

How to get up from a fall

Posted by NORMALYID - 02 Feb 2016 00:18

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Hi I have a big problem that every time I'm clean for a while and I have a fall It's extremely hard to get back on it could take sometime very long can any one give me ideas what helped for them and if anyone else is dealing with this issues

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Re: How to get up from a fall

Posted by mggsbms - 02 Feb 2016 02:50

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I have been struggling with this a lot. It's understandable to get bogged down once the clarity of sobriety has been destroyed. The feeling that what will I gain from starting again, I will anyways fall.

However here are some ideas that have helped me.

1. First of all, its my "life" that we're taking about. Yes it's hard, but it pays to take the jump, with closed eyes. Just do it again.

2. Since I've been working the steps, I have a plan, there are things to do for sobriety so I just start doing those things. Davening, doing for others, cleaning up my own mess with all my resentments etc. It doesn't have to be with a long term plan. I don't have to do it for sobriety per se. I just do these steps. And before I know it I have a nice couple of days of sobriety.

3. Last but not least. Stay connected. Reach out to the gevaldige chevrah here. When you have people rooting for you there is that motivation. If you have somebody in real life to open up to that's even better.

Hope I've helped you some.

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