

Group 196

Posted by the.guard - 09 Dec 2016 12:50

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Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch\_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

**??? ?? ?????? ?????? ?????? ????? ???**

Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com).

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Re: Group 196


Posted by will Succeed Beh - 14 Dec 2016 19:03

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[shua73 wrote on 14 Dec 2016 16:50:](#)

[will Succeed Beh wrote on 14 Dec 2016 15:36:](#)

Hi Shua73

Do you know who this person in the picture of yours is? 

[will Succeed Beh wrote on 08 Dec 2016 18:59:](#)

But then it started with movies, i got hooked up on an actor went on searching for more movies

Yeah it's Sylvester Stallone watching Adonis Creed practice his boxing. I like the reflective look in his eyes like he's going over his past and reevaluating it in hindsight trying to make sense of everything so I relate to that emotion and thats why I used it.

Yes but by me he was a hero (didnt see this one, but i recognised his face right away) , i got hooked up on the expandables and thats when i started of with movies, so im working hard not to fall in to that again, and to stop seeing him as a hero!

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Re: Group 196

Posted by will Succeed Beh - 14 Dec 2016 19:08

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Hi Guys.

Nice to see you all here

Had i long talk with my Mentor/Psychologist or however you want to call it...

We came to a few points, the strongest one was, we are aiming now for 2 steps,

1) Clearing the mess = keeping strong (as of now with the TaPHSiC Method) as its called in Seforim (??? ???).

2) Getting power on how much our thoughts can control me = When i feel a drive/desire its the thought that i need to satisfy my desire/drive that makes me act out, and i'm aiming to get control and be able to tell myself "i know i've got these thoughts - but i can have these thoughts and still go on in life (without having a need to act out, thats the way normal people

think (thats what he said - as i have got no idea how normal people think).

B"H up to 14 DAYS = 2 WEEKS

Thats from [my thread](#)

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Re: Group 196

Posted by LifneiHashem - 14 Dec 2016 22:22

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WS it's great that you have a live person to talk to. I have not taken this step but many people on GYE say it's very important. Do you find it has changed things for you?

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Re: Group 196

Posted by shua73 - 14 Dec 2016 22:27


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[will Succeed Beh wrote on 14 Dec 2016 19:03:](#)

[shua73 wrote on 14 Dec 2016 16:50:](#)

[will Succeed Beh wrote on 14 Dec 2016 15:36:](#)

Hi Shua73

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Yes but by me he was a hero (didnt see this one, but i recognised his face right away) , i got hooked up on the expandables and thats when i started of with movies, so im working hard not to fall in to that again, and to stop seeing him as a hero!

Sorry should I change the picture?

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Re: Group 196

Posted by shua73 - 14 Dec 2016 22:38

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Hey people i feel like slipping so instead I'll just post that I'm feeling this way.

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Re: Group 196

Posted by shua73 - 14 Dec 2016 22:46

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[LifneiHashem wrote on 14 Dec 2016 22:22:](#)

WS it's great that you have a live person to talk to. I have not taken this step but many people on GYE say it's very important. Do you find it has changed things for you?

Live as in in person or as in not through chatting / posting

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Re: Group 196

Posted by cordnoy - 14 Dec 2016 22:54

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[LifneiHashem wrote on 14 Dec 2016 22:22:](#)

WS it's great that you have a live person to talk to. I have not taken this step but many people on GYE say it's very important. Do you find it has changed things for you?

Night and day.

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Re: Group 196

Posted by cordnoy - 14 Dec 2016 22:56

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[shua73 wrote on 14 Dec 2016 22:38:](#)

Hey people i feel like slipping so instead I'll just post that I'm feeling this way.

Good move.

keepI us posted please.

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Re: Group 196

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Posted by LifneiHashem - 14 Dec 2016 23:22

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[shua73 wrote:](#)

Hey people i feel like slipping so instead I'll just post that I'm feeling this way.

Shua I don't have any sage advice, but thank you for posting and I am davening for you now.

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Re: Group 196

Posted by LifneiHashem - 14 Dec 2016 23:29

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[shua73 wrote:](#)

[LifneiHashem wrote:](#)

WS it's great that you have a live person to talk to. I have not taken this step but many people on GYE say it's very important. Do you find it has changed things for you?

Live as in in person or as in not through chatting / posting

Live in person

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Re: Group 196

Posted by shua73 - 14 Dec 2016 23:29

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[LifneiHashem wrote on 14 Dec 2016 23:22:](#)

[shua73 wrote:](#)

Hey people i feel like slipping so instead I'll just post that I'm feeling this way.

Shua I don't have any sage advice, but thank you for posting and I am davening for you now.

It doesn't go away just because I posted but it sure makes it much easier. And thanks I appreciate it

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Re: Group 196

Posted by Yosef Tikun HaYesod - 14 Dec 2016 23:31

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Shua, man. Don't do it!

I have felt the same way recently. Here is what I wrote about this just today:

Another clean day.

Not a lot to say right now.

Can't say everything's good.

Lots of frustration.

But this area of tyvah has been good.

Similar to eating healthy (and losing weight).

These are 2 areas that I am taking control,

and have been successful today.

(and for the last little while now).

It actually makes me feel a little better, since other things

outside of my control or at least partially outside of my control

are largely frustrating me recently.



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I can't let this area slip and eat junk food, or I'll really feel like crap afterward!

Hope this perspective helps.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 14 Dec 2016 23:44

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We can all get to 90-days clean. This is an accomplishment that you can do, but it isn't going to be easy.

Because it takes real effort and struggle, is exactly why you'll get a sense of accomplishment and feeling of positivity about yourself when you get there. This feeling is/will be WAY more long-lasting than the immediate, fleeting pleasure from giving into our tyvahs. Saying that to myself, reminding myself, has helped me and may help you too. Also, get out of the room you are having the test in. Remove yourself, get some fresh air, something. Just move out of there. A lot of times, once you change the setting, and don't immediately give in, the "spell is broken" and you get out of the danger zone.

Let me know if any of this helps you. It has helped me. Yesterday, big time! And even today, when the desire pops in my head. You can win and not give in. You are in control. It isn't in control of you.

Obviously, this is only my own perspective and will not be the right approach for everyone. Why I even feel the need to write this disclaimer is crazy, but necessary...based on prior posts on my 90-day thread.

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Re: Group 196

Posted by cordnoy - 14 Dec 2016 23:44

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[shua73 wrote on 14 Dec 2016 23:29:](#)

[LifneiHashem wrote on 14 Dec 2016 23:22:](#)

[shua73 wrote:](#)

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Shua I don't have any sage advice, but thank you for posting and I am davening for you now.

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Perhaps read two pages from the white book.

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