

Just past 60 days

Posted by eli613 - 25 May 2018 04:31

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I am a little over 60 days sober from acting out. I was only sober this long two other times. I am grateful to hashem that I made it this far. But, I am also more fearful than ever and vulnerable to the idea that I can so easily lose it. I feel like I am in unfamiliar territory, I am not lusting, but I miss my drug very much. My mind keeps racing towards lust and s-xual things and I keep having to give it up. I am still learning what it means to give it up and not just suppress it. Praying to hashem to help me every day!! Thanks for letting me share.

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Re: Just past 60 days

Posted by grateful4life - 25 May 2018 05:00

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You're doing great! Keep it up!

This is exactly how most people feel at your stage in recovery - the White Book talks about it in detail. Just stay pro-active by connecting to Hashem and the fellowship as often as you can and continue to share/surrender these feelings at your meetings. You will pull through with the help of your Loving Higher Power.

Keep On Trucking and may Hashem grant you serenity, strength and courage.

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Re: Just past 60 days

Posted by Singularity - 25 May 2018 08:16

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Thank you for your courage! Very inspiring!

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