

Daily work recovery tips

Posted by DavidT - 10 Sep 2020 19:19

Here are some tips that are helping me and I hope it can help others too in their recovery work.

Please share your "recovery work" tips here as well.

- 1. Focusing on getting through today. Prioritizing recovery work first before other things that were a high priority for me in the past.**
- 2. Prayer: verbally and meditation throughout the day.**
- 3. Being brutally honest when it's hard/embarrassing & looking for ways to humble myself.**
- 4. Recovery from this struggle/addiction/obsession requires removing 2 words from our thoughts - FEAR and GUILT. This obsession feeds itself on those feelings**
- 5. Phone calls and surrendering when feeling deregulated for any reason. Lust is never a good option.**
- 6. Setting alarm reminders on the phone etc to think about connection to Hashem.**
- 8. Fellowship. Interacting with the fellows in person and in chat.**
- 9. Staying away from any possible triggers. Consciously not looking when out in public.**
- 10. Steer away from getting any highs - in order to avoid the lows that follow.**
- 11. Helping others and in general looking for acts of chesed, in recovery and out.**
- 12. Recognizing the goodness of Hashem, the miracles and the joys of life and sharing them publicly.**

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Re: Daily work recovery tips

Posted by Dave M - 10 Sep 2020 19:45

Nice to have you back on the forum. You were missed.

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Re: Daily work recovery tips

Posted by Meyer M. - 11 Sep 2020 02:45

Question: Can you clarify #10?

ANY highs? Or just lust-related? and if it's any highs then how are you supposed to live? No one is interested in a dull monotone life. It would be much better to work on resilience to weather the lows in order to enjoy the highs (healthy ones obviously).

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