

B"H I'm 7 days clean

Posted by meshugoyim - 06 Jun 2011 16:46

I'm simply keeping busy, reading the GYE literature, studying Torah, attempting to do an hour a day of hitbodedut, and trying to do continual teshuvah. I'm trying to get more intimate the idea that this addiction is a lifelong process that begs me to be under Hashem's constant, faithful help. What's really been helping is realizing that the yetzer hara is constantly trying to use battle tactics against me, and if I don't pray for Hashem's help to sustain me throughout the day, then I may be overcome; but, B"H, He has yet to fail, and the best part is, I'm truly internalizing the fact that HE NEVER WILL!!!! I'm reminded of the way Hashem sustained Avraham Avinu in his difficult situations.

However, I'm trying to stay spiritually aware. Many times, if not every time I've been excited about being clean, the yetzer hara seems to rear his ugly head. I know it's always possible to fall, therefore I'm going to try and continue to stay stronger, firmer.

B"H

=====
=====

Re: B"H I'm 7 days clean

Posted by david712 - 06 Jun 2011 18:50

Keep it up.

=====
=====

Re: B"H I'm 7 days clean

Posted by musicman - 06 Jun 2011 19:08

While thinking about the rest of your life can be inspiring, it can sometimes be the burden that breaks you.

One day at a time. Each day (each second) you refrain from giving in to your baser self, is a huge victory.

7 days was one of the hardest acts of teshuvah I have ever done. I'm going on 3 weeks now, and I plan to go as far as I can. It's hard to believe that I've come 3 weeks, but that's nothing compared to some others here. And they'll all you tell you the same thing: they took it one day at a time.

=====

Re: B"H I'm 7 days clean

Posted by alexeliezer - 06 Jun 2011 19:26

Just plain awesome! Sounds like you know the enemy well and have a good battle plan. You also know that the enemy keeps changing, but your approach doesn't have to. Leave it to Hashem.

One day at a time. I've been doing one day at a time now since I started here over 2 years ago. It's my beginner's luck. The beginning is hard and I'm just not gonna start over. It gets easier. Why am I telling you this? So you know it's possible for even a severely addicted life-long addict like me to make a clean break for good.

So happy to hear from you!

Alex

=====

Re: B"H I'm 7 days clean

Posted by nezach - 14 Jun 2011 22:13

Well done. I can relate to your current progress, a few weeks in and feeling strong. from experience, make extra effort to keep your guard high, stay relaxed but not inconsistent. there is a long way to go, but keep a positive mind set. b'hatzlacha

=====

