

Journey of one day at a time

Posted by Ihavenostrength - 10 Feb 2017 20:04

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This is day one or perhaps it's day zero. I fell today. It wasn't much fun. I was clean for 32 days. That is about how long I usually go for. I really want to be done with this problem. I just want to be normal. My self esteem is crushed every time I fall. Somehow internal adversity is more painful than an external adversary. For if it's an external adversary, even if he's causing you pain, you don't take the blame for it. Only the pain. With the internal losses you get both. I suppose I'm my own worst enemy. Well I hope that was morbid enough for you, because I'd like to begin my journey.

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Re: Journey of one day at a time

Posted by cordnoy - 28 Jun 2017 12:40

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[Shteeble wrote on 28 Jun 2017 11:01:](#)

[Hashem Help Me wrote on 28 Jun 2017 02:37:](#)

The Chofetz Chaim writes that if one is nizhar from speaking a specific lashon hora for 100 days and then unfortunately caves in, he still receives the schar for one who is "bolem piv" for that extraordinary amount of time.

That is very inspiring.

Would you be able to point me to where exactly the Chofetz Chaim wrote that?

Thanks.

Please explain the chidush.

If one holds back for 100 days, why shouldn't he be rewarded?

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Re: Journey of one day at a time

Posted by Shteeble - 28 Jun 2017 13:06

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I didn't say it's a chiddush.

I said it's inspiring.

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Re: Journey of one day at a time

Posted by Ihavestrength - 28 Jun 2017 21:47

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Day 2: Each *acknowledged* clean day seems to mean much more than when I let them pass unseen, as if they're not important.

On a somewhat separate note...

I'm two days clean and more emotionally healthy (I think, anyways) than I've ever been. Thank G-d. Ain ra yotzei mil mala.

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Re: Journey of one day at a time

Posted by Ihavestrength - 29 Jun 2017 20:36

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Day 3: Probably should listen a bit more and talk a bit less.

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Re: Journey of one day at a time

Posted by Ihavestrength - 30 Jun 2017 08:45

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Day 4: Kicking butt at talking less today B"H.

Separately, I think constantly reading things which remind you of the right perspective is really important. It puts you in the right mindset without being in your own head so much, which being a closed system, is prone to decay.

Another thing I just realized is important in this struggle is to not pay too much attention to what is happening in your mind or body. If you do your mind and body will screw with you majorly.

Lastly, I think it's important to **not be scared of falling**. You must know that it'll be ok if you fall. You can pick yourself up and try again. Your job on this earth isn't to be a perfect snowflake. Your job is to be taking steps towards your ideal self, which by the way, you will never arrive at.

I don't mean that a person should look where they shouldn't and tempt themselves intentionally. All I'm saying is that an insistence on perfection is the first step towards self-deterioration.

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Re: Journey of one day at a time

Posted by Ihavestrength - 01 Jul 2017 18:45

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Day 5: Nice shabbos b"H. I don't know what the heck I'm doing and I don't think I'm going to try figuring it out.

Peace

Gut voch!

Shavua tov!

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Re: Journey of one day at a time  
Posted by MayanHamisgaber - 02 Jul 2017 19:31

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Missed you tonight

Maybe we can meet at the next meeting?

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Re: Journey of one day at a time  
Posted by Ihavestrength - 02 Jul 2017 21:39

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Day 6: I don't really know what to write about. I can't think of anything, so perhaps a prayer: G-d, may you grant me, my family and all people, a feeling of gratitude, thus giving us more perspective and allowing us to be happy humble and kind.

G-d, may you grant me the wisdom to realize that my life is truly the best life for me, down to the very last detail.

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Re: Journey of one day at a time  
Posted by Ihavestrength - 03 Jul 2017 15:30

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Day 7: Some people I know are negative and they don't realize it. It's a habit. Being sarcastic, always knowing better. It doesn't upset me. But, it saddens me that people I love are acting this way. I tried letting them know how they are acting. They weren't very receptive, but who knows. It seems all I can do right now is to lead by example. It's just that there's a natural inclination to just stay away when people are negative. However, I realize the way to be an example is to engage and interact positively, thus being a good influence.

Peace

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Re: Journey of one day at a time  
Posted by Shlomo24 - 03 Jul 2017 16:03

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[lhavestrength wrote on 03 Jul 2017 15:30:](#)

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Peace

Thank you for sharing. I relate to that frustration. Or sadness, as you called it. In my experience, the **only** way to "change" others is to lead by example. I have tried to change others, and it has failed miserably. And the "look at me, I'm changing" attitude hasn't helped either. Only when I sincerely changed to better myself did it rub off on others. And the change I saw was drastic. My parents transformed from being very unhealthy with me (kicking me out of the house for not davening mincha on Shabbos) to being very accepting of me and giving me space. This type of change did not happen with all other people I know who also changed sincerely, but the point is that it **can** happen. And if they don't change, you'll at least be better equipped to deal with it. Which is my experience also, regarding other people in my life.

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Re: Journey of one day at a time  
Posted by Shivisi\_Hashem - 03 Jul 2017 16:14

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[lhavestrength wrote on 03 Jul 2017 15:30:](#)

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Peace

Thank you for your daily post, it keeps me going, and it will you too.

staying positive is the best thing on earth, even when you dont have the best day, just talk positive and think positive, it will change everything in your life, and all your surroundings, wife, children and friends.

stay strong!!! stay clean!!!

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Re: Journey of one day at a time

Posted by Shivisi\_Hashem - 03 Jul 2017 16:17

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[Shlomo24 wrote on 03 Jul 2017 16:03:](#)

[lhavestrength wrote on 03 Jul 2017 15:30:](#)

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dont try to change anybody, you can't straighten out Bananas!!! just change your self, and everything will change automatically!!! try it out, and you will see results, think and talk only positive... and know your identity, dont live for others....

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Re: Journey of one day at a time

Posted by Ihavestrength - 04 Jul 2017 19:43

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Day 8: Seems my prayer worked a bit. Call me crazy. Dunno what else to write really. Just writing because I made a commitment to write till day 90. I'm not really worried about falling. I don't really care. I don't need to prove anything to anyone. It almost cracks me up thinking that 90 is only 9 times ten.

Random note: Giving my phone to people is uncomfortable, because I have all this GYE stuff on my browser. Not sure what I can do about it though.

Another random note: Playing things down is not good. 1 day clean is not "just a day". This attitude leads to acting out "just this once". No time in our life is extra. I don't say this to make you become a crazy productive retard. Only that no time in life can be used to be totally irresponsible. But hey, it's probably gonna happen anyways. So why bother?

Why bother!? Cause no day is just one day.

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Re: Journey of one day at a time

Posted by Shlomo24 - 05 Jul 2017 00:09

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Better they find GYE than porn