

I'm Back!

Posted by DeterminedtoWin - 04 Jul 2019 23:25

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Hello everyone,

It's been a very long time since I've posted or even looked at the forums. The time has come that I've decided I must get involved again if I want to really break free from the addictive and destructive behaviors that keep returning no matter how much better I think (or wish) I am doing.

I joined the GYE program almost a year and a half ago and have grown tremendously from it. I was zoiche to experience the taste of freedom with a streak ending in the 150's. However, once I broke my streak a bunch of months ago it has been off and on ever since. I think that I've been telling myself, "Look, now I know that I can stay clean if I want to and that this doesn't count. I will go back to leaving it all behind one day again, but for now just this once." I still tried to stay clean but would keep falling every few weeks and began to care less and less, always telling myself that I can get clean again and that one day I'll go back to it for real. I've been suffering from a serious case of doing these things so often "na'asa lo k'heter".

I'm not sure what clicked, but now I finally decided that I want to go back to it for real. I very much want to go back to really making it happen and working hard on getting and staying clean for good. I know that when I was involved on the forums it was much easier. I didn't feel as alone. Yes, I do have a partner and a sponsor but I have been feeling too ashamed to give them ) and I've come to realize that at the end of the day, "ein hadavar talui elah be."

The problem is that life is so busy and it's not easy to find the time. I am now determined to find the time at least once a week or every other week to visit the forums and get involved again. Also, now that I am being more open with my partner and sponsor it can be easier to stay more in touch with them. It's not easy to admit that I haven't managed to really stop these behaviors but I think it's worth the embarrassment. I also feel bad and hope that I'm not making them meshuga with all my updates and check ins. Life is busy for all of us.

Bottom line - I hereby am reigniting my determination to get clean and be"H will be zoiche to kick the destructive habits once and for all!!

Thank you all for being there,

Determinedtowin

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Re: I'm Back!

Posted by DeterminedtoWin - 17 Jan 2021 17:11

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Chasdei Hashem had a very re-*JEW*-venating Shabbos and am starting the week feeling strong. Be"H it should only continue!

Reminding myself of my kabbala to not go anywhere on my computer that I would not want my wife to see and to keep my streak going ODAAT by staying connected and posting daily at least until Purim be"H.

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Re: I'm Back!

Posted by DeterminedtoWin - 18 Jan 2021 20:34

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5 days down - on to day 6 be"H!

B"H going strong and staying connected.

I am so grateful for GYE and this chevra of such supportive and growing people. Thanks!

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Re: I'm Back!

Posted by Realestatemogul - 19 Jan 2021 05:21

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You are doing great!! Keep posting and reaching out to your partner!

What do you find most helpful in staying on track?

Posting on the forums? Having a schedule? A better filter?

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Re: I'm Back!

Posted by DeterminedtoWin - 19 Jan 2021 18:56

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Thanks, b"H another great day! Today will be day 7, a full week b"H!

Right now, for me it's less about fighting for each day and more about being back in the healthy zone that I was in back when I had my long streak of something like 120 days or so. B"H I feel back in that place. I knew I could get there I just needed help getting back up. As HHM says, it's not that I fell off the mountain and had to start all over again from the bottom, I just fell down *on* the mountain and needed to get back up and continue forward. (It was a really slippery spot on the mountain though!)

I did fix some holes in my filter but that's not what's doing it for me since when I am in that unhealthy zone, I can spend hours looking for new holes. It's more the real support by real people on the forums and my partners and mentors that have gotten me back up. My own resolve to make this happen *today* by aiming to get to Purim in this healthy state of mind (which feels so good b"H) also is helping me keep it going. B"H, since I started this new plan last week I haven't really been having any struggles (bl"eyh!).

Can't thank Hashem and you guys enough!!

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Re: I'm Back!

Posted by DeterminedtoWin - 20 Jan 2021 19:34

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B"H doing great!

I have some free time now and a lot things I need/want to get done. Feeling a bit overwhelmed, but going to make a list, put on some music, and get to work. Looking forward to the rest of a great day!

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Re: I'm Back!

Posted by DeterminedtoWin - 21 Jan 2021 16:13

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B"H I did indeed have a great productive day yesterday and on to another one today be"H!

Sticking with my plan to keep on posting daily at least until Purim.

