

fresh start

Posted by Sturggle - 06 Jul 2009 19:35

I was on the list before under a different name and I decided to change it. Previously I was "David". I am nearing the end of my 4th day clean. Today was difficult and challenging. Thanks to your help, I have had a filter (K9) on my computer since Thursday afternoon. That has been helpful. Anyway, happy to be on this journey of sobriety. I'm not so sure how much to disclose about myself and what to write on these forums. I hope to make use of them, though. I have needed, do need and will need help and support.

=====

Re: fresh start

Posted by Sturggle - 10 Mar 2010 16:53

ok, so, here's today...

B"H, I've been feeling pretty good recently,
and I haven't had many urges to so much as
stare at any passers by.

I've been keeping a steady focus
on the now and working forward.

Today has been a bit shaky.

I started feeling a bit down yesterday
after falling asleep while studying
and I didn't get nearly as much accomplished
as I had hoped. So my mood started dipping,
and today, since I've woken up, I've been

feeling somewhat heavy-hearted.

And, lo and behold, the urge to act out

crept up on me today, but I turned it down,

time and again, even though I did watch some TV

as a let loose activity. I also made some time to learn today,

but that was not so easy.

I have accomplished today and hopefully will continue to do so,

and after asking HKB"H for some help, I feel invigorated,

and the strength to do a few things that I have some fear about

is swelling inside of me. I know what I want, and I can, with

Hashem's help, get there.

=====

Re: fresh start

Posted by Ineedhelp!! - 10 Mar 2010 19:54

Thats beautifull. You are learning how to live. Only under Hashem's wing. Youre inspiring me and many others. These words may seem few but I truly mean them. Your ARE learning how to live and nto just survive. "I've been keeping a steady focus on the now and working forward." Thats very important to have, something I need to internalize. Its greta that your knee-jerk reaction is to turn to Hahsem when you have a problem also.

Really Keep it up!

-Yiddle

=====

====

Re: fresh start

Posted by bardichev - 10 Mar 2010 20:10

TAMSHICH TRAKKING!!

=====

Re: fresh start

Posted by Dov - 10 Mar 2010 22:41

Not that there is anything new or more to say after those two yids, but here's a l'chayim to you for sharing another just plain OK day with us fellows. Mazel Tov! It is precious, isn't it?

=====

Re: fresh start

Posted by Sturggle - 13 Mar 2010 18:55

Gut voch friends.

Yiddle, thanks for you encouraging words.

Reb B! Thanks for visiting! What was that you said?

And Dov, l'chaim. It is precious. When are you coming to visit EY,
so we can sit and chat for a bit?

Shabbos was a bit challenging for me and I have a busy week,

so I am entering what I think will be a challenging time.

Please, HKB"H, help me get through it. Even when I can't do it on my own.

Especially then.

And, guys, keep the chizuk coming...

=====
=====

Re: fresh start

Posted by silentbattle - 14 Mar 2010 01:39

Shavua tov! Glad to hear that you made it through a tough week - that's great!

A busy week is difficult for you because it means more stress? If so, look at it this way - B"H, things are busy, you're occupied with good things...Focus on being happy about being busy...?

=====
=====

Re: fresh start

Posted by Sturggle - 14 Mar 2010 07:54

SB, that is very fair advice.

I do appreciate being busy at times,

and I will try to implement the positive outlook,

=====
=====

Re: fresh start

Posted by Sturggle - 14 Mar 2010 08:06

SO...,

I fell.

I am honestly a bit down about it,
I was just getting to 30 days clean,
one full month.

I am trying to keep my chin up,
I have plenty what to do and focus on,
so that is helpful and hopefully, soon enough,
I will be another 30 days clean.

For now, I hope to live today fully.
I might have posted this before,
but I think it's worth repeating;
my therapist talks about certain things
that we have control over,
and others that we don't have control over.

The **situation** that I'm in,
my **body** and my **feelings** are **not in my control**.
My body meaning, what my body might be feeling,
more physically, for example, hungry or sexually aroused.
Feelings are what emotions I am feeling.

What is **in my control** are

my **thoughts** and my **actions**.

So, I hope to take control of those

for the rest of this day

and not allow my actions and thoughts

to get stuck in the uncontrollable box

with my situation, my body, and my feelings.

I wish us all a gut voch.

=====
=====

Re: fresh start

Posted by Sturggle - 14 Mar 2010 08:09

of course, I need and pray that HKB"H will help me with all of the above

=====
=====

Re: fresh start

Posted by Sturggle - 14 Mar 2010 11:57

just for the record,

all three of my last posts were written after my fall.

I fell earlier this morning.

=====
=====

Re: fresh start

Posted by Eye.nonymous - 14 Mar 2010 12:04

[sturggle wrote on 14 Mar 2010 08:06:](#)

so...,

I fell.

I am trying to keep my chin up,

I have plenty what to do and focus on,

so that is helpful and hopefully, soon enough,

I will be another 30 days clean.

Sorry to hear about your fall.

Sounds like you are handling it pretty well, though.

--Eye.

=====
=====

Re: fresh start

Posted by Tev - 14 Mar 2010 17:04

Sturggle!

Great that even after your fall, you spoke about how you plan on handling it, very important, it's very easy to slide backwards after a fall and an amazing streak (30)

Try to stay away from the Y"H today in every way possible, the day of/after I believe is the hardest...

Hatzacha Rabbah!

=====
=====

Re: fresh start
Posted by Dov - 14 Mar 2010 18:29

Sorry to read about your suffering. Looking forward to a sober rest-of-today for all of us.

Still love you, Sturggle

Dov

=====
=====

Re: fresh start
Posted by Sturggle - 15 Mar 2010 07:41

wow, looks like yesterday was a difficult day for many of us.

I hope that we all are able to appreciate our freedom of today.

let's make the most of it!

Eye, BeStrong, and Dov,

thanks for your posts!

means a lot to me to hear from you guys here.

=====
=====