

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by thanks613 - 11 Jan 2017 05:29

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Yeah, we're on the same page.  
encouraging and thoughtful that i know i can do this for good !

About feeling "lethargic" I don't really know what to say. I don't know that you have to call it withdrawal in the sense of addiction, but it makes sense to me that the excitement of working towards being clean wears off after a while and we can start to feel kind of empty when it does.

**Warning: Spoiler!**

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Re: I will make it b"h

Posted by Trouble - 11 Jan 2017 05:36

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[thanks613 wrote on 11 Jan 2017 05:29:](#)

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**Warning: Spoiler!**

Unless of course we begin living life at that time.

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Re: I will make it b"h

Posted by Singularity - 11 Jan 2017 07:51

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[Trouble wrote on 11 Jan 2017 05:36:](#)

[thanks613 wrote on 11 Jan 2017 05:29:](#)

Yeah, we're on the same page.

About feeling "lethargic" I don't really know what to say. I don't know that you have to call it withdrawal in the sense of addiction, but it makes sense to me that the excitement of working towards being clean wears off after a while and we can start to feel kind of empty when it does.

**Warning: Spoiler!**

Unless of course we begin living life at that time.

Guess that's why you need to take positive steps, not just resist the urges.

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Re: I will make it b"h

Posted by MayanHamisgaber - 15 Jan 2017 00:21

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day 27

having trouble posting technical issues any ideas in touch with gye .....

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Re: I will make it b"h

Posted by Markz - 15 Jan 2017 00:31

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[MayanHamisgaber wrote:](#)

day 27

having trouble posting technical issues any ideas in touch with gye .....

Thank Gd those are your only probs

post your tech issues at

[https://guardyoureyes.com/forum/23-Just-Having-Fun/302398-Re-Bugs--Issues and chopsticks](https://guardyoureyes.com/forum/23-Just-Having-Fun/302398-Re-Bugs--Issues_and_chopsticks)

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Re: I will make it b"h

Posted by MayanHamisgaber - 15 Jan 2017 00:34

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seems that the fire fox browser has issues and chrome wants me to do this....

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Re: I will make it b"h

Posted by Hashem Help Me - 15 Jan 2017 05:30

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Wishing you a lot of hatzlocha! You're in the right place! Just keep posting and getting chizuk, and give some too!

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Re: I will make it b"h

Posted by MayanHamisgaber - 15 Jan 2017 12:45

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day 28

thanks for the chizuk guys and thank you markz for the link seems that i'll have to use chrome for now good thing gentech blocks utube....

anyways wife is really excited this week bec. Wednesday night completes day 30 and wants to buy supper to celebrate!!! hope to catch up on the threads that i couldn't post on hope not to late to reply to some of them that i wanted to add my \$0.02 to

B'hatzlacha

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Re: I will make it b"h

Posted by Markz - 15 Jan 2017 17:10

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[MayanHamisgaber wrote:](#)

day 28

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B'hatzlacha

Enjoy the party!

Im concerned (as I've mentioned elsewhere) that the wife being codependent may be too involved

Can you leave her out of supporting your recovery?

Maybe I'm assuming too much and you do that already...

This is different to sharing where you're upto in life with her...

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Re: I will make it b"h

Posted by MayanHamisgaber - 15 Jan 2017 18:50

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markz

thanks for the concern do you mind explaining in english what exactly you are worried about and what do you mean by codependent? (i have read some of the elsewhere but still don't understand) thanks

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Re: I will make it b"h

Posted by thanks613 - 16 Jan 2017 06:09

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Following are excerpts from a lengthy list of codependent characteristics compiled by Melody Beattie, author of [Codependent No More: How to Stop Controlling Others and Start Caring for Yourself](#):

- Think and feel responsible for other people—for other people's feelings, thoughts, actions, choices, wants, needs, well-being, lack of well-being and ultimate destiny.
- Feel compelled—almost forced—to help that person solve the problem, such as offering unwanted advice, giving rapid-fire series of suggestions, or fixing feelings.
- Find themselves saying yes when they mean no, doing things they don't really want to be doing, doing more than their fair share of the work, and doing things other people are capable of doing for themselves.
- Find it easier to feel and express anger about injustices done to others, rather than injustices done to themselves.
- Find themselves attracted to needy people.
- Feel angry, victimized, unappreciated and used.
- Come from troubled, repressed, or dysfunctional families.
- Blame themselves for everything.
- Reject compliments or praise.
- Think they're not quite good enough

## References

Internet, The (2017).

Appendix - markz will have to answer for himself what he is worried about, but as I understand it now codependency can be a problem because the (spouse) is sort of taking on the responsibility for keeping the other person "sober", which can result in the "addict" feeling less responsible for themselves. The other half of it (and maybe Mark is more worried about this) is that the spouse is dependent on the addicted person and their sobriety for their own mental wellness as much (or more even) than the addict themselves. So if the addict relapses, the spouse takes it harder than maybe they should.

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Re: I will make it b"h

Posted by Singularity - 16 Jan 2017 06:31

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thanks, 613.

In some ways, a filter can also be co-dependent.

Try find a good balance with the wife. Something doesn't quite sit well with me that she's

But keep it up! May you celebrate your 90!

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Re: I will make it b"h

Posted by Markz - 16 Jan 2017 13:41

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[thanks613 wrote:](#)

Following are excerpts from a lengthy list of codependent characteristics compiled by Melody Beattie, author of [Codependent No More: How to Stop Controlling Others and Start Caring for Yourself](#):



- Think and feel responsible for other people—for other people's feelings, thoughts, actions, choices, wants, needs, well-being, lack of well-being and ultimate destiny.
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You deserve 613Thanks for that!!

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Re: I will make it b"h

Posted by MayanHamisgaber - 16 Jan 2017 13:55

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thanks for the feedback everyone and I appreciate the care and concern and will check once more (this might be the 4-5X that I will think about this) if this is a cause for concern but so far I really think that she simply wants me to succeed and this is her way of supporting me

I will not deny the fact that it will be very hard for her if I were to fall CH"V but I don't think it

would be worse than anyone else's spouse that knows about this....

singularity: I too told her what's with 30 days to celebrate but realized that this makes her feel  
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and i like her homemade food better than the laffas we will get

keep the thoughts coming

B'hatzlacha

good that she has helped me this far (is this contradicting the above

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