Keep you posted....

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Re: I'm Back!

Posted by DeterminedtoWin - 22 Jan 2021 20:05

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I feel like a free man, back up on the mountain with a fresh, rewired, brain that is not constantly turning to lust to satiate the monster. Thank you all for following my journey, it makes such a difference. See y'all next week! Looking forward to another free and geshmaka week be"H!

Good Shabbos,

Detreminedtowin

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Re: I'm Back!

Posted by Grant400 - 22 Jan 2021 21:13

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[DeterminedtoWin wrote on 22 Jan 2021 20:05:](#)

I feel like a free man, back up on the mountain with a fresh, rewired, brain that is not constantly turning to lust to satiate the monster. Thank you all for following my journey, it makes such a difference. See y'all next week! Looking forward to another free and geshmaka week be"H!

Good Shabbos,

Chasdei Hashem I had a super week!!  
DeterminedtoWin

Amazing! You got this! Keep updating.

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Re: I'm Back!

Posted by YeshivaGuy - 25 Jan 2021 17:59

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How u been?

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Re: I'm Back!

Posted by DeterminedtoWin - 25 Jan 2021 19:21

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Thanks YeshivaGuy for checking in! I was barely at my computer yesterday and forgot to post and update you guys.

B"H feeling strong and clear! (I don't like saying *still*... because it sounds like I'm expecting to fall at some point. Right now, I just am doing good, not still doing doing good.) B"H I had a very special and wonderful Shabbos (family simcha!) and am looking forward to another great week.

Getting excited for the heiliga day of Purim that is starting to get a little closer! (My kids already )

Reminding my self of my resolve (sounds better than kaballah) to bl"n not go anywhere on my computer that I would not want my wife to see (or else -\$100!) and to keep posting daily and started listening to the Purim story! staying connected with my partners and mentor. The knaas doesn't even feel as necessary right now since I am not feeling the struggle b"H, but I threw it in my "reminder-to-self" just in case. We all have days that are harder than others, hopefully I wont have any in the near future, be"H.

Have a super week everyone!

Determinedtwin

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Re: I'm Back!

Posted by Realestatemogul - 26 Jan 2021 03:56

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Look at how consistent you have been posting on the forum! You stuck to your resolve to try and use a tool to help you overcome this challenge! Kudos to you!

Keep up the great work and you seem to be in a great place!

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Re: I'm Back!

Posted by Ish MiGrodno - 26 Jan 2021 04:30

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Amazing!

We've got your back and will BLN be looking out for your posts on a nightly basis.

Nothing like good ol' accountability (and a dosage of daily TLC from people who truly care about you doesn't either hurt)...

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Re: I'm Back!

Posted by DeterminedtoWin - 27 Jan 2021 00:53

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Thanks guys for your responses and your encouragement. Posting daily has been really helpful and it makes it even better knowing that people are actually seeing what I post.

B"H doing really well. Yesterday, I was watching a kosher video on a kosher site and when it was done it took me to youtube. I don't know if it was actually opened up for some reason or just a glitch that would have worked itself out if I were to have tried any other video on youtube. Either way, my initial response was to just leave it and tell myself that I am doing so good that I can just leave it alone and it won't be an issue for me. Then I realized what was happening and that it was a part of the old me feeling a little pas besalo. I immediately went ahead and confirmed that all filters were up and running smoothly and that I could not regain access to youtube at all. B"H, all is up and running properly.

To me, the fact that I realized that and was ready to immediately block it was progress and testament to the fact that I am b"H in the "clean zone" and not looking to pursue any fixes right now. In the past (just a few weeks ago) I would have likely left it alone for a day and then start with kosher videos, and it would slowly turn into more and more "fix" worthy material eventually resulting in a full-on fall. B"H I am in a place now where I would not have allowed that process to

happen this time even if I could have.

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Re: I'm Back!

Posted by DeterminedtoWin - 27 Jan 2021 21:46

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Re: I'm Back!

Posted by Ish MiGrodno - 27 Jan 2021 21:51

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Once again DTW emerges victorious and unscathed; B"H my day is now officially "complete." (and trust me, it was a busy & strenuous one : )

Chasdei Hashem having another super day!

You keep on working hard, we'll continue to daven and encourage,

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