

Struggling

Posted by Egghead - 05 May 2016 02:41

How do I stay committed to changing my life around? Every time I decide 'this is it!!!' it never seems to stick long enough in my brain to become me!!

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Re: Struggling

Posted by mr.clean - 05 May 2016 03:07

The thing that I learnt regarding his is that yea, in the beginning, for some it's a few days for others maybe a few weeks, you gotta just white knuckle it. Tough it out. Put T-shirt in ur mouth and bite down hard and wait for it to pass... For the long term a plan is probably necessary... White knuckling can only get you so far...

Hatzlacja!

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Re: Struggling

Posted by peloni almoni - 05 May 2016 03:57

[Egghead wrote on 05 May 2016 02:41:](#)

How do I stay committed to changing my life around? Every time I decide 'this is it!!!' it never seems to stick long enough in my brain to become me!!

deciding doesn't ever really do much. it is acting upon the decision that yields results.

what steps have you taken?

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Re: Struggling

Posted by Egghead - 05 May 2016 05:07

I guess nothing really. What do you suggest?

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Re: Struggling

Posted by inastruggle - 05 May 2016 05:22

Welcome!

I can totally relate to what you said. Before I found gye, I used to make kabbalos to stop all the time. I can't remember a single one that I kept.

You already took a big step by posting. One of the most powerful tools in this struggle is the fellowship you get here. Keep posting and interacting with people here.

There's a lot to learn and it's easy to get overwhelmed. Read some of the articles and threads here. It can take a little while to get the lingo and basic ideas so don't worry if you feel a bit lost at first.

Are your devices filtered?

Did you join the 90 day chart?

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Re: Struggling

Posted by realsimcha - 05 May 2016 06:03

Welcome! I can tell you from experience, listen to the guys here. They are smart, give good advice, they have been there and most of all, they care. Stick around. Start posting. Share your successes with us, and you will be strengthening others in the process.

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Re: Struggling
Posted by Egghead - 05 May 2016 13:59

I joined 90 days though I restarted it a few times but I don't have a filter

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Re: Struggling
Posted by markz - 05 May 2016 14:20

Mark Egghead#2 is here to join you

The 90 day thing for most of us is a cool thing to have, like a grandfather clock, it's not gonna get our truck moving unless we put something into the gas tank or other things

So...

Theres a navigation GPS below, checkit out!

Try to stay on one thread if possible (this or the Egghead one), and endeavour to participate in cordnoys 1:20pm call

Keep on Trucking and I wish you no more Humpty Dumpty smashing eggs

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Re: Struggling

Posted by inastruggle - 05 May 2016 16:08

A filter is kinda important. It's a big step in the right direction and even though it isn't foolproof it does give you extra time in a weak moment to snap out of it.

I understand that sometimes you can't filter every device you have accesss to. I can use my family's devices and can't filter them. But at least filter your own devices and try to use them exclusively.

Or use accountability software. Or both.

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