

Back at it again!

Posted by lwtbf613 - 30 Nov 2018 20:22

This is my second time trying GYE, the first time I didn't really give it my all, but this time I want to beat this habit for good. I think what made last time (I used a different email address) from this time is that I didn't fully accept I had a problem. I tend to be an all or nothing person, so I thought to myself "I'm either a 100% full blown s. addict that should be in SA or I don't have any problem. This time, I see many more shades between black and white, I definitely have a problem, but it doesn't make me an "addict" per se. I'm on day 3 of a conscience journey to 90 days and iyh I'll be able to change my life for the better for good.

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Re: Back at it again!

Posted by lwtbf613 - 26 Feb 2019 06:58

So I'm happy to say that as of today, I am 90 days clean. Even though it hasn't been perfect, it feels good to know that I met my goal. There were some times that were more difficult than others, I wish I could say that I had 90 squeaky clean days, but when I think that just 90 days ago, I was starting from a place of not being able to string together more than 2 weeks of clean time at a time, I feel a tremendous sense of accomplishment. It makes me feel good to know that while I may not be **exactly** where I want to be in my yiddishkeit/avodas Hashem, that with Hashem's help I got to 90 days. I hope to keep on going, even though sometimes the struggle gets very difficult and very real. I hope that my journey can be a chizuk for everyone who is struggling to make it to 90 days. You can do it! You have it within you to keep going, so don't give up! We're all in this together. With Hashem's help and your willingness to go the distance, anything is possible.

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Re: Back at it again!

Posted by Hashem Help Me - 26 Feb 2019 12:17

Beautiful post. Honest yet proud. May Hashem help you continue to move farther and farther away from this parsha and as you do, taste what real menuchas hanefesh is. Yes, as you write, the struggle will still be there, real and sometimes difficult, but now you know that "it can be done". Hashem gave us these urges and our job is to direct them for what His intention is. With the world around us completely distorting that goal, we are affected and confused. Never beat yourself up for having a "G-d given" urge, just don't act on it in a way that is against His ratzon. And please keep posting. It is the chevra like you who express themselves so well with courage honesty and humility that inspire so many others.

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Re: Back at it again!

Posted by Dave M - 26 Feb 2019 20:05

Thanks for sharing with us you milestone! May Hashem grant you siyata dishmaya in continuing to win this fight.

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Re: Back at it again!

Posted by Ihavestrength - 26 Feb 2019 21:57

[lwtbf613 wrote on 26 Feb 2019 06:58:](#)

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Congrats on a job well done. I don't think anyone can claim perfect sobriety. We are only human after all. You decide on your bottom line behaviors (adjust if needed) and do your best where all else is concerned.

Continued Hatzlacha.

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Re: Back at it again!

Posted by Tzvi5 - 26 Feb 2019 22:50

Nice

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