

Little Triumphs

Posted by mepop - 19 Jun 2015 20:23

The forum is such a great tool for sharing our struggles with our fellow GYE'ers, and to avoid isolation. After experiencing my first triumph over temptation (in close to 20yrs since I believe my addiction began), I thought "wouldn't it be great if there was a dedicated thread to share these moments?" I think a lot of us know exactly what the feeling of being in a familiar situation, one where have stumbled before, and feeling the chemical reactions starting in our brains. When we can pull away and say, "not here, not now", then it is truly a special moment.

So, I hope others will join in and share some positive experiences. We can beat this thing...together.

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Re: Little Triumphs

Posted by serenity - 19 Jun 2015 21:45

around looking at
Warning: Spoiler!

Today I was driving

I have no idea if this will be great or not, but I'm willing to give it a try

and I was also

Warning: Spoiler!

After a few incidents of behavior unbecoming an officer, I caught a glimpse of sanity and started thinking about my father's neshama, all the work I have in this program and the fact that I forgot to take my meds this morning. Instead of finishing my errands, I immediately drove home and took my "chill pill". I also called a chaver. By the way I have AA seminar tapes playing in my car and I just finished a long step meeting with a sponsee. Sometimes there is no rational explanation to when the insanity will hit. It hits when God wants it to hit and goes away when God wants it to go away. Our job is to not act out on it and seek God's help.

Thanks for listening.

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Re: Little Triumphs

Posted by mepop - 21 Jun 2015 20:14

Awesome! I think every victory is great. When we can make healthy choices - like giving over our addiction to G-d in the middle of an attack, then we have just loosened the grip our addictions have on us. The human race's ability to chose what to do is what truly makes us alive, and each time we chose LIFE (even if just from limited choices given to us), then we're world's apart from from allowing our addictions to drag us down. Now that should be celebrated!

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