

Chaim starting over - again

Posted by chaim77 - 26 Oct 2010 21:39

I am feeling so broken and distraught as I write this. I feel at a complete loss. I have struggled with this addiction and fought it for 20 years and it has beaten me again and again. I had 18 months of sobriety ending with a slip this past April. Now I struggle to get through one day without acting out.

Yet with all that I am so grateful I have found this site and this community. I have tasted extended sobriety. I believe that I can get back there, but right now I feel like I'm buried in a tunnel. I can't think. I can hardly focus. i can hardly even sit up and type this. All I can do is to groan from the depths of my broken heart. Help me, Father in Heaven! Please help me! I have nothing left. I can't fight this anymore. Not one more day. It's got me beat.

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Re: Chaim starting over - again

Posted by chaim77 - 22 Jun 2011 13:31

I wanted to let the chevra know about a service that is available that has helped me a lot in my recovery. Hazelden.org which is a publishing house for addiction and recovery literature posts a thought for the day. Anyone who has gone to live SA, SAA or other meetings has no doubt seen Habelden's daily meditations books around the tables.

Anyway, they have a "thought for the day" that they post on their website and they also have a subscription service that will e-mail you a thought for the day every morning. I've benefited a lot from these daily thoughts and wanted to throw it out there for anyone else that was interested.

Here's the link

www.hazelden.org/web/public/thought.view

Other than that, I woke up this morning a bit agitated but after davening I am feeling much calmer. I know that I have a lot of underlying anxiety about my business and also selling our

house. But really the anxiety is a reaction to my uncertainty in the situation. Since I don't know how either situation will turn out, it can really cause me to get wrapped around the axle. The fact is this - Hashem is in charge and the right outcome will happen in both situations. This is certain - it may be unknown to me, but it is certain. So really my anxiety shows a deficiency in Emunah and Bitachon.

Anyway it's good to check in before my RID levels start to rise any higher.

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Re: Chaim starting over - again
Posted by fire - 23 Aug 2011 03:45

I have been reading through ur forum> u are an inspiration. keep on posting.

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Re: Chaim starting over - again
Posted by heuni memass - 23 Aug 2011 15:14

Chaim -good morning. Its really impressive watching your progress.. working the program and living recovery.. Keep it up and remember - its all G-d all the time!

Have a happy and successful day!

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