

My CLIMB on the wall

Posted by 2nd-chance - 01 Jan 2011 23:24

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Started dec 26 after several other starts

trying to keep tight

for ONE day only

now day 7

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Re: My CLIMB on the wall

Posted by 2nd-chance - 02 Jun 2017 16:52

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I goto 3 F2F meetings a week

I added a phone meeting on Mondays

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Re: My CLIMB on the wall

Posted by cordnoy - 02 Jun 2017 17:00

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[2nd-chance wrote on 02 Jun 2017 16:51:](#)

IAG for having a (at least a little) understanding wife

IAG for being sober today (34 days)

IAG for having a sober yom tuv

IAG for having some fellows in town

IAG for having a understanding sponsor

IAG for having a therapist that helps me move forward

And WAG for havin' you around (at least for a little).

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Re: My CLIMB on the wall

Posted by Markz - 04 Jun 2017 02:30

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[2nd-chance wrote on 02 Jun 2017 16:51:](#)

IAG for having a (at least a little) understanding wife

IAG for being sober today (34 days)

IAG for having a sober yom tuv

IAG for having some fellows in town

IAG for having a understanding sponsor

IAG for having a therapist that helps me move forward

IAG for you keeping us in the loop

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Re: My CLIMB on the wall

Posted by 2nd-chance - 04 Jun 2017 20:02

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after an honest step 1 (10+ powerlessness, 10+ unmanageability) and wanting this solution

my sponsor has me read (twice) there is a solution from pg 25 to the end of chapter

continue adding 5 gratefulnesses every morning

contacting 3 members a day just to share that i am an addict and i want to connect

calling him each day

4 meetings a week (3 F2F& 1 phone)

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Re: My CLIMB on the wall

Posted by Hashem Help Me - 05 Jun 2017 11:19

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Such courage and such hard work will iyh bring success. You are mechayev all of us!

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Re: My CLIMB on the wall

Posted by 2nd-chance - 10 Jun 2017 23:35

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Thanks HHM

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Re: My CLIMB on the wall

Posted by 2nd-chance - 13 Jun 2017 22:04

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step 2:

read we agnostics

12 & 12

underline heartfelt prayer in siddur

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Re: My CLIMB on the wall

Posted by 2nd-chance - 23 Jun 2017 10:45

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Thanks to my HP I had an amazing expoeience to be honest with colleagues (that i was not

capable before working the steps).

I feel that Hashem is with me, and this experience makes life a little more FUN.

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Re: My CLIMB on the wall

Posted by 2nd-chance - 02 Jul 2017 07:13

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A terrible night

home alone

will have to inquire if i lost sobriety.

I am powerless over lust.

Lust is powerful over me.

I cannot to be sober myself.

Please GD help me do Thy wil not mine.

the next right step is to rest.

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Re: My CLIMB on the wall

Posted by 2nd-chance - 08 Sep 2017 12:21

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After being hooked onto/into the problem. I agreed to my wifes plea and went to Israel for 3 weeks of recovery. I rented a room with SA fellows. Worked the program with a sponsor until step 10. When to meetings and met up with tons of program friends. I am now back home, sober for 3 days and 1 month. Hoping to be connected to the solution.

Thanks for Listening

In Fellowship

Isaac

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Re: My CLIMB on the wall

Posted by Hashem Help Me - 08 Sep 2017 12:42

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Wise move. Putting in an investment of time and money like that is powerful. Its an inspiration for many others to get into the trenches and get to work. Intense working the steps makes a big difference. We daven that Hashem see all the hishtadlus you have done and help you successfully recover and become sober.

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Re: My CLIMB on the wall

Posted by dms1234 - 08 Sep 2017 21:19

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WOW. Now that is putting recovery as your top priority! If you want to be in touch, you can email me at [dms1234ongye@gmail.com](mailto:dms1234ongye@gmail.com)

I spent 9 months in the Israel Fellowship and it was incredible.

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Re: My CLIMB on the wall

Posted by GrowStrong - 10 Sep 2017 10:15

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Re: My CLIMB on the wall

Posted by cordnoy - 10 Sep 2017 16:05

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[thanks613 wrote on 03 Apr 2016 18:54:](#)

[cordnoy wrote on 03 Apr 2016 18:13:](#)

[thanks613 wrote on 01 Apr 2016 17:54:](#)

Good thread, thanks for the shares and wishing you best haztlacha 2nd! So far, I have learned from this thread all the things I ***don't know***. For example:

imho

KO

KOP

KOMPT

ESH

MO (ok, so I didn't see this one here, but I'm still not sure what it is..)

It's humbling really.

What about "mucker"?

yeah, that one too. Thanks Cords. Also imhi (unless that's just a misspelled imho : )

He said this again recently, so obviously, it's not a spellin' mistake.

A thread well-worth readin'.

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