

The Chronicle of my 90 days

Posted by Shochet12 - 01 Nov 2015 12:22

Starting my 90 day journey.

For the past couple of years this has taken over my life now that im maturing ive realized its time to tackle this head on and i would like to thank everyone here for all they do to help.

Day 1. Today was one of the more easy days ive had i was kept busy and did exercise to relive stress hoping for many more.

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Re: The Chronicle of my 90 days

Posted by Moshe271 - 01 Nov 2015 12:33

Wishing you much success. I did a lot of reaching out for help. That's one of the things I found very very helpfull. I called people to get my feelings and uges out and in the open. I still do that any time I'm negative or resentful, and now I've got 11 months sobriety. You can do it, but you're going to need help from friends and from Hashem.

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Re: The Chronicle of my 90 days

Posted by Shochet12 - 01 Nov 2015 12:37

thanks

i still am nervous telling anyone close to me the extent of my issues

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Re: The Chronicle of my 90 days

Posted by markz - 01 Nov 2015 12:49

Hi S12

Welcome!

That's what's nice about this forum

You can post anonymously all your concerns and you will only get positive feedback from all the guys.

You can checkout other guys posts and see if any resonate with you

Wishing you all the best!!

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Re: The Chronicle of my 90 days
Posted by Bigmoish - 01 Nov 2015 14:11

Welcome!

You may find some of the links in my signature to be helpful.

Hatzlocha

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Re: The Chronicle of my 90 days
Posted by Shochet12 - 01 Nov 2015 14:23

Thanks everyone i know i cant do this myself and i just want to let everyone know that every message is so powerful and helps me out

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Re: The Chronicle of my 90 days
Posted by lomed - 01 Nov 2015 18:24

Welcome.

You should have lots of Hatzlacha.

what i found helpful when i started here:

1. reading and posting on the forum.
2. reading the handbook.
3. connecting and reaching out to others through private chat on this site.

Hatzlacha, keep it up

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Re: The Chronicle of my 90 days
Posted by Moshe271 - 01 Nov 2015 19:44

Shochet12

i still am nervous telling anyone close to me the extent of my issues

Yes, you are 100% right. When I wrote "friends", I meant friends in recovery, friends on GYE, and therapist. For the most part, you shouldn't be discussing this with your family and friends in the "real" world. It could harm you, and also harm them. The time will come farther down the line to reveal this to others outside GYE or other recovery programs. As for me. I had to tell my wife about 3 months into recovery, but at first I was going to wait much longer. Other than my wife, I have only told one very close and trusted friend. *Bivrachah!*

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Re: The Chronicle of my 90 days

Posted by Shochet12 - 06 Nov 2015 04:06

Day 2-6

The first couple of days went by quickly without any issues but by the third day the temptations started to hit me strong i tried hard to put them out my head and used all the ways ive been learning here to overcome the temptation and b"h i made it through each day. One of the most powerful things i used to stop myself was thinking about everyone here and how i would let you all down so thank you everyone. Just to say what helps me a lot is to try take your mind off thinking about it by doing something else it really works for me.

Gut Shabbos

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Re: The Chronicle of my 90 days

Posted by Moshe271 - 06 Nov 2015 09:00

Wonderful news! May Hashem be with you! Keep up the connection!

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Re: The Chronicle of my 90 days

Posted by Shochet12 - 15 Nov 2015 08:29

Two weeks in and ive had a fall it was going so good the second week went by fast without much issue but then it started again and i couldnt hold back im really depressed about it i was trying so hard now i have to start again and realize this is hashem testing me and get right back up

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Re: The Chronicle of my 90 days

Posted by markz - 15 Nov 2015 13:39

[Shochet12 wrote:](#)

One of the most powerful things i used to stop myself was thinking about everyone here and how i would let you all down so thank you everyone

Unfortunately we are a bunch of tough cookies, and if you do fall, that DOES NOT let us down.

Guys - Was I not supposed to say that?

I would try other powerful things, like @ the links found in my signature

All the best

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