

Fell again - twice in 2 weeks

Posted by iabsolutelycan - 11 Jun 2014 22:30

Well, it happened. I fell again, 2nd time in 2 weeks. I was on the chart for about 80 days of clean, and now this. Oh well. Keep on trucking, right?

=====

=====

Re: Fell again - twice in 2 weeks

Posted by cordnoy - 11 Jun 2014 22:35

Yes, but you gotta remind the oilam what your situation is.

What have you been doin' to stay clean and what stopped or what happened?

b'hatzlachah

=====

=====

Re: Fell again - twice in 2 weeks

Posted by Dr.Watson - 11 Jun 2014 22:35

Please, that's nothing. I fell twice this week.

What went wrong for me was that I got out of the routine that was keeping me sober. What went wrong for you?

=====

=====

Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 11 Jun 2014 22:48

The first one (last week), was just that I was patting myself on the back on how good I was.

This one was that I stayed up late to do work, and when you're tired, the Y"H is not.

=====

=====

Re: Fell again - twice in 2 weeks

Posted by lavi - 12 Jun 2014 01:18

so sorry for you. 80 days is impressive, daven for me and i'll daven for you

=====

=====

Re: Fell again - twice in 2 weeks

Posted by dd - 12 Jun 2014 02:04

Hi IAC!!!

i too have been through many times when i fell twice or more very close to each other and i have been clean for more then a year in the past,

the question really is what can you do when your clean to really change your attitude not just focus on falling or not just on a much broader level like focusing on how to really live life in a happy way, keep away from triggers, stop trusting yourself that your ok ect.

in a way as many time mentioned on the forums there is something to learn from every fall, in my case if i wouldn't have fallen and kept on my record i would have never really made it here and learn what we really have to do to change ourselves,

so try learning from the fall on how you can change your mindset/attitude, and you will be making the fall into a stepping stone,

be happy and KOMT!!!

=====

=====

Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 12 Jun 2014 22:43

lavi,

I'll do that, happily.

Actually I did that with a friend if mine, we were discussing our financial challenges. He suggested we should each daven for each other. I daven for him almost every Shemoneh Esrei. He forgot about davening for me. End of the story: I got a new job.

What's your hebrew name and your mother's hebrew name?

=====

=====

Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 12 Jun 2014 22:46

dd,

What can I learn from this fall, that I didn't learn from my 10,000 falls in the past?

=====

=====

Re: Fell again - twice in 2 weeks

Posted by Dr.Watson - 12 Jun 2014 23:22

[iabsolutelycan wrote:](#)

dd,

What can I learn from this fall, that I didn't learn from my 10,000 falls in the past?

Good question, hard to come up with an answer. So nu? What can you learn?

I mean if you had to, really really absolutely gun-to-your-head *had to* come up with something that you can learn from this fall, what would it be?

=====

Re: Fell again - twice in 2 weeks
Posted by dms1234 - 13 Jun 2014 00:13

ARE YOU KIDDING?????

you fell 10,000 times and you can't learn one thing????

How about get a filter? Maybe you suffer from stress? Maybe you are lonely? Bored?

Let's do some thinking and then put it to action!

=====

Re: Fell again - twice in 2 weeks
Posted by lavi - 13 Jun 2014 00:52

yisroel ben malka.

what about you

=====

Re: Fell again - twice in 2 weeks

Posted by unanumun - 13 Jun 2014 01:23

Thanks for the reminder to stay alert. I am past 70 days and starting to get comfortable.

=====

Re: Fell again - twice in 2 weeks

Posted by dd - 13 Jun 2014 03:47

[iabsolutelycan wrote:](#)

dd,

What can I learn from this fall, that I didn't learn from my 10,000 falls in the past?

good question, but as i understand here the 10,000 falls happened before you really started working on the problem, but now that you had many days of being clean and then fell you should be able to figure out why what you were doing till now wasn't enough to prevent the fall,

kol tuv and KUTGW!!!

=====

Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 01 Jul 2014 07:31

dms1234, I have a filter.

=====

=====

Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 01 Jul 2014 07:33

lavi, I know it's been a while since I was on this website, but I've been davening for you, referencing your username, "lavi". Now I know your hebrew name. I'll message you my name.

=====

=====