

The Thrill Is Gone, or Is It?

Posted by Shakeitoff - 12 Jan 2015 16:40

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I've been clean just about 4 weeks. I'm really grateful for the support GYE members have given me. Without it, I don't believe I would have kept up once the novelty wore off. They remind me of "renewing each day the work of creation".

Here's to my new day today, and to everyone else's.

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Re: The Thrill Is Gone, or Is It?

Posted by Radio - 13 Jan 2015 11:44

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Re: The Thrill Is Gone, or Is It?

Posted by Shakeitoff - 16 Jan 2015 20:23

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Wow, the yetzer ha-ra is ingenious! I just made it to 30 days, b"h. So what did I do? I went to the 90-day chart. So far okay.

But then, I "decided" to look at some of the other names posted. At first the y"h in me got discouraged. Look, there's someone with a Longest Clean Streak of over 900 days...and he had to start over last week.

Then, the y"h continued...look at these 2 records. Each one has over 700,000 days in the Longest Clean Streak. Over 1,900 years. Better than Moshe Rabbeinu!

Thank Gd, I remembered one of Skep's Tips...Don't obsess over the 90-day chart. That's a for sure from Yours Truly. One Day At A Time, or in my case One Minute At A Time.

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Re: The Thrill Is Gone, or Is It?

Posted by Bigmoish - 16 Jan 2015 20:29

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Better idea: Look DOWN the 90 day chart and see if anyone you know and feel comfortable reaching out to looks like they could use a little chizuk. The first couple of days after a fall are always tough for me; sometimes it turns into a free fall for some people.

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Re: The Thrill Is Gone, or Is It?

Posted by Shakeitoff - 16 Jan 2015 20:33

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Thanks for the suggestion. I'm a little nervous doing that. I'm not quoting it correctly, but I would feel that I was "comforting someone when his departed one is still lying before him". Besides, after only 30 days, what do I know?

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Re: The Thrill Is Gone, or Is It?

Posted by Bigmoish - 16 Jan 2015 20:36

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Even with zero days, I'm sure you know as well as anyone that it just helps to know that someone else cares about you and is willing to listen.

I just did this yesterday, and I don't think my chaver cared about my 50 days one iota.