

I need help

Posted by gyegye2 - 09 May 2012 15:15

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I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by Dov - 24 Jan 2014 06:09

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Any time that works for us. Just PM me with where and when and I will see what I can do.

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Re: I need help

Posted by gyegye2 - 28 Jan 2014 19:40

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ok I am pm you

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Re: I need help

Posted by Dov - 28 Jan 2014 22:58

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Re: I need help

Posted by gyegye2 - 19 Mar 2014 17:32

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had a fall after 61 days

I fell thru the internet

I searched for wrong stuff

I added this search to my blacklist in my thaphsic method that if I search for it again I pay 60\$

this was my longest strike I ever had, so I am improving

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Re: I need help

Posted by Ezra - 20 Mar 2014 07:30

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Amazing news gyegye2 - improvement is fantastic! Keep on trucking and don't let a fall bring you down.

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Re: I need help

Posted by Pidaini - 20 Mar 2014 09:22

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Sorry to hear about your fall, brush off, learn from it, and grow further!!

Is there anything you learned from the fall?

just a thought, is there anything proactive that you were doing in those 61 days to lessen the desire? Or was the desire there the whole time just without any way to let it out?

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Re: I need help

Posted by gyegye2 - 24 Mar 2014 17:22

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Thank you Ezra for your chizuk

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Re: I need help

Posted by gyegye2 - 24 Mar 2014 17:29

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Thank you Pidaini for your reply

Nothing specific that I learned from this fall more then what I knew already

the desire was there during the 61 days, some times more some times less.... I had ways to let it out all the time if I wanted... who can keep me back?

I didn't fall as I have many gedarim as you can see in all my previous posts, and now I updated my gederim.

but I feel like I am dealing with the symptoms instead of dealing with the source of the problem.

as if it is leaking from the roof every few days, and I buy a better umbrella and then a better umbrella, instead of fixing the roof.

I am thinking about joining the phone 12 step group, I just hope that the timing will work with me.

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Re: I need help

Posted by Dov - 26 Mar 2014 03:57

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May I ask exactly what "fell" means? If it is impossible or inappropriate for you to be explicit and clear about exactly what you did and tend to do and have trouble with, that's understandable. But all this chizzuk is not gonna fill your tank enough...nothing will, if 'going clean for longer' is your main goal.

I believe that only explicit, uncomfortable honesty is the only thing that will give many addicted people what they really need, to stay clean in this lifetime. I believe that may not be true for you, but it is for me and many others and I can share that honesty with you if you like. And many others will be glad to, as well.

And that is not a thing you can really get on the forum.

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Re: I need help

Posted by gyegye2 - 26 Mar 2014 17:35

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thank you dov for your reply

I will send you a pm with the details of my fall

as I don't want it to be public on the forum as it may lit up some people

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Re: I need help

Posted by Dov - 27 Mar 2014 06:05

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Yep. You are probably 100% right. And therein lies one of the great limitations in GYE posting as a recovery tool. No matter why complete honesty and clarity are not possible here - complete honesty and clarity are not possible here.

Nu.

But for many it has been a great start!

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Re: I need help

Posted by gyegye2 - 26 Aug 2014 17:34

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up to 71 days clean!

my longest strike before was 60-63 days

getting better

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Re: I need help

Posted by cordnoy - 26 Aug 2014 18:14

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That's great news!

We are very proud of you!

Wanna clue us in on your successes?

How'd you do it?

What changed?

Small tips can help us in a grand way.

thanks and continued hatzlachah

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Re: I need help

Posted by gibbor120 - 26 Aug 2014 21:56

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KUTGW!

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