

gettingbackupnow!!

Posted by gettinghelp - 04 Feb 2009 22:39

Finished DAY 1.This with Hashem's kindness and help with be my new 90 journal.Despite the fact that I fell after 4 wks, I feel stronger and more at ease with what it takes to have a proper and real recovery.I will have a more detailed post soon

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Re: gettingbackupnow!!

Posted by gettinghelp - 05 May 2009 15:11

Well those are such great words to read,thank you ! It has been day to day lately.But that is when I get the best results,just keeping focusd on the day.I m trying not bto be too "addictive" when it comes to my addictive personality.What I mean is that I am staying in the real life and living my life by checking into reality,not checking out.When I get too into the process of recovery it becomes emotionally draining.When I actually go thru the day "normally" and not get too caught up in the whole recovery process I am in a much better place.I gurss what I am trying to say is that by living my life on my terms not the addictive terms I am so much more in a place of simcha.

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Re: gettingbackupnow!!

Posted by the.guard - 05 May 2009 15:54

Exactly! As we quoted in yesterday's e-mail:

"When we stop living in the problem, and instead live in the answer, the problem goes away by itself."

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Re: gettingbackupnow!!

Posted by gettinghelp - 14 May 2009 02:21

How correct!!!! every time I get too caught up in thinking about the problem and I start to fall.B"H I have not,I have come very close indeed.When I stay in a place of simcha and living,I start to see the healing process work.For me its a matter of wanting to be healed as badly as I ever wanted anything.I need to learn how to want that on a constant basis.

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Re: gettingbackupnow!!

Posted by the.guard - 16 May 2009 19:21

I updated your chart. I can smell 90 days coming up very soon! :D

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Re: gettingbackupnow!!

Posted by gettinghelp - 19 May 2009 02:21

Struggled big time today,but B"H came out a winner.

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Re: gettingbackupnow!!

Posted by the.guard - 19 May 2009 11:04

You're a Tzadik. Mazal tov on passing 80 days!

Did you see the new handbooks?

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Re: gettingbackupnow!!

Posted by gettinghelp - 20 May 2009 17:36

B'H,B"H,B'H Like a father taking care of his son.Hashem has been taking care of me.All is for

the best!!!!

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Re: gettingbackupnow!!

Posted by the.guard - 23 May 2009 21:28

Gettinghelp, by Shavuos you'll be already on the Wall of Honor - past 90 days!

Keep up the great work!

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Re: gettingbackupnow!!

Posted by gettinghelp - 26 May 2009 13:50

I KNOW!!!!!!!!!!!!!!!!!!!!!!B"H

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Re: gettingbackupnow!!

Posted by gettinghelp - 27 May 2009 15:31

B"H!! Today is day 90.I have learned much and have a great deal to be thankful for.The # 1 thing that I have experienced and learned from is to live and not just survive.Be happy with EVERYTHING and thank Hashem for EVERYTHING!!!Hashem has chosen me for the tikun he wants from me and only for me and from me.All of us are here to repair and cleanse our neshema because that is what Hashem has chosen for us to do to become true to Hashem and ourselves.I must strip away all of the bs in my life and open my eyes to the beauty and G-dliness in everything.It is all for the very best !

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Re: gettingbackupnow!!

Posted by the.guard - 27 May 2009 17:59

A great BIG MAZAL TOV to our dear member "GettingHelp" on reaching 90 days and getting onto the [Wall of Hashem's Honor](#) Chart!

Today is "Yesod Shebi'Malchus" - and we all know that YESOD is the very aspect we are all working on now. Malchus is the final Seffirah and contains all the rest of the levels. And Yesod of Malchus means that today contains ALL THE LEVELS of this Madrega of Yesod!! So what better day could there be to hit 90 on? Hashem shows us his love for us, by showing us these little signs...

You will be standing by **Har Sinai** tomorrow night, and a great light will be shining for your face. You have been reborn since we have come to know you on this forum, and we all watched as your seed of addiction rotted in the ground and a beautiful flower emerged in its place!!

We rejoice with you today, GettingHelp!

Please stick with us and continue to inspire us!

(And if you could write up for us your story, we would post it on the site to inspire many others to follow in your courageous footsteps!)

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Re: gettingbackupnow!!

Posted by Ineedhelp!! - 27 May 2009 18:06

Mazal Tov Gettinghelp,

We all aspire to do what you have done. But dont feel like yu have finishd, get the feeling that you've only begun. You leaped a great mountain but dont stop there cause theres so much more you can do. We are all proud of you.

-Yiddle2

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Re: gettingbackupnow!!

Posted by chl - 27 May 2009 18:07

bs"d

GettingHelp -What a great and inspiring thread! Thank you so much for struggling and succeeding! Mazal Tov!!!

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Re: gettingbackupnow!!

Posted by Ano Nymous - 27 May 2009 20:35

What a wonderful way to begin the rest of your life! :D

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