

Yossi's Journey

Posted by Yossi.L. - 07 Sep 2011 03:22

Today is day 15 of my current cycle of cleanliness, may this cycle be the everlasting cycle! I always find that the beginning of my cycles are much easier to maintain cleanliness as opposed to a couple of months in. I feel like once I've driven my number of clean days up, i tend to lose the same intense focus as in the beginning. I pray that this cycle will be different. Any tips would be appreciated. Fighting on!

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Re: Yossi's Journey

Posted by Yossi.L. - 19 Feb 2012 04:08

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Re: Yossi's Journey

Posted by Yossi.L. - 19 Feb 2012 04:10

on my wifes advice...I'm working on curbing my addiction to GYE and finding a healthy balance..I guess that would be the most prevalent kind of struggle in my years of life on this world(at least this time around:-))

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Re: Yossi's Journey

Posted by Yossi.L. - 19 Feb 2012 04:14

Mechazek has a great point....I will elaborate t make it clearer....On one's journey through recovery it is essential that one have a sponsor/mentor for one central reason: not to be in CONTROL of your recovery. As long as you can dictate/decide what is or isn't important to your recovery you can not completely recover. Personally, I have a hard tim letting go. I want to be in control of my recovery. I want to decide how I am doing etc.. But this has been holding me down. It's time to let go.

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Re: Yossi's Journey

Posted by Yossi.L. - 02 Mar 2012 16:21

Nothing irks me more than having a conversation with a manipulative, insecure, and addictive person in the midst of their addiction. I find it immensely difficult to truly care and feel for such a person. This truly proves true the Talmudic adage "kol haposel, bimumei posel". What this tells me is that I can find no feelings of empathy for my former self. I view the old me as a sad, distorted, and incredibly lazy human being. I am conflicted if these feelings are healthy or not, but they are my honest feelings.

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Re: Yossi's Journey

Posted by ZemirosShabbos - 02 Mar 2012 18:34

Yossi,

thanks for sharing that. i can identify with that in a big way.

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Re: Yossi's Journey

Posted by mechazek - 03 Mar 2012 20:42

Thank you for sharing very helpful for my self honesty.

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