

Forum:[Hack Forums](#)

Thread: [7 Months Sober!](#)

LOUD - October 27, 2023, 8:35 am

Today officially marks 7 months into my sobriety streak.

I started tracking this from when I cold turkey quit drinking.

I wasn't in the deep end but definitely standing on the diving board....?

I stopped smoking a few months before that and haven't done any other drugs in quite some time.

Feelin' pretty good about myself lately! ?

??CU?I?? TM - October 27, 2023, 8:36 am

(Oct 27, 2023 08:35 AM)Loud Wrote: [\[CITE\]](#) Today officially marks 7 months into my sobriety streak.

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You must be feeling more energetic now from what I have heard? How easy was to quit smoking? I am not able to quit it at all.

LOUD - October 27, 2023, 8:49 am

(Oct 27, 2023 08:36 AM)??CU?I?? TM Wrote: [\[CITE\]](#) You must be feeling more energetic now from what I have heard? How easy was to quit smoking? I am not able to quit it at all.

Yes, a lot more energetic and peaceful.

For me to stop smoking weed was extremely difficult but just something I had to do.

I stopped smoking cigarettes years ago and turned to vapes (fuck that - extremely toxic) but now I use Zyns (nicotine pouches). I am going to ween myself off of these soon but as of today it is the only vice I use. ?

??CU?I?? TM - October 27, 2023, 9:09 am

(Oct 27, 2023 08:49 AM)Loud Wrote: [\[CITE\]](#) Yes, a lot more energetic and peaceful.

For me to stop smoking weed was extremely difficult but just something I had to do.

I stopped smoking cigarettes years ago and turned to vapes (fuck that - extremely toxic) but now I use Zyns (nicotine pouches). I am going to ween myself off of these soon but as of today it is the only vice I use. ?

I am planning to start taking nicotine chewing gums to stop cigarettes.

Slumerican ? - October 27, 2023, 9:30 am

Good for you! Keep up the great work.

I've been weed-free for over 7 years and quit smoking cigarettes 15 months ago. Everything's going well. ? Keep it up! Life has so much more to offer than those two.

LOUD - October 27, 2023, 9:34 pm

(Oct 27, 2023 09:30 AM)Slumerican Wrote: [\[CITE\]](#) Good for you! Keep up the great work.

I've been weed-free for over 7 years and quit smoking cigarettes 15 months ago. Everything's going well. ? Keep it up! Life has so much more to offer than those two.

Thanks for the kind words!

Also congratulations to you on your sobriety journey. I wish you the best with it, brother.

(Oct 27, 2023 09:09 AM)??CU?!?? ™ Wrote: [\[CITE\]](#) I am planning to start taking nicotine chewing gums to stop cigarettes.

I would highly recommend checking out Zyn Nicotine Pouches. Way better than the gum and they are just a great alternative to smoking/vaping.

Hungry4Knowledge - October 28, 2023, 1:00 am

Stopped weed, alcohol and back in college: you are really turning things around.

Just think about all that money you save.

HOMODIN - October 28, 2023, 1:26 am

Congratz mate, going strong, keep up the good work :3

I also went cold turkey back in -09, used to smoke 2 packs/day so I know the feeling all too well.

LOUD - October 28, 2023, 2:40 am

(Oct 28, 2023 01:00 AM)Hungry4Knowledge Wrote: [\[CITE\]](#) Stopped weed, alcohol and back in college: you are really turning things around.

Just think about all that money you save.

Thank you for the kind words, brother.

It has been quite the journey but definitely have saved a ton of money these last 7 months. ?

Doysxys - October 28, 2023, 5:12 am

(Oct 27, 2023 08:35 AM)Loud Wrote: [\[CITE\]](#) Today officially marks 7 months into my sobriety streak.

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I wasn't in the deep end but definitely standing on the diving board....?

I stopped smoking a few months before that and haven't done any other drugs in quite some time.

Feelin' pretty good about myself lately! ?

Wow, 7 months is a significant achievement! What activities or hobbies have you picked up during this time that have helped you stay on track and enjoy life without alcohol and other substances?

LOUD - October 28, 2023, 8:35 am

(Oct 28, 2023 05:12 AM)Doysxys Wrote: [\[CITE\]](#) Wow, 7 months is a significant achievement! What activities or hobbies have you picked up during this time that have helped you stay on track and enjoy life without alcohol and other substances?

