

Trying to remain sober

Posted by Phillip - 08 Mar 2009 06:41

I can't thank you guys enough for helping me get to where I am right now. This coming Purim I will B"H also have a personal miracle to celebrate besides for the custom miracle which we all celebrate every year, thanks to your incredible website. It has not been an easy road but thanks to this website, the daily emails and the weekly SA meetings I have been able to remain strong.

I have learnt 2 yesodos regarding being clean.

1) In order to carry on being clean one has to accept that he will be an addict for life. That the struggle will remain with him until he is a 120 years old and nothing less. By accepting this it makes it easier to hold up your shield on a daily basis, no matter if you are sober for 50 days, 5 years or 25 years. Obviously it will get easier as time goes on but one should always have in the back of his mind that he is still an addict.

2) Take one day at a time, for me that really helps. Whenever one is faced with a challenge he shouldn't look in to the future but rather tell himself that the important thing is to survive this very day and to try to stay sober atleast until tomorrow. Whatever happens after that is irrelevant because one can only control the present moment and nothing else.

Nothing is ever a guaranty but one can only gain by trying different methods.

May hashem give us all the strength to carry on fighting.

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Re: Trying to remain sober

Posted by Phillip - 20 Mar 2009 15:48

Hi everyone sorry that I havent posted in a while. I have had a bit of a crazy week.

It started off with finally telling my wife everyting that is happening with me. I started off by telling her about my current situation and from there told her everything about my pass even since before we were married. The mistake that I did was that I didnt tell her everything on the same say. It took me a week and a half to tell here the whole story. The reason that I say that it was a mistake is because I started making her doubt if she can really trust me or not, that if I actually told her everything or not. Trust is one area in marriage that should not be broken because once it is than its really hard to gain the trust back. As you can imagine she is taking it really hard but on all I am really impress with the way she is handling it. She recommended us to go and see a sex therapist which we did. And it went pretty well B"H. Its not easy dealing with all this, but it is a huge step that I had to take since I knew that if i was really going to be serious about working on my addiction that this was a step that had to be taken. Iys really amazing because just 2 month ago I would of never imagined that I would of told my wife, and that i would go to a sex

therapist , to SA meetings which I still havent gone to my first one yet excluding the phone meetings, which I have been participating with the past several weeks. Overall these are steps that one needs to take in order to get rid of these addictions for life. Obviously it takes time. It actually takes one day at a time.

And thank you Ykv_Schwartz for emailing me, encouraging me and reminding me of the importance of posting on the forum.

Have a good shabbos everyone.

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Re: Trying to remain sober

Posted by Ykv_schwartz - 21 Mar 2009 21:16

Thank you for keeping us posted. I am impressed with your integrity of taking the next proper step as I am sure this was very difficult. If you get a chance, would you be able to share with us more on what happened and what we can learn from you. Thank you for already pointing out some tips.

Hatzlacha Raba with the coming days, weeks and years dealing with this. We are all with you. I hope to put a special prayer in for you at the kosel.

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Re: Trying to remain sober

Posted by the.guard - 21 Mar 2009 21:29

They say, "no pain no gain". You are in this for the long-term, BIG TIME. You have taken steps that mean you understand clearly "there's no turning back". With that kind of determination, you are bound to succeed!

I updated the chart to 63 days. Keep up the great work!

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