

My Own Trail

Posted by ???? ???? - 23 Apr 2013 23:55

Here I'm With 14 Days. after having gotten to 83 I had no menucha. fall after fall. perhaps this is my longest clean days ever since.

will try to update on regular basis be'ezras hashem. "JUST FOR TODAY"

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Re: My Own Trail

Posted by ???? ???? - 09 Sep 2013 19:56

i can't handle the pain of acting out. in the past i used to act out multiple times same day B"H today is only once & w/o pictures. so far.

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Re: My Own Trail

Posted by ???? ???? - 10 Sep 2013 00:09

I blame my self. WHY DID I NEED TO TOUCH MYSELF!

on shabbos I spoke to my wife & she told me she expected me to act out long ago. she never asked me & I never said anything. she doesn't think it's her business.but as I go to therapy & she is aware of how at the begining the situation is getting worst so of course I may have acted out. when i told her i'm still sober she gave me a lot of pride. & i felt good about myself. until yesterday when i wasn't able to keep my eyes off a trigger & today to loose it completely

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Re: My Own Trail

Posted by Dr.Watson - 10 Sep 2013 01:16

we all feel like this after a fall. we feel guilty and stupid, like if i would have just controlled myself for those few minutes I would be amazing. But, these things happen. Improvements take time and patience, especially patience with yourself. 27 days is a very good attempt and you should feel proud of what you've done. It is a fantastic result that you can build on to reach even better things.

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Re: My Own Trail

Posted by skeptical - 10 Sep 2013 03:16

27 days did not turn to 0.

It is now 27+1.

Falling does not mean failure. It means you are human and have a pulse.

Not getting back up means failure.

Get back up, brush yourself off and continue moving forward.

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Re: My Own Trail

Posted by ???? ???? - 10 Sep 2013 18:41

yishar kochachem. big chizuk. ?????? ?????????? ???? is only by ?????. I'm not at this madreiga.

this was frustrating as I was "planing" to come to yom kipur with a minimum of 30 day.

I gues i need to stop "planing"

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Re: My Own Trail

Posted by ???? ???? - 10 Sep 2013 19:10

I spoke yesterday to my wife & she was impressed by the fact that I was able to thru my pain without acting out for so many days rather than "blaming" me fior this relaps

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Re: My Own Trail

Posted by RebYid90 - 10 Sep 2013 20:43

wow, such an inspiration. i always was acostumed to thinink if i messed up a streak it was starting all over again. you have truely inspired me. MT

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