

Thank You!

Posted by Inspired - 22 Jul 2019 03:46

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To all my brothers a part of GYE,

Thank you! I joined GYE 19 days ago and B"H I am still clean! The forums are what keep me going. Just reading about and knowing other experiences provide tremendous chizuk. Koach Harabim!

In the back of my mind a small voice is saying to me "You know this won't last, right?!". And truthfully that little voice scares me.

Being clean for an extended period of time poses the risk of becoming complacent and overconfident. I know this to b true of myself and therefore my little voice is overcompensating in the other direction, which is also very detrimental.

Any advice?!

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Re: Thank You!

Posted by gyehelp2017 - 22 Jul 2019 04:49

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[Inspired wrote on 22 Jul 2019 03:46:](#)

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Any advice?!

First of all, congratulation on your great accomplishment of 19 days up until now, that alone is something to celebrate, no matter what tomorrow brings.

Keep in mind a few things, the more you teach yourself that you DON'T need this ..... the more you wont crave it as much. of course there will be hard moments, but slowly they wont be so intense and less frequent.

Also, keep on trying new tools and ideas to stay clean, don't just stay put with not falling today, our life is a constant journey of growth, so keep on growing and trying to learn where the soft points are and do the utmost to keep on staying in a upwards position

Hatzlucha Raba!

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Re: Thank You!

Posted by Singularity - 22 Jul 2019 07:19

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Welcome!

May you continue to grow here.

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Re: Thank You!

Posted by Captain - 29 Jul 2019 18:23

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Wow! That's amazing! Keep it up!

I recently read something on this subject, from the book The Battle of the Generation (available here: [guardyoureyes.com/ebooks/item/the-battle-of-the-generation?category\\_id=149](http://guardyoureyes.com/ebooks/item/the-battle-of-the-generation?category_id=149) ). The author devotes a chapter to this subject, Chapter 26 - Making it Last. He writes that it is important to read something every single day that will motivate us in this challenge. This way, our motivation will stay strong. And he also writes that it is very important to celebrate every victory we have, that every time we are challenged and we say no, we must celebrate that as an incredible achievement. This keeps us excited about winning, so we don't slip back into our old thinking that if we win we just did what we had to. We stay motivated and excited about winning.

Hope you find that helpful! Keep up the great work!

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Re: Thank You!

Posted by ColinColin - 29 Jul 2019 19:10

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Take things day by day, hour by hour if need be.

Focus on the present moment and the near future.

Ignore that voice.

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