

Stuck in rut

Posted by Sidewayz - 23 May 2019 17:10

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If anyone could help me that would be amazing. I've been stuck in this cycle of falling after like every 4 days. In the beginning of this year I would be able to go months clean but now I just can't seem to pick myself up. I've been doing the taphishic method and idk it hasent been working, maybe cause I'm not being honest with it.

So if anyone has advice to get out of this rut please advise!!!

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Re: Stuck in rut

Posted by cordnoy - 23 May 2019 18:24

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[Sidewayz wrote on 23 May 2019 17:10:](#)

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So if anyone has advice to get out of this rut please advise!!!

Yes. Pick another tool from the handbook.

Godspeed to you

Lookin' forward to hearin' positive developments from you.

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Re: Stuck in rut

Posted by ColinColin - 24 May 2019 03:27

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Sounds to me like you are in the grip of lust.

I have been there.

One way to stop it is to throw yourself into a project - it can be anything positive -

Perhaps prepare a shiur?

Or take up a new sport?

Or red a book and write notes on it?

Or build something around the house.

With a positive focus, you can feel better about yourself and not feel the need for the fake pick-me-up which porn promises but only delivers for a fleeting moment.

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