

Inspireyidden's reflections

Posted by InspireYidden - 01 May 2015 22:05

Shalom uBracha! I was zoche to find GYE recently and I was absolutely blown away. The amount of help and support that's available is staggering. The oilam is so varm, and the aadvice so smart and genuine, we are so lucky to have it. I've literally spent the last 24 hours straight ring through the site. I'd like to share my story.

I'm now 40 yrs old, and for half my life I've been an addict. I couldn't stop and kept on going and going. It basically ruined everything that was near and dear to me. I'm not sure what the minhag here is (a lot of places don't like when you're specific because it becomes a trigger) but for now I'll spare you the gory details. Just know that it was real bad. I hit bottom after a fight with my wife. I acted out for the next 36 hrs straight. That's when I knew it was now or never, eternal bliss or eternal....

That was four and a half years ago. I've been sober since then. Alive. Human again. Reaching a place I never thought I was able to get to. The reason I was so excited to find the site was two fold. One: I was totally alone before! No sponsor, no partner, no chevra to discuss this issue with! Two: The key to my sobriety is to continue learning consistently. Once you think you figured it out you're in big trouble . We have to constantly look for new ways to get better and to this end I'd like to share lb this thread a few thoughts and ideas that have helped me tremendously.

Have a great Shabbos!

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Re: Inspireyidden's reflections

Posted by pischoshelmachat - 03 May 2015 03:51

Wow 4.5 years sober. I really really want to hear everything and anything you care to share. I'd love to speak with you to get chizzuk.

Please keep on writing.

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Re: Inspireyidden's reflections

Posted by yiraishamaim - 03 May 2015 05:31

Very impressive

Please post - Your story sounds very interesting

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Re: Inspireyidden's reflections

Posted by InspireYidden - 11 May 2015 01:29

Rabosai, I have finally internet access that if Kasher. I'll be following up in more detail shortly, but as a newcomer I can say ionly one thing. Dov is unbelievable!

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Re: Inspireyidden's reflections

Posted by serenity - 11 May 2015 02:21

Welcome to GYE and thank you for bringing your enthusiasm, honesty and sobriety.

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Re: Inspireyidden's reflections

Posted by cordnoy - 11 May 2015 13:49

A few numbers that i find amazin'!

36 hours!

4.5 years!

Not sure which one I'd like to find out the details more about.

Continued hatzlachah!

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