

Lomed's Thread

Posted by lomed - 25 Feb 2015 16:44

I am starting the 90 days. I hope to be bezras hashem this year in miron for lag beomer. although I don't feel much will power now to overcome this struggle, I decided to start a 90 day journey to try to get clean. I will need much chizuk. but even one day is worth. I hope in zchus of the rashb"ee I will get closer to become clean.

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Re: Lomed's Thread

Posted by Hashem Help Me - 26 Jan 2017 21:25

[lomed wrote on 26 Jan 2017 17:51:](#)

Hi all,

i am grateful to be sober since my relapse. This is a miracle of Hashem. I am asking from Hashem to keep me sober another day.

Great news. We are celebrating with you

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Re: Lomed's Thread

Posted by lomed - 21 Feb 2017 19:42

Thank God I am Sober for 37 days. These were hard days. I am Grateful to Hashem for the gift of another sober day.

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Re: Lomed's Thread

Posted by Markz - 21 Feb 2017 20:08

[lomed wrote on 21 Feb 2017 19:42:](#)

Thank God I am Sober for 37 days. These were hard days. I am Grateful to Hashem for the gift of another sober day.

Your update and signature are great.

Sounds like you're in a good place

Thanks for sharing and KEEP ON TRUCKING!!!

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Re: Lomed's Thread

Posted by Shlomo24 - 21 Feb 2017 20:35

[lomed wrote on 21 Feb 2017 19:42:](#)

Thank God I am Sober for 37 days. These were hard days. I am Grateful to Hashem for the gift of another sober day.

You're an inspiration. I love your brutal honesty and simplicity.

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Re: Lomed's Thread

Posted by Gevura Shebyesod - 21 Feb 2017 21:22

[lomed wrote on 21 Feb 2017 19:42:](#)

Thank God I am Sober for 37 days. These were hard days. I am Grateful to Hashem for the gift of another sober day.

KUTGW!!

Oooooooooh!! 37 my favorite number

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Re: Lomed's Thread

Posted by GrowStrong - 21 Feb 2017 21:37

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Re: Lomed's Thread

Posted by cordnoy - 21 Feb 2017 23:34

[lomed wrote on 21 Feb 2017 19:42:](#)

Thank God I am Sober for 37 days. These were hard days. I am Grateful to Hashem for the gift of another sober day.

Continued hatzlachah

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Re: Lomed's Thread

Posted by Hashem Help Me - 22 Feb 2017 00:49

Great news! Continued hatzlocha!

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Re: Lomed's Thread

Posted by lomed - 22 Mar 2017 15:18

Hi All,

BH i am clean for over two month. I am very grateful to Hashem for this, and praying for another clean day.

Thanks all

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Re: Lomed's Thread

Posted by Markz - 22 Mar 2017 15:31

[lomed wrote on 22 Mar 2017 15:18:](#)

Hi All,

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Thanks all

KOT!

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Re: Lomed's Thread

Posted by Hashem Help Me - 22 Mar 2017 15:58

[lomed wrote on 22 Mar 2017 15:18:](#)

Hi All,

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Thanks all

So happy to hear! You are a real inspiration for all of us. You were honest with all of us which takes great courage and then just picked yourself up and got back to working on yourself. Continued hatzlocha!

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Re: Lomed's Thread

Posted by lomed - 22 Mar 2017 16:02

[Hashem Help Me wrote on 22 Mar 2017 15:58:](#)

[lomed wrote on 22 Mar 2017 15:18:](#)

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Perhaps its only when i am willing to be honest about myself and about my challenges I can then have a Yeshuah.

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Re: Lomed's Thread

Posted by cordnoy - 22 Mar 2017 18:33

[lomed wrote on 22 Mar 2017 16:02:](#)

[Hashem Help Me wrote on 22 Mar 2017 15:58:](#)

[lomed wrote on 22 Mar 2017 15:18:](#)

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Nice to hear from you.

Even better that you're doin' well.

So perhaps you can help the oilam with the recipe of how to be honest with oneself. How does one know that? Isn't it fairly easy to fool yourself, especially when we have been doin' that for so long?

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Re: Lomed's Thread

Posted by lomed - 22 Mar 2017 19:12

[cordnoy wrote on 22 Mar 2017 18:33:](#)

[lomed wrote on 22 Mar 2017 16:02:](#)

[Hashem Help Me wrote on 22 Mar 2017 15:58:](#)

[lomed wrote on 22 Mar 2017 15:18:](#)

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For me it is through going to live SA meetings, following my sponsor, working the steps. You are right that its easier to fool my self after doing it for so many years. But slowly but surely I am groaing one day at a time. I am not perfect and neither close to that. But its progress and not perfection. Indeed I can see that my radar for honesty has gone up. I am thankful to Hashem for that as well as for my Sobriety.

Btw i am not here so much and miss you Cordenoy

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