i don't want to count
Posted by easy - 02 Feb 2023 20:03

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i just reached 90 days for the first time in my post M life.

4 days later i fell

in my sa meetings i stopped counting days after my last fall.

i came on here to prove that yes i could get to 90.

i cant handle the pressure of the day count.

i am clean today and that is what matters to me.

i will bezras hashem keep posting here but wont be activly counting or waiting for any specific goal.

so today i am clean/sober YAY!!

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Re: i don't want to count
Posted by Emes-a-Yid - 08 Feb 2023 19:48

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great, I had similar experiences, counting at times isn't for me at some moments I am in.. altough it has helped me, right now it isn't aiding me towards that direction so you do you too, having spoken with some advice and so that is the correct mindset, you got to do whateverhelps you 100%. Hatzlacha Rabah keep up your successes, it's nice to hear you passed 90

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Re: i don't want to count
Posted by easy - 09 Feb 2023 22:59

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Sober Baby #1 joined our life Monday morning.

ive been escaping alot recently but mostly into "kosher" outlets. now these sometimes lead me to feel bad about myself. today im trying to give myself credit as there is a lot going on in my life right now and i didn't fall.

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Re: i don't want to count
Posted by Gevura Shebyesod - 10 Feb 2023 03:21

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Mazel Tov! Lots of Yiddish Nachas!!

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Re: i don't want to count
Posted by Emes-a-Yid - 10 Feb 2023 05:24

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easy wrote on 09 Feb 2023 22:59:

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ive been escaping alot recently but mostly into "kosher" outlets. now these sometimes lead me to feel bad about myself. today im trying to give myself credit as there is a lot going on in my life right now and i didn't fall.

Hey, Mazal tov only simchas!! I have an idea something some told me to read this, some online book I heard with some computer audio, still had an effect on me, it was very helpful to help with the inyan. Here's the link if anyone wants it easypeasymethod.org/easypeasy.pdf I think you will really appreciate it, please give it a try it can help a lot, I just read almost half and doing great, hatzlacha my brother user easy!

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