

Reflections

Posted by Chaimel - 21 Apr 2017 17:22

(Disclaimer: feel free to read on but I'm just rambling so no need for response even though it would be appreciated)

taking the plunge and starting a thread because today was my first fall since joining GYE (217 days clean!) Before GYE the longest I went was about a week or so but usually fell daily. Thanks to the wonderful people behind GYE and all who take time to read/post/moderate the forum.

its amazing how far I've come as my first response to my fall was: now is a time to restart and reflect on how far I've come!

The greatest thing GYE gave me this far was that it's all about this moment and getting through the day. Celebrate the ups and don't let the downs be downfalls only stepping stones to improve.

i don't have time now but iyh bn I'll continue over shabbos to analyze why this took place and how to prevent falls in the future.

Thanks again to all and have a wonderful Shabbos!

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Re: Reflections

Posted by Shivisi_Hashem - 21 Apr 2017 19:18

Dont take it personal, 217 DAYS, not 7 months is a milestone, i just read the chizuk email, Sheva Ypoil Tsadik vkum, you cant go straight up only when you come from below, so it will be a real "*yeridah letsoirech aliya*."

stay strong, dont get depressed, hashem is with you, 217 days is a huge achievement.

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Re: Reflections

Posted by gibbor120 - 21 Apr 2017 21:01

You have made great progress. I wouldn't over analyze it. You are obviously doing many things right. Don't make too big a deal about it, and just keep on trucking. Mazal Tov on your clean time! (I'm not saying that you shouldn't analyze it, just don't "over" analyze it.)

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Re: Reflections

Posted by Chaimel - 23 Apr 2017 02:34

[Shivisi Hashem wrote on 21 Apr 2017 19:18:](#)

Dont take it personal, 217 DAYS, not 7 months is a milestone

Gut voch!

i don't really understand what you meant, care to elaborate?

bh shabbos went well and iyh back on track!

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Re: Reflections

Posted by Shivisi_Hashem - 23 Apr 2017 02:48

[Chaimel wrote on 23 Apr 2017 02:34:](#)

[Shivisi Hashem wrote on 21 Apr 2017 19:18:](#)

Dont take it personal, 217 DAYS, not 7 months is a milestone

Gut voch!

i don't really understand what you meant, care to elaborate?

bh shabbos went well and iyh back on track!

you can look at it as 217 days, every day is a separate win, and you can look at it as a big picture, 7 months, so 217 days is a huge milestone when every day is a day for it self, a struggle and a win.

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Re: Reflections

Posted by Chaimel - 23 Apr 2017 05:14

Very good, thanks!

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Re: Reflections

Posted by Chaimel - 24 Apr 2017 06:07

Just checking in, bh another great day!

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Re: Reflections

Posted by Chaimel - 25 Apr 2017 05:01

Back on track bh.

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Re: Reflections

Posted by Singularity - 25 Apr 2017 13:21

BH! Mazeltov on the clean time! Great your truck's back on the beaten track, don't let its ego spill over!!

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Re: Reflections

Posted by Shivisi_Hashem - 25 Apr 2017 13:28

Baruch Hashem Yoim Yoim, every TODAY is a Brache for it self...

keep it up

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Re: Reflections

Posted by Chaimel - 26 Apr 2017 03:44

[Singularity wrote on 25 Apr 2017 13:21:](#)

BH! Mazeltov on the clean time! Great your truck's back on the beaten track, don't let its ego spill over!!

Thanks a bunch! Hint taken, acknowledged, and appreciated!

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Re: Reflections

Posted by Chaimel - 26 Apr 2017 03:46

[Shivisi Hashem wrote on 25 Apr 2017 13:28:](#)

Baruch Hashem Yoim Yoim, every TODAY is a Brache for it self...

keep it up

Thanks! I keep telling myself that. Today. Today. today. today.... B'ezras H' many more todays to come

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Re: Reflections

Posted by Singularity - 26 Apr 2017 13:15

[Chaimel wrote on 26 Apr 2017 03:44:](#)

[Singularity wrote on 25 Apr 2017 13:21:](#)

BH! Mazeltov on the clean time! Great your truck's back on the beaten track, don't let its ego spill over!!

Thanks a bunch! Hint taken, acknowledged, and appreciated!

A man who can handle criticism! If only I had a daughter your age!

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Re: Reflections

Posted by Chaimel - 27 Apr 2017 06:29

[Singularity wrote on 26 Apr 2017 13:15:](#)

[Chaimel wrote on 26 Apr 2017 03:44:](#)

[Singularity wrote on 25 Apr 2017 13:21:](#)

BH! Mazeltov on the clean time! Great your truck's back on the beaten track, don't let its ego spill over!!

Thanks a bunch! Hint taken, acknowledged, and appreciated!

A man who can handle criticism! If only I had a daughter your age!

Timing on this couldn't be funnier, I literally just walked in from a date.... maybe.... but thanks, really!

Looking back I'm astonished at the growth you can have one day at a time! A few years ago I walked in to meet a therapist for the first time thinking I'm a goner yet here I am bh much healthier and dating!

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what bountiful gifts hashem has given me!

Happy Chodesh!!

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Re: Reflections

Posted by Chaimel - 28 Apr 2017 02:48

Another great day bh!

as I'm walking by work doing an inspection I noticed a dirty magazine on the floor, thank you GYE for making me be able to be conscious enough not to pick it up!

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