

One day at time (again!)

Posted by Od Yossef Hai - 20 Nov 2017 14:44

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Dear all,

This is not my first time here. A few months ago, I tried one more time and I really reach 45 days clean. It was great! I was living a great moment in my life. I was not ashamed at all. And for many weeks I was totally involved in my sobriety and being grateful to Hashem, but I failed...

I was so depressed... Since then it's being very hard to get just one day clean...

Today would be my second day clean! It's a small victory, but I am glad. I know I can't control my future or even my addiction, but I am/will try to manage my sobriety. ODAAT, I know it.

I have a good friend from GYE helping me on my journey (I think I could call him a sponsor!) and I am reading Rav Twerski's book "Teshuvah through recovery". Hope this forum could be another form to be engaged and not be alone in this journey...

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Re: One day at time [again]

Posted by Markz - 20 Nov 2017 15:26

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Welcome back brother!

Keep is posted right here with your progress ;-)

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Re: One day at time (again!)

Posted by tzaddik212 - 20 Nov 2017 17:22

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Hi Guys,

I saw Yesterday an inspiring piece from Reb Tzodek Hachohen of Lublin, and let me share it:

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Re: One day at time (again!)

Posted by serenity - 20 Nov 2017 19:23

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Welcome back. It's nice to live sober, isn't it? My worse day in sobriety is better than my best day in active addiction.

Keep coming and posting and working with your sponsor. You help him too!

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