

1dayatime's journal

Posted by 1dayatime - 24 Mar 2010 22:15

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This is my new journal of recovery from PA here on this site. May HaShem bless this journal and all who visit it.

I am new to this site, but not to recovery from PA. I will share more of my background in this journal as time goes by, I'm sure. Today is another good day in recovery. No urges, no middle circle temptations, no Mb, no P (of course).

My scripture study was of the fourth portion of this week's parshat, Tzav.

I am super busy with work today. I'm sorry that I don't have more time for posting, especially as this is my first journal posting here.

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Re: 1dayatime's journal

Posted by 1dayatime - 07 Apr 2010 19:54

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I'm doing well again today. No MC, no Mb, no P. I've had some random inappropriate thoughts but I pushed them out of my mind and did not dwell on them at all.

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Re: 1dayatime's journal

Posted by 1dayatime - 19 Apr 2010 16:38

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I am still doing well. I haven't been able to post due to work schedules and, of course, Shabbot. No Mb, no P. I had a couple of fights against MC and fantasy thinking that popped into my head. But I did not fall to them.

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Re: 1dayatime's journal  
Posted by 1dayatime - 20 Apr 2010 19:54

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I am having another solid day of recovery. I hope you are too, gentle readers.

I have had some additional fantasy thoughts enter my mind. But I purged them and did not dwell upon them. Yetzer hara is ever probing, but I rely on HaShem and prepare with work in recovery. I am focusing on what is happening in my life that might be making my more suceptible to such things. Temptations are not the cause, they are indicators that additional introspection and disharmony from His will.

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Re: 1dayatime's journal  
Posted by Tev - 21 Apr 2010 00:30

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Keep it up Tzadik!

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