You are amazing and this day I will never forget. Oh yeah, I love you G-d. You answered my prayers and held us close together in times of great health issues. G-d, keep on helping as you know I need you as much today as I needed you at the hospital that day. No slips or falls, non needed or wanted.

I WILL WIN THE BATTLES AND THE WAR- WITH G-D'S HELP!!

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Re: sci1977 journey

Posted by silentbattle - 04 Feb 2010 17:41

First of all - great job! We all need to remember to do that - and then actually use the strength that we have to accomplish it! We can always walk away.

[sci1977 wrote on 04 Feb 2010 17:10:](#)

G-d, keep on helping as you know I need you as much today as I needed you at the hospital that day.

And that, my friend, is why we call you Sci. Well, actually, we call you that because you chose that as a screen name. But it's come to be synonymous with greatness and depth. We always need hashem - as much during the quiet times as the times that are clearly desperate.

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Re: sci1977 journey

Posted by sci1977 - 04 Feb 2010 21:11

Thank you SB. Very good words and powerful, walk away!!! I really like that.

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Re: sci1977 journey

Posted by imtrying25 - 04 Feb 2010 22:38

Sci I love you man!! I use this thread for a " shock of the day"!! It shows me all the greatness there is in the world if only we look for it!! And you Sci my friend seem to hace a pretty good eye for that!! Thanks for everything!! Reading this thread gives me so much hope. With you and some others i will make it!!

KUTGW!!!!

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Re: sci1977 journey

Posted by silentbattle - 04 Feb 2010 22:48

[sci1977 wrote on 04 Feb 2010 21:11:](#)

Thank you SB. Very good words and powerful, walk away!!! I really like that.

I was just marveling at what YOU said! :D :D

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Re: sci1977 journey

Posted by Eye.nonymous - 05 Feb 2010 08:20

That's great--step back!

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Re: sci1977 journey

Posted by sci1977 - 05 Feb 2010 14:30

Day 78 of being clean and sober. I am doing very good today. Yesterday's brush with slipping or falling was actually very good for me. It opened my eyes a little more to just keep on going no matter what I am doing. I guess it's still a small amount of space between where I am and where I could go. I am happy to say that I fully beleive G-d was with me yesterday and understood that I just had to walk away. Minute by minute and just let keep crawling and baby stepping and all will be OK. Good shabbos to all. No slips or falls, non needed or wanted.

I WILL WIN THE BATTLES AND THE WAR- WITH G-D'S HELP!!

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Re: sci1977 journey

Posted by silentbattle - 05 Feb 2010 15:16

Hashem is always with us...the question is whether or not we turn to look at him. You did.

Have a great shabbos!

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Re: sci1977 journey

Posted by sci1977 - 05 Feb 2010 20:21

[silentbattle wrote on 05 Feb 2010 15:16:](#)

Hashem is always with us...the question is whether or not we turn to look at him. You did.

Have a great shabbos!

That should be the quote of the day!!! He is always there. We just need to turn to him. So true!!

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Re: sci1977 journey

Posted by Eye.nonymous - 06 Feb 2010 20:54

[sci1977 wrote on 05 Feb 2010 14:30:](#)

Yesterday's brush with slipping or falling was actually very good for me. It opened my eyes a little more to just keep on going no matter what I am doing.

Great Great Great!

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Re: sci1977 journey

Posted by imtrying25 - 06 Feb 2010 21:00

Sci your doing great. I learn something new from you every day!! Todays lesson. part 1) keep on going no matter what. Part 2) Even on day 78 we need to take only baby steps.

Part 3) Theres is always room for improvment!!

Thanks you my dear sci!!

Have a great week!

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