

I'm Starting Today

Posted by fulfillinglife613 - 29 Apr 2015 18:31

I had the worse fall of my life yesterday and I hope I have hit rock bottom.

For some reason I'm having trouble signing up for the 90 day chart but I don't want to wait another day. So this is Day 1 for me and with Hashem's help I will make it to 90 without any detours.

So I'm off on my journey back to Life!

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Re: I'm Starting Today

Posted by fulfillinglife613 - 07 May 2015 22:56

Thanks for checking up on me!

I'm doing awesome. Almost closed on day 9!

I have had good stretches in the past, even for longer, but it was never this way.

It was just me trying to stop doing something that I knew I would go back to doing because who can stop doing something for the rest of their life?

With GYE and the 90 Day Chart, I'm not stopping forever.

I'm controlling my urges for today.

I'm not looking at inappropriate things today.

I'm climbing the ladder today.

And I'm celebrating my victory today by clicking on that button that says "I'm still clean".

) are right there beside me cheering me on,
encouraging me on to victory tomorrow.

That I can do.

The thing that scares me is that it's almost too easy.
And my cheering squad (that's you guys

Not that I don't still struggle. Of course I do.

But compared to the way it was until now?? Child's play.

I was in Times Square yesterday and I didn't look at anything inappropriate twice. Of course I saw things, I was in Times Square. But in my whole life, I have never not looked again. (I had to be there for business. It's not a place one should go if they can avoid it. It practically screams "triggers".) And the amazing thing was, I wasn't uptight or pressured by it. I simply felt "Today I don't look at these things. It's just who I am. It's what I do. Today."

What will happen tomorrow? I hope I feel the same way. Forever. But for now it's just about Today.

I didn't fully understand it when I started and you guys were busy talking about one day at a time. It's become much clearer to me how powerful "Just focusing on Today" can be.

Thanks y'all for getting me this far.

Now let's take on Tomorrow. Together.

Posted by Palti-Yossef - 08 May 2015 07:33

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Now let's take on Tomorrow. Together.

Totally amazing !

Please continue to share your journeys with us, there is much to learn and much h'izuk !

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Re: I'm Starting Today

Posted by fulfillinglife613 - 15 May 2015 12:38

Palti - Mazel Tov on the 90 days!!

May you go to 90 many more times!

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Re: I'm Starting Today

Posted by yiraishamaim - 15 May 2015 15:19

Amen- 90 times over

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Re: I'm Starting Today

Posted by shlomoy - 22 Jul 2015 22:47

you said you had your hardest fall ever.....why do you call it your hardest fall? I ask because you might help us when we get close to 90 days to be aware you know what I mean...

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Re: I'm Starting Today

Posted by fulfillinglife613 - 07 Aug 2015 02:41

Chevra,

Just a quick update.

I'm at 100 days now and climbing strong, BH.

I find the fight is so much easier since I passed the 90 day mark.

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Re: I'm Starting Today

Posted by fulfillinglife613 - 08 Nov 2015 16:03

Hi All,

I haven't posted in a while and wanted to update all of you, my friends and fellow travelers, on my incredible journey.

When I joined GYE and the 90 day chart, I was in a bad place. I knew I had to get back on top before I hit rock bottom because it was just a matter of time before it all caught up with me and ruined my life. That's what I thought.

The truth was, I didn't even realize how much it was already ruining my life.

I couldn't look my wife and kids in the eye. I couldn't daven or hope to connect with Hashem.

I used to hide from myself and the rest of the world by immersing myself in movies and tv.

I was really only half functioning.

I see that now.

B"H I have been having tremendous siyata d'shmaya in my life and I attribute it all to sobriety.

At day 90 I started an incredible new job that didn't come through normal channels. Clearly a message from Hashem, showing me that to succeed in life I need to be clean.

I had a major loss on a personal level, and B"H was able to handle it. Had I been in my previous fragile mental state, it would have been too much for me to take. Instead, I was able to grow stronger and build a stronger marriage through this loss.

All in all, starting this journey with GYE and all of you, has been the best thing that ever happened to me.

Thank you so much for being a part of my recovery and thank you for continuing to be at my side as I continue on the path to sobriety.

And last but not least, a shout out to my sponsor. He's been incredible, always checking up on me, helping me through the rough spots that inevitably come up in life. I would not be here without him.

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Re: I'm Starting Today
Posted by stillgoing - 11 Dec 2016 20:37

[shlomo613 wrote on 07 May 2015 22:31:](#)

How are you doing my friend?

FFL, your profile says that you still pop in here from time to time. Is that day count really accurate? That's great! Continued hatzlacha. Can you tell us what has worked for you?

Warning: Spoiler!

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Re: I'm Starting Today
Posted by stillgoing - 25 Apr 2017 18:52

[shlomo613 wrote on 07 May 2015 22:31:](#)

How are you doing my friend?

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