Thanks for the kudos man!

I started in the gym 7 months ago when I stopped drinking and that's been a huge help to my overall health. I have also picked up reading more.

Crowned - October 28, 2023, 10:37 am

Congratulations, that's certainly quite a long mile that you've achieved. Just think about all the money that you've saved from not buying alcohol

banonkiel - October 28, 2023, 11:14 am

Fighting yourself is probably the hardest thing you can do in your life.

You did it and won, will be expecting 1 year sober in 5 month from you brother ?

Stay Strong.

Doysxys - October 28, 2023, 5:14 pm

(Oct 28, 2023 08:35 AM)Loud Wrote: [\[CITE\]](#) Thanks for the kudos man!

I started in the gym 7 months ago when I stopped drinking and that's been a huge help to my overall health. I have also picked up reading more.

Thats awesome man!

The gym and reading are great ways to deal with it wish you good luck on your journey keep it up!

source - October 28, 2023, 5:50 pm

Congrats dude! Should be a breeze from here for you.

LOUD - October 28, 2023, 6:04 pm

(Oct 28, 2023 05:14 PM)Doysxys Wrote: [\[CITE\]](#) Thats awesome man!

The gym and reading are great ways to deal with it wish you good luck on your journey keep it up!

Thanks a bunch man! I wish you well on your path. ?

(Oct 28, 2023 11:14 AM)banonkiel Wrote: [\[CITE\]](#) Fighting yourself is probably the hardest thing you can do in your life.

You did it and won, will be expecting 1 year sober in 5 month from you brother ?

Stay Strong.

Yes, indeed! It was quite the battle for the first month or so but now I am back to myself and in control of what I do.

Thanks for the kind words, brother. ?

SIM-2470866 - October 29, 2023, 7:56 am

I've been on this cleansing path myself recently, stopped drinking and sniffing from last 40 days so far. I used to drink and sniff heavily every freaking weekend but glad I'm off of it now. Feels great not gonna lie.

I couldn't stop smoking weed tho, that shit keeps me going.

LOUD - October 30, 2023, 1:41 am

(Oct 29, 2023 07:56 AM)NakedTurtle Wrote: [\[CITE\]](#) I've been on this cleansing path myself recently,

stopped drinking and sniffing from last 40 days so far. I used to drink and sniff heavily every freaking weekend but glad I'm off of it now. Feels great not gonna lie.

I couldn't stop smoking weed tho, that shit keeps me going.

Wow man! I am proud of you. I haven't done any booger sugar in a few years but I personally know how hard it can be to stop that, let alone drinking too.

I wish you the best on your journey and keep it up!?

Endorphins - October 30, 2023, 1:47 am

That is a milestone worth celebrating! Congratulations on your achievement [LOUD](#).

Keep it up, my good sir.

LOUD - October 30, 2023, 1:50 am

(Oct 30, 2023 01:47 AM)Endorphins Wrote: [\[CITE\]](#) That is a milestone worth celebrating!

Congratulations on your achievement [LOUD](#).

Keep it up, my good sir.

Thank you, brother! It has been a rollercoaster of emotions this past 7 months but I truly feel great about myself again. ?

Endorphins - October 30, 2023, 1:53 am

(Oct 30, 2023 01:50 AM)Loud Wrote: [\[CITE\]](#) Thank you, brother! It has been a rollercoaster of emotions this past 7 months but I truly feel great about myself again. ?

Although I never been into those things. I've had some fair share of addiction too that I've conquered in my lifetime.

The best thing here is you're far better than what you were before. Cheers, mate!?

Bastille - October 30, 2023, 1:54 am

Congrats man, that's not a small achievement,

I'm trying to quite too, I only succeeded to reduce the quantity of beer I'm drinking every week, and I've also reduced the % of alcohol in beers

How do you feel ? What benefits do you see ? feel ? ?

LOUD - October 30, 2023, 2:36 am

(Oct 30, 2023 01:54 AM)Yseurk Wrote: [\[CITE\]](#) Congrats man, that's not a small achievement,

I'm trying to quite too, I only succeeded to reduce the quantity of beer I'm drinking every week, and I've also reduced the % of alcohol in beers

How do you feel ? What benefits do you see ? feel ? ?

