

I need help

Posted by gyegye2 - 09 May 2012 15:15

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 cordnoy - 28 Aug 2014 20:04

If youre at day 73, keep up whatever youre doin'if c"v there's a break in the action, you might wanna consider gettin' out of your comfort zone.

Meanwhile, KOT!

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Re: I need help

Posted by gyegye2 - 02 Sep 2014 17:40

thank you cordnoy

day 77

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Re: I need help

Posted by cordnoy - 03 Sep 2014 15:44

My pleasure.

and let us know please any tips you might have.

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Re: I need help

Posted by gyegye2 - 03 Sep 2014 17:58

my tip is to follow the GYE handbook... they give you step by step instructions, up to the extreme of taking medication, at some point before or after it must work

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Re: I need help

Posted by gyegye2 - 03 Sep 2014 18:02

another interesting thing I saw by myself is that most of the time I was tempted towards the end of my work day when I was burned out and was looking for some excitement. so now I listen to some music or go on the following page www.aish.com/j/j/a/ for a joke or 2.

and this is a good alternative for me.

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Re: I need help

Posted by cordnoy - 03 Sep 2014 19:51

Good to hear.

thanks for sharin'.

b'hatzlachah

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Re: I need help

Posted by dms1234 - 04 Sep 2014 01:51

How about this:

guardyoureyes.com/forum/23-Just-Having-Fun/21520-The-Depressed-Persons-Chill-Spot-%29

Perhaps you can add some jokes?

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Re: I need help

Posted by gyegye2 - 16 Sep 2014 19:18

after 3 years since i got to gye

after 17 pages on the forum writing my battle

after many many ups and downs

i reached 90 days for the first time!

lechaeiyem, lechayem!

i know that i cannot let the guard down, good that it is now before rosh hashana and more high days, this might help me.....

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Re: I need help

Posted by Machshovo Tova - 16 Sep 2014 19:27

[gyegye2 wrote:](#)

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Mazel tov upon reaching and passing Tzadik days! May you be inscribed in the book of Tzadikim Gemurim.

Hatzlacha

MT

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Re: I need help

Posted by cordnoy - 16 Sep 2014 19:39

Somethin' real special.

keep on postin'

you are an inspiration

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Re: I need help

Posted by dms1234 - 16 Sep 2014 20:35

WOW! KEEP ON GOING....ONE DAY AT A TIME!

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Re: I need help

Posted by Gevura Shebyesod - 16 Sep 2014 20:49

KUTGW!!!

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Re: I need help

Posted by skeptical - 16 Sep 2014 21:00

Mazel Tov!

Keep on keeping on!

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Re: I need help

Posted by Pidaini - 16 Sep 2014 22:04

WOOOOOOOOHOOOOOOOOOOO!!!!

How does it feel?

What have you been doing to stay clean?

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