

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 Ihavestrength - 04 Aug 2017 14:11

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Day 16:

@shlomo24 I don't know right now, I'm a bit confused. Hopefully my head will be clearer in a week. Sorry.

Hey priest, I watched a TV show yesterday hoping to see something inappropriate.

Priest: Did you?

Me: Well, I saw pretty women, but unfortunately none were really naked.

Hey priest, I fantasized a bit last night.

Priest: About what?

Me: The aforementioned women in the TV show.

Priest: Seriously?!

Me: Ya I know, pretty lame right?

Priest: Uh, Yea...

Focusing on these problems of mine makes me crazy. I find even reading the chizuk emails is becoming toxic for me.

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Re: Journey of one day at a time  
Posted by Shlomo24 - 04 Aug 2017 18:50

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God willing the answers will come to you. Just keep at it one day at a time. That's my experience. I still have so many questions. But I also got so many answers.

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Re: Journey of one day at a time  
Posted by lhavestrength - 06 Aug 2017 14:19

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Day 17/18: "What consumes your mind, controls your life."

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Re: Journey of one day at a time  
Posted by Shlomo24 - 06 Aug 2017 16:22

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[lhavestrength wrote on 06 Aug 2017 14:19:](#)

Day 17/18: "What consumes your mind, controls your life."

You're just a goddang philosopher these days

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Re: Journey of one day at a time

Posted by lhavestrength - 07 Aug 2017 13:53

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Day 19: Slipped a bit yesterday. Luckily my shoes have great traction so I didn't fall. Ain't gonna be walking on ice anymore though.

Random note: Sounds cheesy, but to be successful in this area or in any area you gotta believe you can do it. Makes a big difference in my experience.

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Re: Journey of one day at a time

Posted by lhavestrength - 09 Aug 2017 01:09

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Day 20: Talked to some great guys today, thank G-d. Don't want to to jinx it, but taphsic actually worked for me today. Anyways is there a light at the end of the tunnel here? You gotta believe it people. G-d runs the whole darn world. He ain't gonna walk out on me now. I don't deserve jack squat, but no matter what I'd do I still wouldn't deserve anything. im tzadakta ma tiyten lo uma miyadi tikach? Haloh kol hagiborim kiayin lifanecha?

Point is, if I would have planned my life I would have made it different. But how my life is right now is totally out of my control. It already happened. Now comes acceptance. G-d knows what the hell he is doing. It's my job to act now. I sure as hell am going to. I will stop at nothing to beat this. Or surrender it, whichever you prefer.

Peace

I wish everyone the most blessed night of their lives.

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Re: Journey of one day at a time

Posted by Shlomo24 - 09 Aug 2017 02:19

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[lhavestrength wrote on 09 Aug 2017 01:09:](#)

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Peace

I wish everyone the most blessed night of their lives.

Dude. It was great talking to you.

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Re: Journey of one day at a time

Posted by GrowStrong - 09 Aug 2017 08:39

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[Shlomo24 wrote on 09 Aug 2017 02:19:](#)

[Ihavestrength wrote on 09 Aug 2017 01:09:](#)

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I wish everyone the most blessed night of their lives.

Dude. It was great talking to you.

Ditto!

Love both you guys

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Re: Journey of one day at a time

Posted by Shlomo24 - 09 Aug 2017 14:48

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I love you too, buddy.

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Re: Journey of one day at a time

Posted by Ihavestrength - 09 Aug 2017 22:54

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Day 21: Called into the noon call today. Going to read the Big book tonight G-d willing.

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Re: Journey of one day at a time

Posted by Ihavestrength - 10 Aug 2017 13:49

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Day 22: Called into morning call today. Read through the steps in the big book last night. Also read one of the stories and the twelve traditions.

Great day people!

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Re: Journey of one day at a time

Posted by Shlomo24 - 10 Aug 2017 15:16

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[Ihavestrength wrote on 10 Aug 2017 13:49:](#)

Day 22: Called into morning call today. Read through the steps in the big book last night. Also read one of the stories and the twelve traditions.

Great day people!

Keep up the great work!

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Re: Journey of one day at a time  
Posted by lhavestrength - 11 Aug 2017 16:04

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Day 23: This is my longest streak (by a bit) since my fall after 85 days. That's nice I guess.  
Nothing new really. Called into morning call today.

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Re: Journey of one day at a time  
Posted by Shivisi\_Hashem - 11 Aug 2017 16:48

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[lhavestrength wrote on 11 Aug 2017 16:04:](#)

Day 23: This is my longest streak (by a bit) since my fall after 85 days. That's nice I guess.  
Nothing new really. Called into morning call today.

Wow, 23 days, its huge, dont underestimate yourself, every clean moment means a lot up there,  
hashem counts every bit.

keep it up brother..

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