

Staying in touch

Posted by Sidewayz - 30 Apr 2019 01:42

Hey guys so I'm pretty sure I know what I need to to stay sober and I'm sure it could help a lot of people out. As we all know lust hides in dark. It loves making us isolated and completely DISCONNECTED, As a result of this isolation the cycle continues to turn. Now the thing that has to be done is we gotta CONNECT, that's the key. Once we get out of isolation and expose the lust were feeling it loses its power. Our connection with others will empower ourselves and diminish the lust. Now my problem is that when I'm lusting the last thing I wanna do (even though I know it's whats gotta be done) is pick up the phone and call someone. So does anyone have any suggestions for that? And secondly I'm looking for a bunch of people to be in touch with over the phone daily or every other day. Maybe we'll make a group whatsapp or it will be individualized, suggestions are welcome. Please let me know guys

thanks

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Re: Staying in touch

Posted by Hashem Help Me - 30 Apr 2019 03:22

Be in touch on a daily basis in the beginning and then it will be easier to reach out when in trouble....

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Re: Staying in touch

Posted by 360gye - 30 Apr 2019 18:21

It is a great idea to have a group of guys to stay in touch with daily and be held accountable for your actions. May i suggest that you start by calling/whatsapp your group of people daily even if there is no lust, and that way it will be somewhat easier for you to call them up when lusting.

I would be willing to whatsapp with you daily but i don't like talking on phone. if you're interested email me at 360gye@gmail.com

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