

How to forget ?

Posted by tikounberith - 25 Jan 2013 16:21

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Hello,

I'm starting to work on my addict. I start to read the GYE handbook, I try to keep my eyes (the 3s method is very useful by the way).

I understand that without strong barriers, it's not possible to succeed. However, there are a lot of pictures, scenes in our memory that we can't erased... How to deal with them ?

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Re: How to forget ?

Posted by GYEmember - 16 Feb 2015 03:40

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Dear tikounberith, how is it going with the thoughts? Have any of the suggestions helped?

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