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Back & Aiming For 30 Days Posted by Confucius - 08 Jul 2019 19:47
Hello there.
I am thankfully back after my initial posting here over two years ago.
Much failure in the discipline department since then:(
I am now dedicated to living a more spiritual, wholesome, and dare I say godly life!
How I will do that is the question.
My first step is to spend time on here seeking inspiration and perhaps ideas.
I hope to post more soon.
30 days of control is the goal right now.
Buckle up!
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Re: Back & Aiming For 30 Days Posted by Singularity - 09 Jul 2019 08:49
Welcome.
It's a good first step!

May i ask you what are you doing different this time around. didn't work last time around why should it this time?	If holding your breath and counting
Love Your Friend Yankel	

Re: Back & Aiming For 30 Days Posted by sleepy - 23 Sep 2019 06:32

Gevura Shebyesod wrote on 23 Sep 2019 00:00:

Confucius say: "You have not failed until you have stopped trying".

Welcome back. Hatzlacha!

he also say something about eating too many prunes...

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Re: Back & Aiming For 30 Days

Posted by ColinColin - 23 Sep 2019 20:18

Confucius

How about not setting a goal?

Just taking each day individually, and wanting to keep clean?

Generated: 25 July, 2025, 01:47 It is less pressure..and it will help you for the days when you are tempted. Re: Back & Aiming For 30 Days Posted by Confucius - 23 Sep 2019 23:36 На. I feel like I have gone to China and back with all my distractions from spirituality and trying to tread water in a grimy world. Staying positive is a huge issue for my success in this area. Trying to improve. ==== Re: Back & Aiming For 30 Days Posted by Confucius - 23 Sep 2019 23:36 Thank you! Re: Back & Aiming For 30 Days Posted by Confucius - 23 Sep 2019 23:38 Thanks! 271 days... Hard to relate but certainly inspiration. ==== Re: Back & Aiming For 30 Days Posted by Confucius - 23 Sep 2019 23:40

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Yes.
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This is a good question and a concern.

?I am trying to start with a relatively smaller goal and to also hold myself accountable by posting here at least every other day.

I am unsure what else to do.

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Re: Back & Aiming For 30 Days Posted by Confucius - 23 Sep 2019 23:44

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Hello there,

I read your posts the other day. Was inspirational but also kind of sobering to see how this is truly a journey filled with failure and grind. Kind of exhausting to think about.

In terms of my situation, I think that setting specific goals is important for me.

Otherwise, it is tough to work toward something that is so open-ended.

Eventually, I would like to reach the goal of living a clean life and taking each day as it comes.

At the same time, I am single and therefore, I have to be realistic.

Let me know what you think.

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Re: Back & Aiming For 30 Days Posted by David26fr - 24 Sep 2019 07:13

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You could have two goals: one short term and very important goal to stay sober at this moment/day; and one long term goal to stay sober for X days, but without pressure in this goal. If you reach it, this is cool (and why not a little reward at this time?), if you don't reach it... ok let's try again.

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Also, I think this is very important to have a written program with short term work and goals, long term work and goals, what to do in case of an urge, what to do after a fall to get up, and so on

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