

sci1977 journey

Posted by sci1977 - 30 Nov 2009 15:50

I started on November 23rd on my 90 days online. I have been clean since the 19th. I am feeling a little scared today. I woke up and said this is going to be another great day that G-d gave me. It has been a tough day so far. I decided to log onto the website and not get off. After reading some and looking back at emails, I am feeling better, but am not going to chance it. No slips or falls. I will NOT give up!!!!

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Re: sci1977 journey

Posted by sci1977 - 08 Dec 2009 14:59

Thanks Eye. Stress used to a major trigger. Figuring that one out has helped a lot. Just keep living and having a good attitude makes it a lot better.

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Re: sci1977 journey

Posted by the.guard - 08 Dec 2009 16:34

wow - I gotta share this in the chizuk e-mail today!

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Re: sci1977 journey

Posted by Eye.nonymous - 09 Dec 2009 13:41

[sci1977 wrote on 08 Dec 2009 14:59:](#)

Thanks Eye. Stress used to a major trigger. Figuring that one out has helped a lot. Just keep living and having a good attitude makes it a lot better.

Better AND Different! It's like being a completely different person.

Keep up the good work=KUTGW

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Re: sci1977 journey

Posted by sci1977 - 09 Dec 2009 14:45

OK, so day 20 has started off great. Walked into work into a pile of stress. GOT through it. No thought of slip or fall. As soon as I got through with the problem I logged on here. Going through different ideas on how to patch things up in my marriage. I can't seem to only work on myself as I feel that my marriage needs to be at the forefront to. (not sure if that is the right thing or not) Today is a great day that G-d has granted me. Positive thoughts lead to positive things. Again, no slips or falls and non needed or wanted.

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Re: sci1977 journey

Posted by the.guard - 09 Dec 2009 16:00

Yes, working on the marriage helps a lot in this struggle too. Did you ever read the book called "In the garden of Peace" by Rav Arush? It is highly recommended on this forum by many people...

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Re: sci1977 journey

Posted by sci1977 - 10 Dec 2009 15:14

Day 21 and very happy to have this site today. Still positive thinking all the way. No slips or falls and non needed. Wishing my marriage was in much better shape then it is. I have to admit today it has been more difficult to stay positive. But I know deep in my heart, mind, and soul that thinking positive and keeping my mind busy, I will get through it.

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Re: sci1977 journey
Posted by Tomim2B - 10 Dec 2009 15:24

Hey Sci1977,

You're making great progress!

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Re: sci1977 journey
Posted by the.guard - 10 Dec 2009 20:01

Wishing my marriage was in much better shape then it is.

Get the book called "In the garden of Peace" by Rav Arush. It is highly recommended on this

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Keep your head up!

Re: sci1977 journey

Posted by sci1977 - 10 Dec 2009 21:24

Guard,

I will get it. Thanks for the reference.

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Re: sci1977 journey

Posted by NOYA - 14 Dec 2009 02:18

Hey sci,

You're an inspiration, achi. Keep up the great work, and remember, there's no such thing as giving in a little bit.

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Re: sci1977 journey

Posted by sci1977 - 14 Dec 2009 02:27

Day 24 not much to report. Staying strong. No slips no falls and non needed or wanted.

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Re: sci1977 journey

Posted by Momo - 14 Dec 2009 08:45

Go SCI GO!

Go SCI GO!

Go SCI GO!

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Re: sci1977 journey

Posted by imtrying25 - 14 Dec 2009 11:48

[sci1977 wrote on 14 Dec 2009 02:27:](#)

Day 24 not much to report. Staying strong. No slips no falls and non needed or wanted.

wow your really getting place scifi. Hatzlacha and keep up the great work. Happy Chanuaka.

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Re: sci1977 journey

Posted by sci1977 - 14 Dec 2009 14:45

Day 25 is another great day that G-d has given me. This morning I awoke to feeling tired but, I got up and out of the house and thought to myself, the new routine I have created for myself is a good one. I wake up and thank g-d I am awake. I tell myself its going to be another day clean no matter what. My marriage will improve today and my attitude will stay steadfast. I am not going to fall or slip. I am an addict and my ways have changed and they will stay changed. Every morning I have been telling myself that and it seems to help get through the day. I am in G-d's hands and I feel pretty good there. No slips or falls and non needed or wanted.

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