

Re: Caim's story - I feel great on gye
Posted by Caim - 30 Nov 2015 12:39

Hi, I am new to this site, and I just started out on my 90 day journey. It's been a four days already that I'm clean already B"H. However, I'm starting to feel like it's getting hard for me like I miss the excitement and the feeling. Can anyone give me ideas what to do about it. I would greatly appreciate it.

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Re: I feel like I'm going to fall
Posted by cordnoy - 30 Nov 2015 13:00

Welcome,

Have you looked around this entire site? It is filled with ideas. Click on the signature of various members as well.

B'hatzlachah

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Re: I feel like I'm going to fall
Posted by markz - 30 Nov 2015 13:04

Cordnoy, Caim is seeking replacement excitement, where can he find that?

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Re: I feel like I'm going to fall
Posted by mggsbms - 30 Nov 2015 15:24

What you're feeling maybe the withdrawal it's part of the healing. The 12 step program deals with you're questions. You got to keep in mind that it's not a quick fix, and only counting will

hardly do the job. However you have come to the right place, stick around for there's tons of help here.

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Re: I feel like I'm going to fall
Posted by Gevura Shebyesod - 30 Nov 2015 15:27

[markz wrote:](#)

Cordnoy, Caim is seeking replacement excitement, where can he find that?

In the JHF section?

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Re: I feel like I'm going to fall
Posted by pischoshelmachat - 30 Nov 2015 16:05

Hi Chaim,

Do you exercise daily? Do you learn Torah daily?

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Re: I feel like I'm going to fall
Posted by Shlomo24 - 30 Nov 2015 19:43

welcome! i have found that just stopping wasn't enough for me. I needed to replace also... what gives you joy in your life?

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Re: I feel like I'm going to fall
Posted by Caim - 01 Dec 2015 02:36

Since I work during the day I do not have enough time to learn or to do exercise. However I will try to work on to make some time for excercise and learning more during the day. Also how can I deal with the withdrawal feeling I am experiencing, and what is the JHF section, and where is it on the website, thank you very much for all of the ideas

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Re: I feel like I'm going to fall
Posted by Gevura Shebyesod - 01 Dec 2015 03:32

<https://guardyoureyes.com/forum/23-Just-Having-Fun>

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Re: I feel like I'm going to fall
Posted by Caim - 02 Dec 2015 00:29

Thank you all for your insights and ideas I really appreciate it.

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Re: I feel like I'm going to fall
Posted by stillgoing - 02 Dec 2015 00:39

Hi Caim. Welcome to the army. We're not here to win, (as tempting as that is) we're here to fight. We have spy missions where we learn how to trick the y"h. We learn how to build a long term war strategy, there is even a bomb section where we can get a emergency turn-off when the talva is brewin', and then there is a place to work on reconstruction, to rebuild our lives after the dictator has been thrown out.

. Really, there is tons to gain here (like our whole lives). Stick around
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Have you read the GYE handbook yet?

SG

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Re: I feel like I'm going to fall
Posted by Caim - 02 Dec 2015 01:19

Thank you for the chizuk! And I am in the middle of reading the handbook.

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Re: I feel like I'm going to fall
Posted by stillgoing - 09 Dec 2015 15:39

Hi Caim. How have you been doing?

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Re: I feel like I'm going to fall
Posted by Caim - 09 Dec 2015 23:20

Thank you very much for your concern. I had falls and are now on my second day clean again.

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Re: I feel like I'm going to fall
Posted by Caim - 10 Dec 2015 16:11

I am thinking about setting up the TAPSIC method but however I am scared because I am afraid that I am going to fall and need to pay the knas. therefore I am looking for the right idea. If anyone has any idea for me please let me know

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