

RRRRRRR!

Posted by ZDuvid - 08 Jul 2015 21:21

I'm on my 90 day journey. I'm holding at day 6 and I feel overly anxious and I get nervous very fast.

My wife asked me if I had a hard day in work yesterday but there wasn't anything special going on.

Can it be detox from my addiction??....

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Re: RRRRRRR!

Posted by gibbor120 - 08 Jul 2015 21:23

Sure. Many people experience withdrawal, or are just more edgy without their "pacifier". Recovery is about learning to live without the "pacifier" and still staying sane.

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Re: RRRRRRR!

Posted by ZDuvid - 08 Jul 2015 21:28

So now I gotta work in my anxiousness too???? Shoots! Why did I start with this stupid addiction

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Re: RRRRRRR!

Posted by gibbor120 - 08 Jul 2015 21:34

Work on the anxiety etc, and you won't have to worry that much about the addiction. The addiction is just to numb the pain of anxiety etc.

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Re: RRRRRRR!

Posted by admor - 08 Jul 2015 23:18

This would now become your way to become ever greater. You have had the temptation and yet did not full into it. The result: Zedonos nass'e Zecuyos!

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Re: RRRRRRR!

Posted by polar bear - 09 Jul 2015 01:11

Yeah, it's very hard - but it gets better!

I had some real intense Shalom Bayis issues when I started. A short while ago I told Mrs. Polar Bear about my streak (She doesn't really understand what a big problem it is), and now she is complimenting me that everything good that happens in the house is in the Zchus of my streak and that it's such a bracha!

Keep it up!

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Re: RRRRRRR!

Posted by yiraishamaim - 09 Jul 2015 01:14

Sounds like Mrs. polar bear is a real azer kenegdo and an aishes chayil

You are really zoche!

Appreciate the gift

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Re: RRRRRRR!

Posted by ZDuvid - 09 Jul 2015 01:19

[polar bear wrote:](#)

Yeah, it's very hard - but it gets better!

I had some real intense Shalom Bayis issues when I started. A short while ago I told Mrs. Polar Bear about my streak (She doesn't really understand what a big problem it is), and now she is complimenting me that everything good that happens in the house is in the Zchus of my streak and that it's such a bracha!

Keep it up!

Wow!

I betchya 99.99.99% of guys here would pay top dollar for a wife with that attitude!!

Your one lucky man!

Keep it up!

(Wow you got some days there in your streak!)

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Re: RRRRRRR!

Posted by polar bear - 09 Jul 2015 01:41

Point in case: I went though **** first.

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Re: RRRRRRR!

Posted by polar bear - 09 Jul 2015 01:41

It gets better.

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Re: RRRRRRR!

Posted by gibbor120 - 09 Jul 2015 18:33

[polar bear wrote:](#)

and now she is complimenting me that everything good that happens in the house is in the Zchus of my streak and that it's such a bracha!

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Re: RRRRRRR!

Posted by lamplighter - 09 Jul 2015 19:08

even though im not married some of my close friends realize that sometimes im different then ususal...

i try to work on the fact that for today i was clean and just because of that it should be the happiest day of my life

good luck to you!!

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~~So~~ if something bad happens, she'll assume you had a fall

Re: RRRRRRR!

Posted by polar bear - 09 Jul 2015 21:48

Gibbor:

Yes. If something bad happens she'll probably accuse me of having a fall.

Correction: If I fall and something bad happens, she'll accuse me of having a fall.

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Re: RRRRRRR!

Posted by polar bear - 04 Jan 2016 04:02

Hey ZDovid, I happened to tap into this topic today and noticed that you were worried at the time about how you would get through to 90. Today the number 90 is next to your name. Congrats! You made it! How's the tension doing?

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