

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 Steve - 16 Apr 2010 16:44

welcome back, bro.

Now GO and and have a GREAT SHABBOS!!!

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Re: sci1977 journey

Posted by sci1977 - 19 Apr 2010 12:11

Thanks guys. Shabbos was great! All is well in sci land. One quick thought today, when you look in the mirror and you see yourself, not only look at the outside. Actually look inside and say, hello in there, how are you doing today? I have been doing this for the last few days and it seems to be helping some.

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Re: sci1977 journey

Posted by DovInIsrael - 19 Apr 2010 12:19

why not take it even a step further ...

look in the mirror ...and tell that amazing person in the mirror:

I BELIEVE IN YOU!!!

YOU ARE CREATED IN THE IMAGE OF HASHEM .. AND YOU ARE AWESOME !!!

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Re: sci1977 journey

Posted by Sturggle - 19 Apr 2010 12:27

Hey Sci!

anyway, Sci & Dovll, both great ideas, and I do find it very helpful

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Re: sci1977 journey

Posted by silentbattle - 19 Apr 2010 13:22

Very true, DII, but I think that what Sci is recommending is a way for us to really get in touch with ourselves, and how we're doing. That's an excellent idea - thank you!

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Re: sci1977 journey

Posted by sci1977 - 30 Apr 2010 18:24

All wonderful ideas. But everyone needs to use what method works best for them. In trying to live life the lastg month or so I have found everyday you need to improve something about yourself. G-d's there and will always be. No slips or falls, non needed or wanted. Without going to work everyday and staying home is weird, but will find something good one of these

days.

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Re: sci1977 journey

Posted by silentbattle - 30 Apr 2010 22:29

Sci! Great to hear from you!

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Re: sci1977 journey

Posted by Steve - 05 May 2010 20:42

Sci Guy, come BAAAAAK, the kindergarten's left the pool and now the water is SOOOOO warm....

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Re: sci1977 journey

Posted by sci1977 - 06 May 2010 15:04

It's another great day!! Hope everyone is having one too.

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Re: sci1977 journey

Posted by silentbattle - 06 May 2010 17:02

[Steve wrote on 05 May 2010 20:42:](#)

Sci Guy, come BAAAAAK, the kindergarten's left the pool and now the water is SOOOOO warm....

That's horrible! ;D ;D

Great to hear from you, Sci, and doubly glad to hear that you're having a good one!

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Re: sci1977 journey

Posted by NOYA - 07 May 2010 03:47

Yay! Sci is back! What's going on with you, buddy?

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Re: sci1977 journey

Posted by Eye.nonymous - 08 May 2010 19:42

WELCOME BACK SCI!

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Re: sci1977 journey

Posted by sci1977 - 09 May 2010 18:59

Hope everyone is having a good day. A small thing I noticed today. If you spend all your time living or trying to live like you want to, you remember very heartily what and who got you where you are. Thanks to GYE and the best wife in the world. No slips or falls, non needed or wanted.

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Re: sci1977 journey

Posted by silentbattle - 09 May 2010 20:09

Whoa...very true (as always). And I need to thank you!

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