

Any Ideas

Posted by tryhard - 09 Aug 2011 20:21

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Hi, it seems like i tried everything and nothing works. Every time somethings comes up i forget i shouldn't be doing this and do the avrah it doesn't seem to be getting any better it used to be every week or so but now it daily and i cant break out of the trend. What can i do i desperately need some help?

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Re: Any Ideas

Posted by cordnoy - 26 Dec 2014 08:03

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[obormottel wrote:](#)

Brother,

I remember thinking "I've tired everything and nothing works" when in reality I haven't even begun trying. It seems that you finally realized what we all here realize: we can't just close our eyes to the problem and decide very strongly in our heart to not act out when the next nisoyon comes.

We have to go through the steps, and take it one day at a time - that's what everyone here tells you. ***You didn't catch this desease overnight (nor did I), so it will take at least as long to get it under full control.*** Just be consistent, follow the advice of good people on this board, and if you fall (C"V) get up immediately ready to move forward. Staying in mud won't make you clean. Shake it off, give this one to the Evil one, and start the next round.

My heart goes out to you.

Good luck.

Ouch!

If this is factual, it is extremely depressin'.

I will be 83 before I recover!

OMG!

Truth be told, it doesn't scare me....for two reasons.

1. It's not true.

2. It's not true.

Reason 1. It's not true, for we can become clean and sober much faster than that. Requires a commitment, a plan, implementin' and support.

Reason 2. It's not true, for there's a good chance we will never fully recover, for the sickness will always be with us (perhaps), but that doesn't stop me from doin' what needs to be done right now - the moment before me.

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Re: Any Ideas

Posted by shomer bro - 26 Dec 2014 08:34

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I don't think obermottel meant that it will take the exact amount of time to recover as the tume that we've been in the mud. I believe he meant that recovery won't be instantaneous, it takes a lot of hard work. There will be wins, and there will be losses. But as ling as we keep our chin up and keep pushing forward, we will be victorious in the end.

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