

hello

Posted by asravinsky - 21 Mar 2017 15:19

Hi Guys, here's my story. I've been in and out of 12 step programs for over 12 years. 11 years ago I got into a great streak of program work. a few series of 1 year stretches of sobriety followed most recently by a 4 year 2 month sobriety stretch. That last one ended this fall. After moving the family to Israel for a temporary job (but not Aliyah) I didn't have a strong enough support network, and couldn't handle the stress, and have been slipping a lot. Lately staying away from the online garbage for more than a week has been a struggle.

So I signed up here to give something new a try. I am accepting the 90 day trial and will take it up. Starting today. I've gotten 90 day chips before and know what I need to do when i am in a "stringing days together" kind of status:

*not use the internet at home

*surround myself with recovery

*work the steps with program buddies

*get to meetings as much as possible

*Prayer, meditation, exercise

*self care

I am committing to this program, one day at a time, and it begins again (or continues) today.

God bless

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Re: hello

Posted by cordnoy - 28 Apr 2017 17:51

Very nicely said.

I disagree with a few points, but that's fine.

Continued hatzlachah.

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Re: hello

Posted by workingmyprogram - 28 Apr 2017 18:16

G-d willing your approach should work for you, mine should work for me, they should both be mechazek klal Yisroal and make a kiddush Hashem!

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Re: hello

Posted by workingmyprogram - 28 Apr 2017 18:18

[cordnoy wrote on 28 Apr 2017 17:51:](#)

Very nicely said.

I disagree with a few points, but that's fine.

Continued hatzlachah.

G-d willing your approach should bring out the best in you, my approach should bring out the best in me, and they should both be mechazek klal Yisroel and make kiddush Hashem!

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Re: hello

Posted by GrowStrong - 29 Apr 2017 18:14

Azamra means "I will sing!" (Psalms 146:2) "And the way to sing the song of joy is by seeking the good in all people, especially in ourselves. Each good point is one more note in the song of life!"

Rabbi Nachman of Breslov

The depth of Rebbe Nachmans' Azamra torah is that we actually enable the persons transformation when we view only the good in them.

Shavuatov

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Re: hello

Posted by GrowStrong - 29 Apr 2017 18:21

[GrowStrong wrote on 29 Apr 2017 18:14:](#)

Azamra means "I will sing!" (Psalms 146:2) "And the way to sing the song of joy is by seeking the good in all people, especially in ourselves. Each good point is one more note in the song of life!"

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The depth of Rebbe Nachmans' Azamra torah is that we actually enable the persons transformation when we view only the good in them.

Shavuatov

With regards to ourselves, once we have done a proper thorough housecleaning (step 4) then this is most definitely the way forwards.

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Re: hello

Posted by workingmyprogram - 02 May 2017 05:17

With regards to ourselves, once we have done a proper thorough housecleaning (step 4) then this is most definitely the way forwards.

I love that azamra concept.

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Re: hello

Posted by GrowStrong - 02 May 2017 05:19

[workingmyprogram wrote on 02 May 2017 05:17:](#)

With regards to ourselves, once we have done a proper thorough housecleaning (step 4) then this is most definitely the way forwards.

I love that azamra concept.

Yay we finally have a consensus!

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