

One Day At A Time - What does it really mean?

Posted by stillgoing - 11 May 2016 20:17

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ODAAT, Or One Day At A Time, is a concept that is very helpful - crucial in fact to many people working on recovery.

But what it actually means is not so simple.

I thought I knew, and I was corrected. I thought I learnt the new meaning, but I was wrong again.

The purpose of this thread is for those people with experience in odaat, to have a place to explain to us others the true meaning (or their true meaning, if that's the case), and for those who want to hear it, to come, read, ask, (yes - even debate!) and learn.

So, Let the fun begin

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Re: One Day At A Time - What does it really mean?

Posted by stillgoing - 11 May 2016 20:18

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"shmirashachaim" post=286259 date=1462160372

I also have been thinking about the one day principle. Can someone give me some clarity on it? I feel as if I am deluding myself because I really want to look at a lifetime of sobriety. How can I honestly say that I am only looking to be sober today, and all that matters is today, when I really want tomorrow as well?

"realsimcha" post=286270 date=1462161689

There are gedolei program on this site who can certainly explain it better than I can. But a thought: I think its not about one day its about today - meaning now. Everything is in the hands of Hashem and the future remains to be seen, but for now we ask Hashem to give us sobriety at this present moment. Now. And now I can do. and if I keep doing now ... well you see where

that can go ...

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Re: One Day At A Time - What does it really mean?

Posted by stillgoing - 11 May 2016 20:18

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Rsvd

"cordnoy" post=286271 date=1462162763

I don't have much control over today, but I certainly have no right to worry about tomorrow. [I shouldn't do anything today to jeopardize my tomorrow, but I cannot be concerned with it.]

"Shlomo24" post=286274 date=1462177856

For me, one day at a time means that I'm not going to worry about yesterday or tomorrow that much. Obviously I am going to try to avoid doing things that cause long-term harm, ex. smoking. I am also going to do things that can set me up for the future, ex. college. BUT, I have no control over yesterday or tomorrow, so planning things too far in advance is something I try to avoid. Saying "Im Yirtzeh Hashem" doesn't help me, by the way.

In terms of wanting continual sobriety, I can't be sober in the future without being sober in the present. And I only have the ability to be sober in the present, I am powerless over the future, whatever God wants is what will happen. So there is no use worrying or thinking about "when will I EVER get long-term sobriety!" because I have absolutely no control over that. Also, ODAAT helps me when I am struggling, I have said on occasion that I will act out tomorrow, but not today. Or even act out in an hour, but not now. I can stay sober for a day or an hour, right? Another thing that ODDA means to me is that yesterday's sobriety has nothing to do with today. That is the reason why I have my day count permanently set at 1 day because I believe that is important for me to remember that today is the only day that counts. I could be sober for a while before or have just acted out, still today is the only day that counts. An XA, (any anonymous group), phrase is "The person with the longest sobriety is the person who woke up earliest today".

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Re: One Day At A Time - What does it really mean?

Posted by stillgoing - 11 May 2016 20:18

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"inastuggle" post=287150 date=1462723681

There's a major principle that's taught here called "one day at a time" that should help with your other fears. There are a lot of nuances to it but I'll try to sum it up.

We never know what's going to happen, all we can affect is today. There's no point in worrying about tomorrow since it doesn't help us, just hurts us. Even if we end up falling tomorrow, at least today we'll be happy because we're clean. Today is all that counts, it's all that we should focus on at any given day. (This doesn't mean we shouldn't plan ahead or learn from the past, it means that that's all we should do and not any more.)

Will we stay clean forever? Day after day, month after month, year after year, without a single slip or fall? Who cares, today is what counts.

"Avrohom" post=287232 date=1462771636

The concept of one day at a time, is one that I've long struggled with. Sometimes that's when I'm doing better, sometimes when I'm doing worse. Always the issue is, that my biggest motivation is often longer term than "today".

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My problem is, that often when i'm only thinking about "today", i don't have a motivation to hold back "today".

"Yosef Hatzadik" post=287233 date=1462773501

I can't take a shower today to wash off tomorrow's dirt. All I can afford to focus on today is, today.

...

I can't bite off more than I can chew.

At times, if I were to commit to never again look at porn, I will fail. Because I enjoy porn too much to just give up on never having it again. But I can definitely manage without porn or other Lust TODAY....

"Yesod" post=287251 date=1462801736

I also have just one question, are you in need of a vacuum cleaner.....

