

Bruce's Battle

Posted by BruceWayne - 17 Jun 2009 14:30

OK guys, it took me a little while but I'm finally up on this part of the forum. Most of you probably know who I am by now, so I won't repeat my story. You can find that and a bunch of other stuff at my original thread here: rehab-my-site.com/guardureyes/forum/index.php?topic=503.0

I will be posting my progress towards 90 clean days almost every day here. Updates will be right before I go to sleep, once the day's victory is secure, or the next morning.

This thread is really for myself. I don't care if no one reads it. It's here to keep me accountable and to help me get there.

So far I have been clean for 4 days. Today will hopefully be number 5.

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Re: Bruce's Battle

Posted by BruceWayne - 13 Sep 2009 06:11

There are a lot of seconds in a day. When it gets impossibly hard, all it takes is for you to drop your guard for one stupid second. That's what I really need help with.

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Re: Bruce's Battle

Posted by Rage AT Machine - 13 Sep 2009 07:15

bruce,

im sorry to hear about the fall, im glad to hear that youre still fighting...keep on keepin on, as a very wise man once said...if guard's promises are true, if we can fight through the ninty days, it will stop being a fight every second of every day...once the wiring in our brains gets redone, it WILL get easier...

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Re: Bruce's Battle

Posted by the.guard - 13 Sep 2009 13:24

Bruce, you're an amazing guy. Keep truckin! You'll get there.

BTW. How many cumulative days clean do you have so far? A lot, I'll bet! That's gotta count for something, no? A lot of something.

Riddle of the day:

Dr. Dov says that BDS can lead to BWCCS

500 points.

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Re: Bruce's Battle

Posted by Me3 - 13 Sep 2009 13:40

Brick wall (bruce wayne) cranial convergance syndrome.

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Re: Bruce's Battle

Posted by the.guard - 13 Sep 2009 13:47

good me3! and the first part?

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Re: Bruce's Battle

Posted by Kedusha - 13 Sep 2009 14:49

Bardichev Deficiency Syndrome!

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Re: Bruce's Battle

Posted by Me3 - 13 Sep 2009 14:50

Come on everybody knows about barditchiv defeciciency syndrome

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Re: Bruce's Battle

Posted by Kedusha - 13 Sep 2009 14:55

It was part of the riddle.

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Re: Bruce's Battle

Posted by BruceWayne - 13 Sep 2009 16:18

I was never good at riddles.

By my non-count (because I don't count) I have 71 cumulative days. But it took what, 4 falls to get there?

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Re: Bruce's Battle

Posted by the.guard - 13 Sep 2009 17:32

Yes, Bardichev Deficiency Syndrome can lead to Brick wall (bruce wayne) cranial convergance syndrome. Gotta watch out for that.

Bruce, 71 days is amazing. That's over 100,000 minutes! And how many of those minutes were spent falling? 100 MAX? So that's 99,000 minutes clean! So who's winning here, eh?

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Re: Bruce's Battle

Posted by cleareyes613@gmail.com - 13 Sep 2009 19:15

500 points to Me3! (I can hear Kedusha saying "Me2!")

Your single in your low 20s? What took you over 70 days was a weekend for me. Open your eyes to the results. I amazes me ppl with such great results can get so down.

Keep up the amazing work. We know its hard. Your name Bruce Wayne stands for pushing the human body to the limits. Your living up to your name.

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Re: Bruce's Battle

Posted by BruceWayne - 13 Sep 2009 19:34

[cleareyes613 wrote on 13 Sep 2009 19:15:](#)

What took you over 70 days was a weekend for me.

I'm not sure what that means.

And yes, I'm 22, so high Testosterone with a capital T.

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Re: Bruce's Battle

Posted by Dov - 14 Sep 2009 16:43

[BruceWayne wrote on 13 Sep 2009 06:11:](#)

When it gets impossibly hard, all it takes is for you to drop your guard for one stupid second. That's what I really need help with.

I understand the dropping guard for a second business, but how do you tolerate living in an "impossibly hard" situation to begin with?

Maybe I'm missing something here, but it *really, really* is not the *last* drink that gets us in trouble, it's the *first* one. Maybe you know this, but - for me - putting it into action means one thing: pain. It just, plain, hurts to walk the other way and not take the "drink" after noticing something tantalizing, for example. For me, it *feels like mourning* a real loss, crazy as it may be to mourn over poison. But like I always need to remember, surrender and freedom from temptation ultimately has ***nothing*** whatever to do with goodness, intelligence, the Torah, G-d's Will, how I *should be/could be*, my potential, my neshoma, etc. Yes, being truly aware of those may prove useful tools, but for me and the addicts I know, they remain half-measures in the end. It eventually comes down to ***acceptance of my inability to successfully use lust and learning to live honestly with the implications***. It grows out of a 1st step. And I do not believe that anyone who is not an addict can ever understand that pain w/o judging it or trying to analyze it (just as useless for me!). ***Exactly*** becoming an expert about all aspects of driving w/o getting into a car. Useless, really.

Oops, I got off point again - the question was how do things get bad *first*? I have almost no will-power, nor any real strength, and am more powerless today over lust than I *ever* was! I just can't afford for the fantasies to *start*, nor to take the second looks even though I may *wish* I could, much of the time. Admittedly, my early surrender mechanism took a while to engage...

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Re: Bruce's Battle

Posted by TrYiNg - 15 Sep 2009 00:03

Thanks dov. I had the same question, and you clarified it.

Maybe I'm missing something here, but it really, really is not the last drink that gets us in trouble, it's the first one.

I have to keep this in mind. I think I'm gonna print out this post.

Bruce, I'm sorry to hear about your fall. (Ironic how it seems like it gets harder in Elul.) So happy to see you get back up. **GBG!**

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