

Sj's life changer

Posted by SamJoe - 27 Mar 2015 01:03

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Hello, I'm now holding 2 days! Thanks gye!

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Re: Sj's life changer

Posted by markz - 16 Dec 2015 11:47

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SJ,

so how was your night last night? Did you stay strong?

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Re: Sj's life changer

Posted by SamJoe - 16 Dec 2015 16:04

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Bh I did. When I was posting last night I didn't really think I would stay clean but your last post was the push that did it! Thanks

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Re: Sj's life changer

Posted by SamJoe - 17 Dec 2015 06:02

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Today was uneventful in a good way bh, throughout the day I was busy and involved with healthy life things, I did have some challenges with my emotional side with some sadness and depression which usually are the trigger for acting out.

Thank you G-D for a clean day.

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Re: Sj's life changer

Posted by SamJoe - 18 Dec 2015 08:18

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Hello, firstly today is my birthday so I want to wish everyone here Hatzlacha in your journey of recovery!

Throughout the day (Thursday) I had several bursts of sadness, I don't know what it's from, but it makes me want to just give up and cry. Usually what helps me get out of it is mixing with people and friends.

Another point that I experienced, I was sitting with some friends in honor of my birthday and we were inspiring ourselves to live more meaningful lives, and I started getting this feeling that I should finally take control of life and start living up to what I should be. I felt this to be a very positive feeling, one which I haven't had in a long long time. All my acting out left me burnt out and numb, it's nice to start feeling healthy feelings again.

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Re: Sj's life changer

Posted by BenTorah.BaalHabayis - 18 Dec 2015 14:35

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Happy Birthday! May this birthday bring with it a hischadshus to help you break free permanently and continue to grow in your overall Avodas Hashem!

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Re: Sj's life changer

Posted by SamJoe - 18 Dec 2015 21:45

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Amein!

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