

never ,ever,ever quit

Posted by pgreen6840 - 20 Jun 2011 17:04

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I humbly am back and admit the reality that I cannot do it myself and the acceptance that I do have resentments and

disappointments in people, even people here . Those are triggers for acting out. I remember hearing at a OA meeting that this is a selfish

program. Maybe I need to clarify what selfish means.

People can be dry drunks and even if not practicing with their drug of choice ( behavior of choice) still act out . I keep turning

my powerlessness over ; and like a yo-yo it keeps coming back. I really need a sponsor and friends. I am tired ( at 57) from

trying to do it my way and isolating based upon allowing others disappointments to steal my serenity and program.

The good news JUST FOR TODAY I am walking the walking in sanity and recovery

hugs to all

Tashuv

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Re: never ,ever,ever quit

Posted by alexeliezzer - 20 Jun 2011 18:25

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A dry drunk is someone who hasn't replaced his booze with a life.

What do you enjoy?

Are you learning and growing?

Welcome back. Hope we can help this round.

Alex

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Re: never ,ever,ever quit

Posted by pgreen6840 - 21 Jun 2011 16:59

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Still insane, but humbled to recognize that insane is normal when we accept it and turn it over to the DR of teh universe.

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