

VERY HELPFUL B'H!!

Posted by tocontrolmyself - 15 Aug 2013 21:44

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I always said 12 step prayers to a little effect.my sponsor told me to say the prayers in conjunction with a demonstrative action.so now on awakening and b4 sleep i lie on the floor and say ALOUD 'without u life is unmanageable and with you everything is fine and life is perfectly managable

and then i say the 3rd step prayer that i give myself up to your care hashem to do as you wish with me etc. has really put my whole day in a different light!

I also found that saying the serenity prayer('pls give me the serenity to accept the things i cannot change the courage to change the things i can and the wisdom to know the difference') and reminding myself that only today i need to stay sober and not focusing on the long term. All the best to everyone!!!

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Re: VERY HELPFUL B'H!!

Posted by moish u.k. - 16 Aug 2013 16:01

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Thanks for sharing.

Veiter hatslocho...!

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Re: VERY HELPFUL B'H!!

Posted by tocontrolmyself - 18 Aug 2013 01:57

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Had a terrible night last night. acted out and really got bent out of shape.maybe its good.ill finally realise without the program and serious deication there-to life is unmanagable.

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Re: VERY HELPFUL B'H!!

Posted by Pidaini - 18 Aug 2013 11:03

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Sorry to hear.

what did you learn? that is the only thing that matters now.

KOT!!

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