

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 imtrying25 - 11 Feb 2010 18:01

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Re: sci1977 journey

Posted by Eye.nonymous - 12 Feb 2010 08:50

[sci1977 wrote on 11 Feb 2010 16:43:](#)

A little story regarding progress with my wife I must share. Last night we stayed up late and just talked. I never would use the word lovely to describe my wife before, but I think it's a great way to describe her. We talked and were laughing. It reminded me of a time when we were dating. It seems that if you deeply care about someone and can take out the rest of the world for a while, it is possible to connect deeply with your wife on so many levels. Thank you G-d for a wonderful wife.

Beautiful post!

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Re: sci1977 journey

Posted by imtrying25 - 12 Feb 2010 12:38

[Eye.nonymous wrote on 12 Feb 2010 08:50:](#)

[sci1977 wrote on 11 Feb 2010 16:43:](#)

A little story regarding progress with my wife I must share. Last night we stayed up late and just talked. I never would use the word lovely to describe my wife before, but I think it's a great way to describe her. We talked and were laughing. It reminded me of a time when we were dating. It seems that if you deeply care about someone and can take out the rest of the world for a while, it is possible to connect deeply with your wife on so many levels. Thank you G-d for a wonderful wife.

Beautiful post!

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Re: sci1977 journey

Posted by sci1977 - 12 Feb 2010 16:23

Day 85 of being clean and sober. It's another day for MM. I was thinking about him today and

something I had forgotten about him that I believe I need to achieve more of. He was graceful of how people treated him. He never got nasty to anyone. If someone did something wrong to him, he really didn't fight back with nastiness. He fought back with truth and honesty in a calm manner. That is a wonderful quality to have and one I need to really try and do going forward. Thank you G-d for another fantastic day. One day at a time and taking it slow certainly helps in how you approach a long journey. Is day 1 more important then day 80 or 250? I am realizing it really isn't. Yes, you cant get to day 80 without having done that first day, but are the days really different? I don't really think they are.

One other note for the day, I have realized that while working on yourself is important it's also important to take time out and live certain aspects that in your life. For me sports is a huge part of that. I have enjoyed watching sports more, especially my inept NY Rangers. It's been a great way to decompress.

Update on things with my wife. I sat up again with her last night and we talked and laughed some. To all here on GYE, have a wonderful and great Shabbos. No slips or falls, non needed or wanted.

I WILL WIN THE BATTLES AND THE WAR- WITH G-DS HELP!!

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Re: sci1977 journey

Posted by silentbattle - 12 Feb 2010 19:44

Sci, you are incredible, as always...

You remind me of a concept in mussar, specifically mentioned by Rav Dessler. There are mitzvos that we do, and there are the things we do to get close to hashem, and do what's right. So, when I'm eating supper, I can focus on the fact that I'm filling my belly and stuffing my face, or i can focus on how it fills me up and gives me the energy to do what's right...and how the delicious taste makes me feel appreciative to my wife/mother, etc, and helps me feel more
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Ditto, I think, with any (kosher) activity that helps us unwind - we can make it part of our

growing, part of our avodas hashem, by realizing that we're relaxing for a higher purpose!

Which is exactly what you're doing! Thank you for reminding me of this essential concept, which we can use to constantly grow and focus on the right things, even when we're chilling and relaxing! It makes every part of our life holy!

Have a wonderful shabbos, Reb Sci!

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Re: sci1977 journey

Posted by sci1977 - 12 Feb 2010 20:14

I am starting to really think that if we unwind in a kosher way it will make our lives more full of life.

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Re: sci1977 journey

Posted by silentbattle - 12 Feb 2010 20:49

Absolutely! Have a wonderful shabbos!

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Re: sci1977 journey

Posted by sci1977 - 14 Feb 2010 02:21

Day 86 of being clean and sober. It's been a great day today. Thank you G-d for another great day! No slips of falls, non needed or wanted!!

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Re: sci1977 journey

Posted by silentbattle - 14 Feb 2010 02:28

You rock, as always!

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Re: sci1977 journey

Posted by Eye.nonymous - 14 Feb 2010 20:17

Hey 90 is in sight! (But one day at a time, remember).

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Re: sci1977 journey

Posted by sci1977 - 14 Feb 2010 20:22

One day at a time is the only way to be. I took that all in from you, eye.

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Re: sci1977 journey

Posted by sci1977 - 14 Feb 2010 20:37

Day 87 of being clean and sober. Another day for MM. Thank you G-d for a wonderful day today. I get to celebrate my grandparents 64th wedding anniversary today with lots of family. I am feeling good and continuing to work on myself slowly. No slips or falls, non needed or wanted.

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Re: sci1977 journey

Posted by silentbattle - 14 Feb 2010 21:25

Fantastic! Keep on trucking!

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Re: sci1977 journey

Posted by NOYA - 15 Feb 2010 02:45

You're so inspirational sci! You're sooooo close! I hope I get there too so I can be a winner like sci.

Keep it up!

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