

neuron_redux 90 days round 2

Posted by neuron_redux - 21 May 2015 06:05

94% of my 2014 days were mentally and physically sober.

I just finished 4.5 months, and had a relapse that began Friday night with edging, continued Saturday with edging, and consummated Sunday night.

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Re: neuron_redux 90 days round 2

Posted by cordnoy - 21 May 2015 09:58

welcome,

sorry to hear about that.

lookin' forward to hear about your recovery tactics.

b'hatzlachah

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Re: neuron_redux 90 days round 2

Posted by skeptical - 21 May 2015 19:50

Welcome to GYE!

What's your approach?

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Re: neuron_redux 90 days round 2

Posted by neuron_redux - 21 May 2015 19:51

btw it took over 4 years since first crawling into the office of a therapist thoroughly confused about whether 40 to 50 hours a week was a problem, 3 years in SA, and 8 months of being off work to scratch out 4.5 months of real sobriety and begin to grasp and to grok recovery. Getting sobriety and recovery is brutal, but worth it. And the alternative is ghastly, ghoulish, gutting anyway.

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Re: neuron_redux 90 days round 2

Posted by neuron_redux - 21 May 2015 19:59

How come a moderator is skeptical? Skeptical of this?

What is my approach?

A therapist, gentle as a lamb, saw the agony beneath the desperado barely surviving life as a left-brained automaton (engineer), and spoke to the "child" hiding inside. I have no idea how they do this. He coaxed me into SA, and a sponsor, also as meek as a lamb, created a safe relationship.

Eight months of leave (so far) has helped me face step 4.

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Re: neuron_redux 90 days round 2

Posted by skeptical - 21 May 2015 20:04

Are you skeptical that a moderator can be skeptical of things he's skeptical about?

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Re: neuron_redux 90 days round 2

Posted by cordnoy - 21 May 2015 20:36

[neuron_redux wrote:](#)

btw it took over 4 years since first crawling into the office of a therapist thoroughly confused about whether 40 to 50 hours a week was a problem, 3 years in SA, and 8 months of being off work to scratch out 4.5 months of real sobriety and begin to grasp and to grok recovery. Getting sobriety and recovery is brutal, but worth it. And the alternative is ghastly, ghoulish, gutting anyway.

Amen!

Ain't dat the truth!

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Re: neuron_redux 90 days round 2

Posted by neuron_redux - 21 May 2015 22:34

I would not work with a sponsor who did not believe sobriety or recovery were truly possible. I do not know what you are skeptical about, but I assume your chosen moniker is contextual. To me it is poor taste in this context.

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Re: neuron_redux 90 days round 2

Posted by yiraishamaim - 21 May 2015 23:31

Welcome. Great to hear of your significant stretch of sobriety. It came with effort and you articulated how you feel it is so worth it. About skeptical?

wait till he answers and if he answers then comment- prejudging is never wise - and he certainly deserves more.

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Re: neuron_redux 90 days round 2
Posted by pischoshelmachat - 22 May 2015 00:16

I see the gloves are off. I know Skep is caring honest and real. I believe Skeptical was the name he started with and his success made him confident in the strides you can make working the steps. The name stayed to demonstrate that even skeptics who honestly work the steps will become believers when they see their efforts meet with success.

It helped me stay in the game although I dont understand all the principles.

My heart aches for you as I am too scared to imagine the pain of your fall.

All the very best. You are truly brave dusting off and getting back in the game.

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Re: neuron_redux 90 days round 2
Posted by serenity - 22 May 2015 04:51

Welcome back, chaver. Thanks for your honesty and I totally relate.

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Re: neuron_redux 90 days round 2
Posted by serenity - 22 May 2015 04:52

This may be the post of the year. Thank you.

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Re: neuron_redux 90 days round 2
Posted by skeptical - 22 May 2015 15:32

neuron_redux

I would not work with a sponsor who did not believe sobriety or recovery were truly possible. I do not know what you are skeptical about, but I assume your chosen moniker is contextual. To me it is poor taste in this context.

Talk about judging a book by its cover.

Anyway, I'm not here to sponsor anyone.

I'm a regular person who just so happens to volunteer on a site that has, and continues to help me.

A Moderator is one who helps to ensure content and people are safe. That is all.

I also share my experiences when asked (and sometimes when not).

Hatzlacha!

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Re: neuron_redux 90 days round 2
Posted by shlomo613 - 22 May 2015 15:52

Maybe we're supposed to always be skeptical of ourselves.

Al taamin be'atzmecha ad Yom moscha.

Skeptical how much sanity we have, skeptical about our ability to withstand tests, skeptical of the purity of our actions, and skeptical just like it suggests in korbonos: mah anachnu, meh chayeinu, meh chasdeinu, ma tzidkoseinu, mah gevuraseinu, etc.

And by the way, you Neuron-redux, you've got an awfully scientific sounding name. I will have to

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find a bigger dictionary.

Re: neuron_redux 90 days round 2

Posted by yiraishamaim - 22 May 2015 19:36

neuron_redux - we haven't heard from you. I hope the little give and take between us didn't

Your sobriety is most important and even though I officially speak for no one but myself I am sure all the men here would appreciate being part of your growth.

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scare you away. You have tackled bigger deals than this silly little squabble if it is even that.

Make our day and please join us.