

I can't believe it...23 days!

Posted by Teshuvahguy - 07 Oct 2016 12:26

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Thank you GYE for helping me get to 23 days on the chart. I had a few days clean before I started so I'm so happy to be making such progress. Wow, it is not easy, but I really want to rid myself of this damaging behavior. Several people on the site have been so kind and helpful to me and I cannot express my appreciation enough.

Thanks to everyone here!!!

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Re: I can't believe it...23 days!

Posted by Watson - 07 Oct 2016 16:23

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Congratulations,

You know the only thing better than 23 days clean?

**Warning: Spoiler!**

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Re: I can't believe it...23 days!  
Posted by TzedekChaim - 07 Oct 2016 16:26

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Just remember ONE DAY at a time.

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Re: I can't believe it...23 days!  
Posted by Teshuvahguy - 07 Oct 2016 16:38

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[Watson wrote:](#)

Great going Teshuvahguy! Keep to the grindstone and before you know it the days just flyby

Congratulations,

You know the only thing better than 23 days clean?

**Warning: Spoiler!**

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Re: I can't believe it...23 days!

Posted by Markz - 07 Oct 2016 17:32

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TG if you're curious, ask Watson what he meant - I don't think you got his message, but it may be Shabbos by him already

GS

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Re: I can't believe it...23 days!

Posted by Teshuvahguy - 07 Oct 2016 18:00

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[Markz wrote:](#)

TG if you're curious, ask Watson what he meant - I don't think you got his message, but it may be Shabbos by him already

GS

He said that 24 days was better than 23, right? Did I miss something?

Thanks, Markz! Good Shabbos!

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Re: I can't believe it...23 days!

Posted by Teshuvahguy - 11 Oct 2016 14:48

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I'm so sad. I thought I was being supportive and helpful to people on the site and I checked my profile and my karma is -1. What did I do to deserve a negative karma??

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Re: I can't believe it...23 days!

Posted by Markz - 11 Oct 2016 18:56

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For introduction yes

But there may be a lot relevant to what dov said

I recommend you read his entire post [here](#)

Heres a partial quote

"There is a type of honesty here on GYE...but it is really just 'honesty by proxy': the admitting of shameful facts that is made possible **because** our identities are hidden. **The lack of vulnerability which is GYE's greatest strength is simultaneously it's greatest weakness.** If GYE were not only virtual, most people would never even *log on* and they'd then remain in pretty hopeless isolation. And I agree that GYE is the most dangerous place to identify ourselves openly - so no one does. And that is as it should be, b"H! But *because* of the fact that there is no real vulnerability, the honesty is also rendered sterile. It can be a tremendous start - and I do know way over 100 men in great recovery today (because they *left* GYE and moved on to good therapy, and/or live 12 steps groups, etc) who all started out timidly and 'safely' on GYE! But I feel that the fruit of virtual honesty can be no better than: *virtual recovery*. And

almost all the success stories I know, will tell you that that's why they had to eventually leave GYE. Just check out the **Ted talk** that Guard publicized a couple of years ago that was titled, "*Everything you think you know about addiction is wrong*" by Johann Hari, wherein he states that all the power 12 steps recovery has, stems from the creation of REAL relationships - not virtual ones! Precisely GYE's weakness. GYE can bring addicts to the water, but it has none for them to drink. Addicts will need the Real thing provided by real recovery relationships with real people."

He has a lot more to say - checkout the Dov posts page by Gibbor

Hope you have an easy fast and signed for a happy sober year!!

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