

sci1977 journey

Posted by sci1977 - 30 Nov 2009 15:50

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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 - 31 Jan 2010 05:01

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Your right SB!! We all are a little nutty here no matter what anyone wants to say. Everyone's thread is great to read.

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Re: sci1977 journey

Posted by aryehtahor - 31 Jan 2010 05:04

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So true SB. Also, when I read about other people's struggles with their YH, it seems so obvious and chrystal clear what's going on. Their YH is trying to kill them! Ignore him! Just do it! But of course with one's self it's a different story. So reminding ourselves how obvious it is when it is \*someone else\* may help when it's ourselves.

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Re: sci1977 journey

Posted by sci1977 - 31 Jan 2010 05:09

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[aryehtahor wrote on 31 Jan 2010 05:04:](#)

So true SB. Also, when I read about other people's struggles with their YH, it seems so obvious

and chrystal clear what's going on. Their YH is trying to kill them! Ignore him! Just do it! But of course with one's self it's a different story. So reminding ourselves how obvious it is when it is \*someone else\* may help when it's ourselves.

Just remember though we are here to work on ourselves too. I read other threads and it teaches me, but if you don't work on yourself and only concentrate on the rest, you will not do so good. I read back on my thread to see what I have learned and what I still need to work on.

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Re: sci1977 journey

Posted by silentbattle - 31 Jan 2010 05:16

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Absolutely, Sci - I wasn't arguing with your point - we're here, ultimately, to improve ourselves, and part of doing that is helping others. But reviewing our own work is part of the priority of ourselves. For sure.

But as you agreed, there are numerous reasons why we read other people's threads - and Reb Aryeh explained my point perfectly. (thanks!)

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Re: sci1977 journey

Posted by sci1977 - 31 Jan 2010 13:37

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SB, as always great wording. We all need to keep on trucking!!!

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Re: sci1977 journey

Posted by silentbattle - 31 Jan 2010 16:24

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**KOT!!!!**

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Re: sci1977 journey

Posted by sci1977 - 31 Jan 2010 16:48

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Day 73 of being clean and sober. Trying very hard not to actual think about the count and just focus day to day. (another day for MM) I feel great this morning and more alive. Got to be totally honest, playing with my kids brings me great joy and for the past two days I have spent a ton of time with them and really helps. Living continues!! I am very happy to say talking to G-d about almost everything is a real help. No slips or falls, non needed or wanted.

Thanks once again to all of GYE and my wife. Your support is amazing!!

I WILL WIN THE BATTLES AND THE WAR- WITH G-D'S HELP!!

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Re: sci1977 journey

Posted by silentbattle - 31 Jan 2010 20:41

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Maybe it helps you focus on living...

All of GYE is grateful to have you!

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Re: sci1977 journey

Posted by imtrying25 - 31 Jan 2010 22:14

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Sci did i ever tell you that you.....

***ROCK THE FRIGGEN HOUZE!!!!!!!***

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Re: sci1977 journey

Posted by sci1977 - 01 Feb 2010 00:26

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Thanks IT25!!! I always get a smile on my face when I see you wrote in my thread!!!

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Re: sci1977 journey

Posted by Eye.nonymous - 01 Feb 2010 13:20

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KUTGW

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Re: sci1977 journey

Posted by sci1977 - 01 Feb 2010 14:42

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Day 74 of being clean and sober. It's another great day. I am sticking to the routine I have set out to do first thing in the morning and at bed time. It connects me to keeping things in order. One change I am noticing in myself is I spend more time thinking about what to do to live. It's a great feeling to think about. If it's about sports or family or just anything that needs to get done for the house, it's a totally different feeling now. G-d has also opened my eyes to something new. I've always looked at nature and thought I appreciated it. Now I look at it in a new way a better way. I don't look at it as scenery, it's g-dly.

I am trying to take it slow and working very hard to not get to far ahead of myself. No slips or falls, non needed or wanted.

I WILL WIN THE BATTLES AND THE WAR - WITH G-D'S HELP!!!!

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Re: sci1977 journey

Posted by silentbattle - 01 Feb 2010 17:23

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Wow - Sci, I really need to learn more from you...

Have you ever heard of R' Avigdor Miller? He always looked at the world around him and saw god's hand in creation, marveled at the complexity of everything...

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Re: sci1977 journey

Posted by imtrying25 - 01 Feb 2010 22:04

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SCI MY FRIEND!!!! YOU NEVER EVER EVER EVER EVER CEASE TO AMAZE ME. I LEARN SO MUCH FROM YOU!! THANKS!!

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