

Moshe's suggestion.....

Posted by Moshe Avenue - 02 May 2014 05:15

Hi All

B'H I have 67 days clean and more importantly, 67 days sober. I thought I'd share something that I am finding really helps me a lot.

From reading posts in the GYE Forum and listening to guys on the conference calls and speaking one on one to some chevra, I think that many of us are very visual people. If shmirat enayim, porn and other things are issues for us - then in all likelihood visual imagery is a very powerful force.

From when I started on the program (Feb 24th, 2014,)I took a wall calendar that displays every day (the type of calendar we all get from various Jewish organisations!)and each morning I put a big red X through the previous day where I had been sober/clean. It didn't mean much to me for the first few weeks, but now that I have over two full months of sobriety I can visually see each day and how it has all accumulated and I have an unbroken chain of X's.

I also feel motivated by not breaking the chain. I can't think how bad I'd feel if I saw a day without an X through it!!!

A small but effective tip.....

(By the way, the calendar sits at the bottom of a drawer in my desk and is not seen by any other member of my family - so it need not be a public display if that's an issue)

shabbat shalom

Moshe in Australia

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Re: Moshe's suggestion.....

Posted by shivisi - 13 May 2014 14:34

[Moshe Avenue wrote:](#)

Hi All

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Shivisi reponds:

Thank you Moshe for sharing that simple but helpful idea with us, all the way from Australia.

Unfortunately for me, I don't think this idea will work for me.

I am at 89!! days clean, but I think I may say that I'm NOT 89 days sober!

I'm not 100% sure what you meant to say with that, but I'll tell you what I mean.

I'm not looking forward to tomorrow, to day 90! I don't feel ANY excitement or feeling of victory etc. by gettig to 90 days.

I'll tell you why.

I started the 90 day thing just "to show myself that could do it". Since, when it comes to "facing off against myself" I'm a very egoistic person, I wanted to show MYSELF that "I can stop whenever I want to".

Now that I'm finally there, I don't feel any push to "put more "Xs" on my (proverbial) chart".

I can't either "think how bad I'd feel if I saw a day without an X through it" - for the simple reason because **I don't think I will feel bad!!!**

What about "THE UNBROKEN CHAIN"?

I say to myself: (what I've been "preaching" to others here for the past 89 days):

It's "one day at a time!" right?

Every day is a victory! right?

"You never lose the past days even if you fall!" right?

ok so I gained 90 days of victory, which even if I "break the chain" I will never lose,
and whenever I'm in the mood of it I'll do some more "one day (or more)at a time victories.
BIG DEAL!!

I made my comment into a NEW POST - Here:

guardyoureyes.com/forum/1-Break-Free/231650-OK-90-DAYS--BIG-DEAL!!--SO-WHAT!!!!#231650

so please post any responses to MY post THERE}

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