

New Member

Posted by future - 21 Apr 2020 14:03

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Hello Everyone and anyone,

my name is Future. I hope to have one.

I have been struggling for over 16 years. I am one day clean.

Kol Tuv,

A man with hope

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Re: New Member

Posted by DavidT - 21 Apr 2020 14:07

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Hi and welcome to your road to success!

What does the pasuk mean that Yaakov's waiting for Rochel felt like "*yammim achadim*"? Why did it feel quick, it should have been the opposite? And he answered something we all have heard many times, but it resonated a lot more with me today. He said that one of his patients, an alcoholic, once gave him the answer. He said what is "*yamim achadim*"? Singular days. HE TOOK IT **ONE DAY AT A TIME!!!** That is what made it manageable. He didn't say, "*Ok, it's time to work for 7 years*". That would be too hard. Instead, he said, "*let me work **today***". And that's exactly what we all need to do!

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Re: New Member

Posted by ColinColin - 21 Apr 2020 21:03

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Welcome.

There is a lot of good help on this website.

Take your time, read through various posts, see what works for you.

Mindfulness can help.

Treat the urge to fall, as an external thought, rather than something that is part of you.

[www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior](http://www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior)

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Re: New Member

Posted by ChaimYankle - 22 Apr 2020 16:01

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Hello Future,

(Incidentaly, that's not a bad way to greet the day)

Thanks for introducing yourself. Do you care to share any of your story?

kol tuv,

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