

What does "One day at a time" mean to you?

Posted by Pidaini - 14 Jul 2014 07:46

Talking with another member yesterday it dawned on me that it may be very useful for everyone to share their view of "one day at a time" and how it works for them in recovery.

As everything in recovery, everyone needs to hear ideas differently, with a different twist, so even if you don't think you have anything to add, please write up your own experience and how it looks in your life!!

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Re: What does

Posted by MBJ - 14 Jul 2014 10:15

One day at a time, for me, means that I take life in edible bites. I tell my kids all the time, don't take such a big bite you will choke. Same with life, if you try to swallow it whole and deal with all problems and eventualities then you will choke on it, but if you take nice bites, you can savor every one.

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Re: What does

Posted by shivisi - 14 Jul 2014 10:40

To me it means that although the ultimate long term goal, [full recovery], **is** programmed into my mental GPS, nevertheless the goal which I use as my present guide, is the TODAY and the NOW!

I have to, and I can, get over THIS hurdle, I have to, and I can, make it through THIS DAY.

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Re: What does

Posted by cordnoy - 14 Jul 2014 14:08

Don't think (about the inevitability of fallin'...all the chakiros....all the hypotheticals, etc.); just do (for right now, I don't need to look, act out, go into that place, talk to that person, etc.).

Thank you

b'hatzlachah

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Re: What does
Posted by Pidaini - 14 Jul 2014 14:52

I personally like the saying "One foot in front of the other" it just makes it even more present.

To me it is an all encompassing saying, To let go of my expectations (whether of myself or any detail in life), for right now I don't have them, they are not here, and I can make the best of what I have now. It reminds me not to get worried and uptight about the things that I can do nothing about right now, because.....I can't do them right now!! (ingenious!!)

It helps me with procrastinating (to stop procrastinating), as well, although I don't have that thought out well enough to put it into words yet.

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Re: What does
Posted by unanymun - 14 Jul 2014 16:22
I don't have anything to add...

gee yankel thanks for the thread. I am surprised by the different responses. this was a good idea.

To me one day at a time means to focus on what is going on right now this minute in my life and put thoughts relating to the past or to the future on the side. I will deal with those thoughts at the appropriate time. I ask myself what is it that I need to be focusing on right now.

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Re: What does

Posted by ewards - 14 Jul 2014 18:01

Pidian

to me one day at a time means being in control of some thin I'm not , i am a great daily list maker and can deal with things better that way and this whole addiction started one day at a time . Hope fully i will get to the point where it will be a couple days and etc . I really want to stop completely i think? any way this site has helped me a lot thank g-d i found it . And some time this one day changes to one moment and the day makes it easier . I am not very good at putting my feelings in to type but there it is

ewardsB)

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Re: What does

Posted by Machshovo Tova - 14 Jul 2014 18:45

To me, one day at a time, without other tools, will not work. Cuz eventually when the urge hits me strong enough, I'll say, the heck with this one day thing, indulge now and start again tomorrow. However, I have been using vows successfully for some time now, and I believe the reason for my success be"H is because I renew my vows every single day (with an overlap of a few hours). So the vows keep me from slipping, and the daily renewal makes the whole thing feel so easy to accomplish. NOTE: This can only work if the vow includes all forms of lusting. As Rabbi Shais Taub said on Duvid chaim's call: You cannot eat laxatives and will yourself not to go. Similarly you cannot lust (i.e. watch movies, look at girls, fanatize, etc.) and will yourself not to act out.

Hatzlacha - one day a time,

MT

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Re: What does

Posted by ewards - 15 Jul 2014 01:47

9494

I like that thought hang in there

ewards

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Re: What does

Posted by dms1234 - 15 Jul 2014 03:05

WHAT A COINCIDENCE!

I was speaking with a fellow gye member yesterday and my whole pshat of One day at a time changed. Now, i don't say one day at a time. Now, its one Now at a time. Because only NOW matters. "The past is gone, and the future is not in our hands." (GYE Handbook, 7 I am in) I HAVE TO CONCENTRATE ON NOW. Not worry!
CONCENTRATE! What am i able to accomplish NOW?

NOW, NOW, NOW, NOW, NOW.

ONE NOW AT A TIME! A day was getting too much for me. So its now NOW!

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Re: What does
Posted by ewards - 15 Jul 2014 04:05

dms

ewards

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Re: What does
Posted by cordnoy - 15 Jul 2014 16:24

Lookin for TZ and his "One day" song (endorsed by Maran Shlit"a brachah v'hatzlachah)!

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LOL you are full of knowledge NOW NOW NOW OK LOL

Re: What does
Posted by lavi - 16 Jul 2014 01:03

for me one day at a time means that the time today won't come back- gotta make the most of it-
l'mnois yomainu kain hoidah- teach us to count our days. being that's our whole life- a day after
the next. grab your day.

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Re: What does
Posted by reallygettingthere - 16 Jul 2014 23:03

I was once walking/running/driving/skateboarding (I don't really remember)and saw a a very attractive woman. I averted my eyes and thought to myself, "\$#@!, I can never enjoy that again."

...then I thought to myself, "No. Just today"

It helped a lot

Is that white Knuckling? I think not.

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Re: What does

Posted by skeptical - 16 Jul 2014 23:07

reallygettingthere

I averted my eyes and thought to myself, "\$#@!, I can never enjoy that again."

...then I thought to myself, "No. Just today"

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Is that white Knuckling? I think not.

White knuckling would be if you would have then spent the rest of the day looking forward to tomorrow.

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