

Trying

Posted by Kalkal - 13 Aug 2018 22:59

Ive been clean so far for 61 days.

I kept myself busy, now I'm finding myself with an abundance of spare time. I really hope that I don't give in again. I feel like I may. But I hope I can hold in here.

Any thoughts?

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Re: Trying

Posted by mzl - 13 Aug 2018 23:49

[Kalkal wrote on 13 Aug 2018 22:59:](#)

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I kept myself busy, now I'm finding myself with an abundance of spare time. I really hope that I don't give in again. I feel like I may. But I hope I can hold in here.

Any thoughts?

I think it's hard to know without knowing your specific situation. Maybe if you daven to figure out what to do to stay clean it'll come to you.

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Re: Trying

Posted by Hashem Help Me - 14 Aug 2018 03:56

For me the yeshua was speaking with others who had "been there and done that". Maybe try that.

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Re: Trying

Posted by ape - 18 Sep 2018 00:48

When you stopped using your "bottle" and got clean, that left a vacuum. It might be good to fill this vacuum with "replacements". Just think of all the great things you can engage in now with all that free time. It's even better to engage in replacements that give you some of that good feeling that you would get from acting out, like exercise, activities that make you feel alive. Addiction is a pathological relationship with something, like a substance or a process. Therefore, make healthy relationships with healthy activities and with people. The opposite of addiction is not sobriety. The opposite of addiction is healthy connection.

So, fill your spare time with healthy activities, and fill the vacuum with healthy connections and relationships.

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Re: Trying

Posted by grateful4life - 18 Sep 2018 03:39

Welcome to the forum ape!

Good stuff!

KOP - Keep on posting!

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Re: Trying

Posted by ape - 09 Jul 2019 21:30

Hi. I'm new to GYE, though I have been a member for years. I don't know really how to use this site. I just know that lust is one of the areas of my powerlessness. I attend AA and have a sponsor, who is also in an S program, and he thought that it might be good for me to attend some S meetings so I could discuss lust issues

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Re: Trying

Posted by ape - 09 Jul 2019 21:31

I am at work, though, and someone will be here in a minute. Just wanted to start this

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Re: Trying

Posted by ColinColin - 09 Jul 2019 23:52

Try to understand what triggers the lust.

Some of it can be natural, a desire towards the opposite sex is natural.

But is it more powerful than this?

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Re: Trying

Posted by David26fr - 10 Jul 2019 07:34

[ape wrote on 09 Jul 2019 21:30:](#)

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It's very good that you have a sponsor, and SA meetings could help you.

Did you read the GYE handbook ? It's the best way to start in GYE, in my opinion

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