

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 - 07 Feb 2010 04:37

Had to write it down, remember to focus!!! focus, focus focus.

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Re: sci1977 journey

Posted by Eye.nonymous - 07 Feb 2010 13:45

...and talk to her when you're having a good day, too!

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Re: sci1977 journey

Posted by silentbattle - 07 Feb 2010 17:11

Well, since I don't know who my wife is yet, I guess I'll just talk to every girl i pass on the street, just to make sure... :D :D :D

Just kidding...in the meantime, I'm going to talk to hashem extra on a bad day.

You rock, Sci!

Keep on trucking!

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Re: sci1977 journey

Posted by sci1977 - 08 Feb 2010 01:57

Day 80 of being clean and sober. I had a great day. It was a day filled with ups. I woke up this morning and did my normal routine. I stepped out of bed and couldn't put any weight on one of my feet. I usually in the past would have been so upset and had just a yucky day. That didn't happen today!! 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 Eye.nonymous - 08 Feb 2010 12:35

KUTGW

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Re: sci1977 journey

Posted by SoHard,YetSoRewarding - 08 Feb 2010 15:02

I'm jealous of you, '77. The farthest I ever went with the count was 34 days. And that was right before Rosh Hashanah...

Oy gevald!!!

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Re: sci1977 journey

Posted by sci1977 - 08 Feb 2010 19:49

Day 81 of being clean and sober. So went to the doctor and found out I have a stretched tendon. I am now in a boot!! Having a pretty good day. Looking at my medical chart, I need to lose weight. Not sure if that belongs in here but hey, what can I say, I love food. 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 imtrying25 - 08 Feb 2010 21:45

Keep on rollin Reb Sci!!

And dont let that boot stop you!! Yoieu can still take baby steps no?? G-d sending you a

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Re: sci1977 journey

Posted by sci1977 - 08 Feb 2010 21:59

[imtrying25 wrote on 08 Feb 2010 21:45:](#)

Keep on rollin Reb Sci!!

And dont let that boot stop you!! Yoieu can still take baby steps no?? G-d sending you a

message??

you made me lol!!! I think it might be a few messages from G-d!!!

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Re: sci1977 journey

Posted by imtrying25 - 08 Feb 2010 22:06

Ok sci now i can go to sleep. I got you to laugh. I have an accomplished day under my belt!!

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Re: sci1977 journey

Posted by NOYA - 09 Feb 2010 02:20

Hey sci! Man you're almost there! You are AMMAAAAAAZZZZING!!!

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Re: sci1977 journey

Posted by Eye.nonymous - 09 Feb 2010 12:35

It can't be that much extra weight if you needed the charts to tell you! ;D

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Btw check out NOYA's thread to see my reaction to something you wrote there.

Re: sci1977 journey

Posted by silentbattle - 09 Feb 2010 15:47

Food can be SO tempting...I'm trying to cut down a bit myself, since although I'm pretty slim (people laugh when I say that i need to lose weight), I have trouble fitting into my clothes...

It's tough! I WANT more cookies!

I want to start doing more exercise. OK, I want to start doing SOME exercise. i think that'll help, also give me an outlet for energy, and keep me healthier in general.

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Re: sci1977 journey

Posted by sci1977 - 09 Feb 2010 18:48

I am on the "I want everything and anything diet" hence being overweight. I gained 5 pounds in 8 weeks. NOT GOOD!!!!

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