

My 90 day log

Posted by letmelive - 16 Dec 2013 06:07

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Ok so over this weekend I had another fall, and truthfully I need to reevaluate my strategies. I have been coming to this website for a little more than a year and over the this past year I have had many ups and downs. a few months ago my addiction hit a new level and it really scared me. I know that in order for me to live a sane life I need to beat this addiction. Over the last few months I feel like I have made real progress in many areas of my life. I am acting out much less frequently and have adopted a new attitude towards my struggle. When I do have a fall I stopped beating myself up over it and I try to get up as soon as possible and I usually do . I know that I can do this, and no matter how many times I will fall I will stand back up and fight on. But, I also know that this can be easier than it has been over the last few months if I had a stronger support group. Therefore I am starting this thread and I plan on posting every single day and I'm asking that everyone else here count along with me. I believe that with the help of this incredible Chevra I will be able to hit my first milestone of 90 days.

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Re: My 90 day log

Posted by chesky - 16 Dec 2013 20:53

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I wish you Hatzlacha on your journey. May HaShem be with you.

I hope you don't mind if I point out one distinction which made a big difference to me.

[letmelive wrote:](#)

I know that in order for me to live a sane life I need to beat this addiction.

A normal Yetzer Hora to do something wrong, is something you "beat"; An addiction is something you accept and live with.

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Re: My 90 day log

Posted by gibbor120 - 16 Dec 2013 22:38

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Great point Chesky.

Also, the more **real** your support, the better. Phone is better than forum. Live is better than phone. The more open and less hidden, the better. The more you face it rather than hide from it, the better.

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Re: My 90 day log

Posted by letmelive - 17 Dec 2013 00:00

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Thank you for your distinction, and I did get myself a sponsor who I am going to keep in touch with daily. I know that meeting with a live group would really be the best and it's something I'm thinking about.

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Re: My 90 day log

Posted by Pidaini - 17 Dec 2013 01:40

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Welcome letmelive!!!

Start you engines, and off we go!!!

We are all in this together!!!

Hatzlacha Rabbah!!

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Re: My 90 day log

Posted by letmelive - 17 Dec 2013 03:28

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thank you

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Re: My 90 day log

Posted by kilochalu - 17 Dec 2013 05:45

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I finally just went to my first meeting today and you know what?

They didn't bite. You can do it.

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Re: My 90 day log

Posted by letmelive - 17 Dec 2013 08:37

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Ok, day one was good. Thanks to everyone for joining in.

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Re: My 90 day log

Posted by chesky - 17 Dec 2013 13:55

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Good to hear Kilochalu that you made it.

May HaShem be with you, and grant you sobriety, one day at a time.

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Re: My 90 day log

Posted by kilochalu - 18 Dec 2013 04:26

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thanks for your encouragement

and amen Hashem should help us all

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Re: My 90 day log

Posted by letmelive - 18 Dec 2013 10:40

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Day two, check. Today went well, I had a 30 minute talk with my sponsor, and read more of the white book. I feel confident in confronting tomorrow, (not in confronting my challenges with lust, but rather in confronting tomorrow as its own new day)

thanks again for your posts it helps me to see that I'm not alone

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Re: My 90 day log

Posted by letmelive - 19 Dec 2013 10:10

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Day three. B'H three clean days.

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Re: My 90 day log

Posted by Pidaini - 19 Dec 2013 12:01

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KUTGW!!

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Re: My 90 day log

Posted by letmelive - 20 Dec 2013 19:24

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Day four

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Re: My 90 day log

Posted by letmelive - 23 Dec 2013 02:15

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Still on track,

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