Props to you for trying! That is a good way to start. I now will occasionally drink a Heineken 0.0% beer for the flavor but nothing more than that.

I have noticed huge improvements to my overall physical health in the gym, better sleeping habits, but mainly my mental well being is a lot more sound. ?

SIM-2470866 - October 30, 2023, 5:13 am

(Oct 30, 2023 01:41 AM)Loud Wrote: [\[CITE\]](#) Wow man! I am proud of you. I haven't done any booger sugar in a few years but I personally know how hard it can be to stop that, let alone drinking too.

I wish you the best on your journey and keep it up!?

It was really tough in the starting, plus all my friend circle or people I know are into this so it was very hard to get away from these things as they used to be available 24/7.

Thank you <3 I wish you the best as well. Keep it up

Bastille - October 30, 2023, 6:07 am

(Oct 30, 2023 02:36 AM)Loud Wrote: [\[CITE\]](#) Props to you for trying! That is a good way to start. I now will occasionally drink a Heineken 0.0% beer for the flavor but nothing more than that.

I have noticed huge improvements to my overall physical health in the gym, better sleeping habits, but mainly my mental well being is a lot more sound. ?

I tried 0.0% beers but I think I miss the drunkenness sometimes, however I immediately regret the next morning ... Besides it's a shame that 0.0% alcohol beers are more expensive than "normal" beers.

Nice to hear, since I reduced my consumption my brain works better (I used to forget things immediately when I used to drink, like no "short time memory" was completely fucked up, even if I didn't drink during the day).

Congrats one more time, hope I'll post my own thread one day, like you :)

Tor - October 30, 2023, 11:43 am

(Oct 27, 2023 08:35 AM)Loud Wrote: [\[CITE\]](#) Today officially marks 7 months into my sobriety streak.

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Feelin' pretty good about myself lately! ?

Congrats, [LOUD](#) That's a huge accomplishment. 7 months sober is something to be proud of. Keep up the good work, man. Your health and well-being come first.

LOUD - October 30, 2023, 9:51 pm

(Oct 30, 2023 11:43 AM)Tor Wrote: [\[CITE\]](#) Congrats, [LOUD](#) That's a huge accomplishment. 7 months sober is something to be proud of. Keep up the good work, man. Your health and well-being come first.

Yes, they most certainly do.

Thank you for the kind words, brother! ?

Deany - October 30, 2023, 9:57 pm

Gratz on staying sober. Keep it up forever.

LOUD - October 30, 2023, 10:35 pm

(Oct 30, 2023 09:57 PM)Deany Wrote: [\[CITE\]](#) Gratz on staying sober. Keep it up forever.

Thanks homie! That may be the plan but I may have a beer down the road. Who knows!

I just know that I have a ton of self control + self confidence right now where I no longer will ever feel the need to binge drink.

Laced™ - January 6, 2024, 1:21 pm

I just recently hit 14 month. Huge props! It gets better day by day

CAVEman - January 6, 2024, 9:43 pm

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I stopped smoking a few months before that and haven't done any other drugs in quite some time.

Feelin' pretty good about myself lately! ?proud of you boss, seen booze take down way way to many people

LOUD - January 7, 2024, 5:39 pm

(Jan 6, 2024 10:43 PM)CAVEman Wrote: [\[CITE\]](#) proud of you boss, seen booze take down way way to many people

Thanks brother! I completely agree. I am now past the 9 month mark and feeling great. ??

mikee1877 - January 11, 2024, 6:07 pm

Congrats, keep at it brother.

Jamika - January 12, 2024, 4:31 am

Good for your health bro, good work

Spore - January 13, 2024, 4:00 am

Congrats bro! Alcohol is not a force to be reckoned with, and you kicked it's ass!

The Pact - January 13, 2024, 8:17 pm

Congrats dude! We are proud of you proud of you.

We wish you the best on your journey and keep it up!

MarkGold - January 22, 2024, 6:04 pm

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Feelin' pretty good about myself lately! ?
glad to hear that hope u never drink again on ur life

?{ RadioActive Hack }? - January 24, 2024, 11:23 pm

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I wasn't in the deep end but definitely standing on the diving board....?

I stopped smoking a few months before that and haven't done any other drugs in quite some time.

Feelin' pretty good about myself lately! ?

That's honestly really good. It's not an issue I've had to deal with, but you should be very proud of yourself. keep up the good work.