

Day 73 on first try :) - How to make it last?

Posted by itonlygetsbetter - 23 Oct 2018 08:04

I had all but given up hope on having a chance to be sober, the urge was simply too strong, but I found GYE, and started the 90 day chart, while also doing the taphsic method.

This is my first post, so make sure to hit me with a reply.
I am B"H up to day #73 and I really hope I make it to #90

However I am concerned, I know that this is a one day at a time work, and that's what I am focusing on, however I feel like my real reason why I am sober is because I have the taphsic method that is not allowing me to act out so fast and for free, and I also have the 90 day chart that does not let me fall back,

I feel that the entire work I am doing now is more min hasofo el hachitz. I mean it is def a great thing and the first step to soberness, stay clean as long as possible and forcing myself to stay clean is a good start, but I still have very strong urges, and without a shevua, or a moment of weakness that it will be "worth" for me to give myself the pleasure even if it means starting to count again, I will lose everything.

So While I am happy where I am and moving another day and another day, I need some advice on help on how to start to get a real clean something that will help me change inside.

A few disclaimers, I assume the majority of you will point out, first that I should fight this one day at a time, and not focus on long term and I agree to that, also you will point out that the lust and urges are here to stay and I am ok with it, that's why we are in this world, my question is how can I, as I am working one day at a time with the external forces, start to work on my inner forces so I won't be so dependent on the chart or shevua?

Please pitch in your thoughts and experiences!!

Thanks to all!!

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Re: Day 73 on first try :) - How to make it last?
Posted by kavod - 09 Nov 2018 00:06

Two advices out of my experience, sadly in the negative part.

When you pass 90 or even 100, be sure to build your life meanwhile.

You need a reason to live, and goals that on day to day basis keep you forward.

I lasted 100 days with a mixture of extreme fear, prayer, donations to gye, and overall involvement in high level (for me) Torah.

When I fall I remember that I had not build my life along the way.

I also realised that after falling, I just could have ignored this fall and kept my good attitude. Certainly just one fall after 100 days does not destroy your recovery, if you make sure that this is a one time off.

So build your life, and if you were ever fall, be sure it is a one-two time only and very sparse in between.

Also, you will feel you are more sensible to social situations. That will be normal too, because now you do not scape from reality. Get used to it. I guess you simply will need to learn new skills.

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