"stillgoing" post=287373 date=1462892984

Avrohom, I can relate very much to what you are saying. I don't believe (and perhaps others will disagree) that odaat (One Day At A Time) means completely ignore the rest of your life. That's why I like Yesod's map example. We need to have long term plans, and I think long term goals, but each and every day when we are living our lives and we are faced with temptation, it doesn't always help to say "oy, if I act out now I'll break my streak" (sometimes it does help, which is why the 90 day chart is a good idea), but sometimes we'll say "long term smong term, I want this junk NOW." That's where it helps to say odaat. Will I be clean tomorrow, who knows, next year - too long to think about, can I make this day count as an absolute win over my animalistic dirty lust - YES! Today I Can Do It! And Today I Will!

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Re: One Day At A Time - What does it really mean?  
Posted by stillgoing - 11 May 2016 20:19

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Rsvd2

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Re: One Day At A Time - What does it really mean?  
Posted by stillgoing - 11 May 2016 20:19

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Rsvd3

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Re: One Day At A Time - What does it really mean?

Posted by stillgoing - 11 May 2016 22:05

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From a group email

**SG "If today I am feeling lustful, and I have not set up a long term plan.. then why would I Want to stay clean 'just for today' . Today, I want to act out. Tomorrow I'll be clean.**

**CORDNOY: Go right ahead**

**SG: Slicha, I don't understand your response.**

**Gracias**

**CORDNOY: The answer is that if you wanna act out today, go right ahead.**

**I wanna as well, but I know that I can't afford to.**

**SG: Why can't you afford to? Its just one day?**

**CORDNOY: Several reasons, but the practical one is that one day will turn into many.**

**Besides that, I experienced liberation, and slavery - not even for one day, does not interest me at all.**

**SG: To your first line, the practical answer is that if you are worried that one will turn into many, then you are taking tomorrow into consideration.**

**and for the second line, are you saying that you don't have times anymore that you are at**

**CORDNOY: 1 it is today's decision.**

**2 I can lust and there is risk. The thought of slavery helps me today.**

**SG: To both, of course we are making the decision today, but it seem like you are taking the rest of your life into consideration while making that decision.**

**I thought that odaat is about only making the Commitment for today, but it seems to me that the Motivation still needs to take the rest of our life into consideration.**

**DOV: Rather, it is very different, as I tried to express during the call today. Did you hear that part, or should I review it? Whatever you want, man.**

**OK Everybody, I'm all out of ideas. Is odaat a really simple concept and im just missing the sail boat, or can a little more clarification here help everyone.**

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Re: One Day At A Time - What does it really mean?

Posted by markz - 11 May 2016 23:57

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Someone (little me) wrote to you in the email what he understood from Dov

if we don't live life, then we are not doing the real "One day AAT", rather "One white knuckle at a time"

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Re: One Day At A Time - What does it really mean?

Posted by Gevura Shebyesod - 12 May 2016 01:09

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I think we need to differentiate between planning for tomorrow, and worrying about tomorrow.

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Re: One Day At A Time - What does it really mean?

Posted by dms1234 - 12 May 2016 03:16

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From the Gye Member FAQ:

Taking it one day at a time means that we don't worry about what happened in the past and what will happen in the future. We just focus on making the right choices right now, at this moment. Just as we can't eat, sleep or go to the bathroom for tomorrow, we also can't stay clean for tomorrow. We can only stay clean for today. If we keep this in mind at all times, it makes staying clean much easier. It helps to say everyday: "Today, I am clean, no matter what!"

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Re: One Day At A Time - What does it really mean?

Posted by mirror - 12 May 2016 04:52

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[Gevura Shebyesod wrote on 12 May 2016 01:09:](#)

I think we need to differentiate between planning for tomorrow, and worrying about tomorrow.

So today we should plan for tomorrow, but only worry about today?

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Re: One Day At A Time - What does it really mean?

Posted by doingtshuva - 12 May 2016 10:47

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Imagine if someone was told that his life is ending in 24 hours. would he plan, worry, or even think about the tomorrow?

Instead of worrying and planning, just have the present in mind. Now I wont act out, what will be later will be dealt later.

The more we say NO the easier it becomes to say NO again

I hope what I say makes sense?

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Re: One Day At A Time - What does it really mean?

Posted by mirror - 12 May 2016 11:02

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But dt, if someones life was ending in 24 hours he might well decide to forget about his health and long term care and just enjoy today in the way that his impulse tells him to.

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Re: One Day At A Time - What does it really mean?

Posted by dms1234 - 12 May 2016 16:55

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I think worrying is a bad idea in general

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Re: One Day At A Time - What does it really mean?

Posted by Shlomo24 - 12 May 2016 18:53

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[mirror wrote on 12 May 2016 11:02:](#)

But dt, if someones life was ending in 24 hours he might well decide to forget about his health and long term care and just enjoy today in the way that his impulse tells him to.

Are you sure that is the best way? Also, do you have your own thread? I have been trying to find your story...

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