

For how long by now?

Posted by rt - 11 Jul 2012 20:44

Shalom Alejchem haChevra. I thought it would be a nice idea that everyone would post for how his clean by now and update regularly.

I will start: bY now (11 Jul) I am sober for 15 days. Hope not to fall :-) good luck @all.

R"T

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Re: For how long by now?

Posted by rt - 12 Jul 2012 03:28

Hello Chevra. Today I stood up 5:00 (don't know why) .with this urge. As I was brushing my teeth I was "deciding": to learn for two hours or the other option. I actually decided for the other one but then thought it well never end like this. Still clean. 16 days.

R"T

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Re: For how long by now?

Posted by grace4me - 12 Jul 2012 14:48

Good idea. I am clean as of only this morning. Feeling so bad about myself. I was making my way up the WOH for 17 day and had a fall. I let that happen when my spouse spoke sharply to me and my feelings were all hurt so I did the pity party on myself for awhile. Wallowed in it for about five days with the usual acting out which gained me what? Nothing! Now starting over one day at a time. Thanks again to all who struggle and continue to strive for something better.

grace4me

(not Jewish but certainly respectful) It's okay to post here, right?

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Re: For how long by now?

Posted by Eye.nonymous - 12 Jul 2012 15:23

1 year, 1 month, 3 days.

1 day at a time, thank G-d.

--Elyah

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Re: For how long by now?

Posted by dovekbashem - 12 Jul 2012 15:50

This is my second day clean. Third day without p***/on-line chatting.

I can't decide whether this thread is a good idea or whether watching other people's success will make me feel really bad about myself.

grace4me - please keep posting. I'm sure your story will give us all chizuk (strength) in our own struggles.

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Re: For how long by now?

Posted by Eye.nonymous - 12 Jul 2012 15:53

[dovekbashem wrote on 12 Jul 2012 15:50:](#)

I can't decide whether this thread is a good idea or whether watching other people's success will make me feel really bad about myself.

...should give you hope. Take a look at my thread (link at bottom of this message) and see where I was a couple of years ago.

--Elyah

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Re: For how long by now?

Posted by dovekbashem - 12 Jul 2012 16:02

Elya,

Thank you. I hope we can be in touch and I can tag along with you to your level of success.
Thank you!

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Re: For how long by now?

Posted by rt - 12 Jul 2012 20:42

As i already said today in the morning:

Today I stood up 5:00 (don't know why) .with this urge. As I was brushing my teeth I was "deciding": to learn for two hours or the other option. I actually decided for the other one but then thought it well never end like this.
Well..I learned (lo ye'uman) 4 (!!) dafim in this 90 min (took me 30 min to brush teeth, clothing and co. and deciding , yes or no) and then.....
I'll better not say how many times I've fallen today..

right now its 0... :'(

Quote from: dovekbashem on July 12, 2012, 06:50:50 PM

I can't decide whether this thread is a good idea or whether watching other people's success will make me feel really bad about myself.

...should give you hope. Take a look at my thread (link at bottom of this message) and see where I was a couple of years ago.

--Elyah

agree.

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Re: For how long by now?

Posted by E-Tek - 12 Jul 2012 21:55

Well, it has been 18 days since acting out...

But I'm only CLEAN for today. The fact that there were 17 other days before that is a gift from Hashem, and not so relevant.

Also, the chart says I had 54 such clean days since signing on. THAT means alot more to me.

Meir

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Re: For how long by now?

Posted by tocontrolmyself - 12 Jul 2012 22:33

I AM NOW SOBER 18 HOURS!!!!!!!!!!!!HORAYYYY!!!!!!!!!!!!

A LIFE TIME IS MADE OF HOURS!!!!

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Re: For how long by now?

Posted by Kevin Pond - 12 Jul 2012 22:47

i find it hard to define "sober"...

i am sober from really bad stuff (online) for over two month, then i had some bad histakloos (off line), for just a few seconds too long.... then clean... then after two weeks had a MZL...

I am on a roller coater, but it is generally going upwards B"H. My inner attitude has changed, thanks to GYE.

H' should help us all!

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Re: For how long by now?

Posted by Eye.nonymous - 13 Jul 2012 07:02

[kevin wrote on 12 Jul 2012 22:47:](#)

it is generally going upwards B"H. My inner attitude has changed, thanks to GYE.

That's what counts most.

--Elyah

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Re: For how long by now?

Posted by rt - 13 Jul 2012 07:23

day 1...

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Re: For how long by now?

Posted by Eye.nonymous - 13 Jul 2012 07:29

[HERE IS A LINK](#) You may find especially useful for staying sober.

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Re: For how long by now?

Posted by rt - 13 Jul 2012 07:49

thank you, Eli

did you mean the who topic or something special?

(seems like the whole topic might be very usefuL)

R"T

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