

Fear of staying clean!?!?

Posted by Sasha 2 - 01 Apr 2015 17:23

B"H so far i have been clean for 1 week, over the week i had this fear of not going to be able to act out ever again! These dont last long & I am very very happy that i am clean, can anyone relate to such thoughts? Is this normal?

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Re: Fear of staying clean!?!?

Posted by cordnoy - 01 Apr 2015 17:29

It is called "Fear of Sobriety."

Always leavin' a back-door opened.

Wantin' to stay clean, but if the goin' gets tough, it's there for the takin'.

to answer your question though, "No, I have no idea of what you're talkin about."

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Re: Fear of staying clean!?!?

Posted by gibbor120 - 01 Apr 2015 19:30

[Sasha 2 wrote:](#)

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Yes! Very normal. Whenever I would do "teshuva", I'd feel it's chaval that I have to get rid of all this "stuff", cuz when I invariably slip, slip, slip, fall, I will have to go through a lot of effort to get it

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Re: Fear of staying clean!?!?

Posted by SamJoe - 01 Apr 2015 22:23

Just wanted to add to what was said that if you feel scared that you will not "be able" to act out again, well that might be a sign that deep down you really don't want to give up acting out...

Try to focus on why you want to stop... What was it like till now?

Hatzlacha!

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Re: Fear of staying clean!?!?

Posted by TriggerMeNot88 - 02 Apr 2015 00:52

I personally never got that. But I have def heard of that. Especially if acting out is an escape for you. For example some people get triggered by emotional stress/trauma. So acting out is actually is their way of dealing with(escaping) the stress/trauma. So trying to give that up and stay sober will be sub-consciously scary. Because you now will have to actually deal with the stress in a healthy manner. Which is much harder. And usually an addict has no clue how to deal with it.Or so I've read.

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