

neuron\_redux 90 days round 2

Posted by neuron\_redux - 21 May 2015 06:05

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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 shlomo613 - 26 May 2015 00:07

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Hear hear. Neuron, what's news?

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Re: neuron\_redux 90 days round 2

Posted by neuron\_redux - 28 May 2015 01:58

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That is a great and helpful reply. I appreciate it. It is like the Big Book story where the atheist

Sometimes seeing my naked defects feels worse than my m.o.!

Digging out the tap root of de facto defects has been really tough. I've confused symptoms and side-effects with the actual problem for months. This was another case where I was utterly incapable of recognizing I'd imputed my innards into another.

What seems to be progress for me is I at least articulated my issues, albeit without recognizing the actual problem. To date I've always huffed and puffed and blew the house down assuming I was absolutely right and the crisis called for vigilante justice.

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Re: neuron\_redux 90 days round 2

Posted by neuron\_redux - 28 May 2015 02:38

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Unfortunately, I not only judge books by their cover, I judge them by the cover I myself cover them with, and then blame the author, forgetting it's my cover, and then fling the book out the window, and then feel compelled to tell the world about the awful book.

And then I wonder why I am so alone in the world. And then wonder why the only "friends" I have are of the online m.o. variety. This was my condition prior to dumping my step 1 on what has become my home group, which moved to accept me even as I iron out such self-destructive defects.

This is the stuff my step 4 is flushing out.

In evaluating precisely what feelings were flowing when my concern about your moniker motivated me to post, it was imputing my dad to your name, which would be comparable to a barbed wire scrub brush rubbing the raw skin on the tummy of an infant using powdered Comet cleanser.

So, please accept my apologies. Not for a valid question were it asked privately, but for failing to identify my defect rather than my HP as the muse of that post.

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Re: neuron\_redux 90 days round 2

Posted by yiraishamaim - 28 May 2015 03:47

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Your raw honesty and humility will do you well.

So glad that you made the decision to be a part of us.

Welcome!

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Re: neuron\_redux 90 days round 2  
Posted by shlomo613 - 28 May 2015 15:01

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Shkoiach Neuron, I'm really impressed by your honesty and putting yourself out there.

I wasn't troubled by what you said earlier new are all sorts here and there's more important things on our minds. And besides, between us we have so many chips on our shoulders we

So welcome back again. And happy posting.

Shlomo

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Re: neuron\_redux 90 days round 2  
Posted by skeptical - 29 May 2015 01:03

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No apologies are necessary.

There were never hard feelings. Amusement, yes, but no hard feelings.

Welcome!

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could open a takeaway.

Re: neuron\_redux 90 days round 2  
Posted by fulfillinglife613 - 29 May 2015 01:12

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Awesome thread!

It's amazing that you got back up on the horse. Good for you!

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Re: neuron\_redux 90 days round 2  
Posted by neuron\_redux - 08 Jun 2015 04:53  
I'm just jumping in here with the hopes that maybe Neuron's intellect will rub off on me

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At 21 days, I find the 90 charting helpful to remain mindful that if I am not enthralled with today, one day at a time, then reaching 90 days of sobriety, let alone 9 months, and then 9 years, will be a long, long, long haul.

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Re: neuron\_redux 90 days round 2  
Posted by neuron\_redux - 16 Jun 2015 04:09

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Rented a condo with family. Trouble is, the TVs all have cable with porn. Told my wife, she will hide/keep the remotes.

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Re: neuron\_redux 90 days round 2  
Posted by serenity - 16 Jun 2015 04:22

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I know this wasn't meant to be a humorous post, but it brought a smile to my face and a chuckle. Hope that doesn't offend you chaver.

Thanks!

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Re: neuron\_redux 90 days round 2  
Posted by serenity - 16 Jun 2015 05:06

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