

one day at a time

Posted by nitzotzeloki - 29 Mar 2013 15:21

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what can i do for my sobriety today?

try and focus on the positive things that i am able to accomplish. not thinking about green elephants by focusing on the purple turtle.

remind myself that G-d loves me UNCONDITIONALLY! i find that the days that i daven and learn well, with the perspective that NOW im a good person and okay, are just as damaging as the days that i dont do so well and beat myself up.

get out of myself. call someone. not even to talk recovery. sometimes i find it better to call someone without the struggle in mind (forgot the pink elephant yet?) just to say hi.

learn something just 'cause.

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