

What's the most radical step you've taken to quit?

Posted by bearman13 - 26 Sep 2016 06:53

Hi chaverim,

Just throwing a question out there... what's the most radical step you've taken to quitting this addiction? I'd love to hear other's thoughts.

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Re: What's the most radical step you've taken to quit?

Posted by Watson - 26 Sep 2016 07:17

Do you mean radical steps that didn't work, or radical steps that worked?

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Re: What's the most radical step you've taken to quit?

Posted by Shlomo24 - 26 Sep 2016 12:10

Great question. A couple things come to mind. When I was in relapse, I was checking in every 15 minutes with someone. Also, when I decided to put recovery first, above anything else. I actually didn't have success until I did that. Physically harming myself when I had a lust hit might be the most radical step that didn't work, or maybe when I had my father monitor my phone and he would go through all my calls.

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Re: What's the most radical step you've taken to quit?

Posted by bearman13 - 28 Sep 2016 07:25

These are all the things I've tried, and a score out of 10 of how effective they've been for me:

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That's all I've tried so far. I've been on this recovery journey about 4 years now. It ain't that easy, but the rewards are immense. I'm not perfect and still recovering. But much much better than where I was when I started. Just sharing my thoughts to all.

Shana tova l'kulam. I wish everyone that this next year will bring success for all of us over the yetzer harah!

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