

Hi - Unsure of Everything

Posted by TonyE - 24 Aug 2016 07:51

This is very new to me. I am not sure what is expected of me. I think the 'Covenant Eyes' accountability plan has helped. My wife is a great support to me, but I know she is struggling to come to terms with the fact that I have this problem.

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Re: Hi - Unsure of Everything

Posted by cordnoy - 24 Aug 2016 11:11

Welcome,

Nothing is expected of you from us.

Question is: what do you want?

If it's recovery, then peruse the site, see what speaks to you.

B'hatzlachah on your journey of life.

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Re: Hi - Unsure of Everything

Posted by serenity - 24 Aug 2016 12:26

What is "this" problem?

I think for me I had to decide what I expected from myself. A life of being defined by other people's expectations just wasn't working for me. Actually I think that may be one of my biggest problems. By defining myself by other people's expectations I had to hide from them when I felt I wasn't living up to those expectations. Hiding is definitely not a good thing for my sobriety. So I need to thank you for helping me see that. Yasher Koach.

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Re: Hi - Unsure of Everything

Posted by Markz - 24 Aug 2016 12:41

[TonyE wrote on 24 Aug 2016 07:51:](#)

This is very new to me. I am not sure what is expected of me. I think the 'Covenant Eyes' accountability plan has helped. My wife is a great support to me, but I know she is struggling to come to terms with the fact that I have this problem.

I have 'Covenant Eyes' reporting system in place since February 2007 and it has helped me partially

Warning: Spoiler!

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