

I thought I can do this alone.

Posted by realsimcha - 11 Mar 2011 20:07

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This is really hard for me. I feel nervous and uncomfortable as I am posting this . I have been struggling for over twelve years. Twelve nightmarish long years. Some have been better and some have been worse. All have been painful. I have never reached out like this before. Its really hard for me, as I always convinced myself that I can do this alone. I was wrong. I hope that I can get what it seems like others on this website have. Strength. Simcha. Clarity. I don't have any more strength for this addiction, and I want to face the world around me with simcha and without feeling embarassed. Can you help?

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Re: I thought I can do this alone.

Posted by realsimcha - 23 Mar 2016 03:50

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Shemira, that was a work of art! Thanks!

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Re: I thought I can do this alone.

Posted by realsimcha - 23 Mar 2016 15:19

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**Day 44:** Busy hectic day getting ready for Purim. A lot going on. Trying to stay focused on whats important and not get distracted with whats not ... or worse. Going into the day thankful for renewed clarity and focus and wishing for serenity and "realsimcha" for us all.

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Re: I thought I can do this alone.

Posted by markz - 23 Mar 2016 15:43

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Day 45 your cup will be half full

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Re: I thought I can do this alone.

Posted by Yesod - 23 Mar 2016 18:17

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And tomorrow it overfloweth

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Re: I thought I can do this alone.

Posted by realsimcha - 23 Mar 2016 18:25

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[markz wrote on 23 Mar 2016 15:43:](#)

Day 45 your cup will be half full

. A freilichen Purim to all !!!!!!!

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Re: I thought I can do this alone.

Posted by markz - 23 Mar 2016 18:38

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I don't know about you guys, but when I drink it always is half full, even when I ask for refills

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Re: I thought I can do this alone.

Posted by cordnoy - 23 Mar 2016 19:20

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Your cup is full every moment of sobriety.

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I am going to go with Yesod, and let it overflow...

Re: I thought I can do this alone.

Posted by markz - 23 Mar 2016 19:26

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Where's the "Like" Button??

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Re: I thought I can do this alone.

Posted by realsimcha - 24 Mar 2016 19:06

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**Day 45:** I never thought I would be posting on a website on Purim. Purim was always a good day for me [it was always after Purim that I had the issue...] But today I am posting so that I keep to my commitment, to remind myself that I am vulnerable every day. And that this issue is not going away. May the holiness of this holy day protect us for the months and years to come! A freilichen Purim!

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Re: I thought I can do this alone.

Posted by Yesod - 24 Mar 2016 19:13

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Amen.

Wishing real simcha for real simcha this purim.

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Re: I thought I can do this alone.

Posted by markz - 24 Mar 2016 19:33

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YOU DID NOT DRINK YOUR FILL YOU WERE SUPPOSED TO WRITE

**Day 54**

**Go back home and start drinking again!! Orders of the Rabbi**

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Re: I thought I can do this alone.  
Posted by Shlomo24 - 25 Mar 2016 02:08

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[cordnoy wrote on 23 Mar 2016 19:20:](#)

Your cup is full every moment of sobriety.

I am just now going through cordy's posts from march 23 and he was mamish drunk with happiness. If taanis esther was that happy, kol shekain purim itself.

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Re: I thought I can do this alone.  
Posted by cordnoy - 25 Mar 2016 05:55

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[Shlomo24 wrote on 25 Mar 2016 02:08:](#)

[cordnoy wrote on 23 Mar 2016 19:20:](#)

Your cup is full every moment of sobriety.

I am just now going through cordy's posts from march 23 and he was mamish drunk with happiness. If taanis esther was that happy, kol shekain purim itself.

Yep!

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Re: I thought I can do this alone.  
Posted by realsimcha - 25 Mar 2016 15:06

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**Day 46:** Past shushan purims have been a blur. A while back I even started a thread asking the oilam how to deal with the ups and downs of Purim. [I am sure Markz will find it :) ] Today was different. Up for davening, taking care of responsibilities despite that post purim feeling. Now, looking back, I find those posts childish. Like I didnt get it. I feel like responding to my own post: "you dont get it. Its not about how you feel. Its not about mood swings - everyone has stuff like that - its about realizing that if you start slipping you will wind up destroying your life. So this goes beyond some relatively insignificant hangover headache." Oh my, I hope I am not being too hard on realsimcha 2011. And I wonder what realsimcha 2021 will say to me....

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