

Teshuva i think

Posted by sytv2002 - 24 Jul 2024 03:57

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Just had another big fall. Figured it would be better to come on here and write and read a little as a step towards getting better. Thought I'd rather end my day doing this than with the acts before. I don't want to think about what I just did. But I know how bored and lonely I felt the entire day, which led up to the fall. I feel a bit hopeless- how in the world will I ever be rid of this addiction? I'm in shidduchim already. I feel so guilty in the fact that I have a date scheduled and I'm still doing this. I saw someone write "ODAAT"- One day at a time. That's my new motto for this fight. I can't imagine ever being fully clean, but I sure will be clean tomorrow. Just tomorrow. We'll take it One Day At A Time.

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Re: Teshuva i think

Posted by inittowin - 24 Jul 2024 06:02

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I totally get your sentiment, I too am in shidduchim and have also thought word for word like you.

I'm trying to use marriage as a push to finally overcome this for once and for all! I'm currently on day 7 of what I genuinely hope will get me to at least 90 (and hopefully sobriety for life - I fully, 100% believe that it's possible)

Also, like you said one beautiful day at a time - oBdaat.

Every day is a fresh start and every day has its own challenges, but we must remember that the challenges of today are what we can look back at tomorrow and say "wow I actually did it!"

That's the beauty of oBdaat - every day is a new beginning, a fresh start of sorts, an opportunity to change the world little by little, day by day.

you can pm me if your interested in chatting

Hatzlacha rabba!!

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Re: Teshuva i think

Posted by sytv2002 - 06 Dec 2024 04:49

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Wow look at you! 124 days clean. That's incredible. Well I just had another fall. This one hurts. Really bad. I'd love to be in touch I just don't know how. Please reach out!

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Re: Teshuva i think  
Posted by levaryeh - 06 Dec 2024 08:23

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Hi, I also want to be in shidduchim soon and just had a big fall after almost 90 days clean. I recommend accountability that's what got me too almost 90 days completely clean and changed my mindset. I highly recommend reaching out to HHM: [michelgelter@gmail.com](mailto:michelgelter@gmail.com), you won't regret it.

Feel free to PM me.

Hatzlacha Rabba

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Re: Teshuva i think  
Posted by sytv2002 - 11 Mar 2025 16:56

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Hey how are you? How is your fight? I could use some chizzuk...

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