

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 - 03 Jan 2010 04:52

[G38 wrote on 31 Dec 2009 17:36:](#)

Sci, I just finished reading your thread in one go!

I haven't been here for some time but, after reading about you in the email I was triggered to know more.

To tell you the truth, a lot of our members including yours truly are jealous of you.

To have your wife as a supporter is every ex addicts dream! I tried to involve my wife by showing her some GYE stuff, useless.

As there are wife's who read GYE with their husbands (Not like your wife but still involved) maybe your wife should start writing in your thread explaining and guiding from experience?

It could help establish many homes, knowing that others got through it and stayed together recovering nicely.

If you will pick up the challenge it could explain why you hade to go through all the suffering and pain.

In the mean time, ahooi warrior!

Working on ides with my wife to talk to guard about. THANKS

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Re: sci1977 journey

Posted by sci1977 - 03 Jan 2010 04:53

SB, at least I didn't make you cry at the begging of your day today.. It was a huge learning experience today!! Thanks for the double wow!!

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Re: sci1977 journey

Posted by silentbattle - 03 Jan 2010 05:05

Oh, from the things you write, I like starting my day off crying!

Also, you brought home an important point to me - sometimes I feel like this is easy, and that I'm sure I'll be fine. I need to remember that *that's not the case* - i have to constantly be on guard, and constantly aware of the risks and danger.

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Re: sci1977 journey

Posted by sci1977 - 03 Jan 2010 05:11

I was stunned today when I saw the trigger. I froze up for about 2 minutes. I couldn't move. But I know it was a test from G-d to make me remember, hey you, stop thinking its a cake walk. Work harder. Triggers do exist and G-d does too. I'll take G-d's side anytime!!!

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Re: sci1977 journey

Posted by silentbattle - 03 Jan 2010 05:27

yeah, I think god's side is probably the better side to vote for :D :D :D

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Re: sci1977 journey

Posted by imtrying25 - 03 Jan 2010 09:51

Sci what a post. Ive seen this so many times before. By myself and by friends as well. As soon as we start getting comfortable he sends a message, chill out dude, take things slow. Its like the famous story of the rabbit and the turtle. We have to realize that this is one step at a time , ALWAYS. we can never get away from that.

But i am truly amazed at your way of dealing with it. Its one more reason to be thankful to HAsheM for your wonderfl wife. And the lesson youve learnt and how you took it as a positve are absolutly beautifel. Keep up the great work!! Keep on trucking!! We are all so happy for you. Not so much because you didnt fall, but rather because you are starting to have a whole different mindset. And that is the true purpose behind the 90 days.

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Re: sci1977 journey

Posted by sci1977 - 03 Jan 2010 11:44

My mindset is changing for sure. But I now know what a flick to the forehead by G-d feel like. I am so glad it happened and turning even more so. G-d is great and has given me this challenge for a reason. I think I know why he did it. It was not just about hey slow down. It was

to clarify some thoughts in my head for the past 10 days or so.

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Re: sci1977 journey

Posted by silentbattle - 03 Jan 2010 13:05

Want to share your clarity?

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Re: sci1977 journey

Posted by Eye.nonymous - 03 Jan 2010 13:09

Hey Sci, sounds like you've been holding up really well through these difficult times.

It's great you have so much support from your wife, too.

Keep up the GREAT work.

I can really relate. It could be that sometimes NOT thinking about this whole issue is the best strategy.

Especially when times are harder for us.

Keep on going!

--Eye.

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Re: sci1977 journey

Posted by imtrying25 - 03 Jan 2010 17:27

[Eye.nonymous wrote on 03 Jan 2010 13:09:](#)

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Especially when times are harder for us.

Keep on going!

--Eye.

Ditto. This has been my best strategy so far. NOT thinking about it.

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Re: sci1977 journey

Posted by silentbattle - 03 Jan 2010 17:27

Focus on living...right?

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Re: sci1977 journey

Posted by imtrying25 - 03 Jan 2010 17:30

[silentbattle wrote on 03 Jan 2010 17:27:](#)

Focus on living...right?

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Re: sci1977 journey

Posted by silentbattle - 03 Jan 2010 17:31

I've learned from the best!

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Re: sci1977 journey

Posted by imtrying25 - 03 Jan 2010 18:15

[silentbattle wrote on 03 Jan 2010 17:31:](#)

I've learned from the best!

Oh yeah?? who was that?? Dov??

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