

Some good ideas to overcome urges

Posted by RecoveratGYE - 09 Jan 2020 06:53

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As I am in early stages of recovery I am constantly looking for ideas and techniques of how to overcome my urges.

One of the techniques I use is, after a fall I write down on a piece of paper how I feel in as much detail and emotions as possible, and put the paper away somewhere.

And than after one time that I win and overcome my urges I do the same thing, I write down on a piece of paper how I feel in as much detail and emotions as possible, and put it away somewhere.

And next time I have a urge and struggle I take out both papers and read it (out loud if possible) a few times, and thik to myself how do i want to feel this time? Do I want to feel disappointed and disgusted with myself? Or do I want to feel good and accomplished?.

And that helps me overcome my urges.

Just wanted to share a technique/idea that might help someone someday.

If you have any other techniques and/or ideas please share I/we will really appreciate it.

Thanks in advance.

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Re: Some good ideas to overcome urges

Posted by RecoveratGYE - 09 Jan 2020 07:22

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I just noticed that I put it under topic Break Free maybe I should've put it under topic What works for me.

Sorry.

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Re: Some good ideas to overcome urges

Posted by David26fr - 09 Jan 2020 08:14

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Thanks RecoveratGYE for the sharing !

This way of dealing with the urges and the inner thoughts is what is called, in another word, mindfulness.

What works for me in case of an urge ? Music, going out, calling a friend, mindfulness, thinking about consequences, reading my GYE diary...

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You should take a look to it

Re: Some good ideas to overcome urges

Posted by DavidT - 09 Jan 2020 14:46

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I'm sharing this because this is what helped me more than any others techniques.

**Try to find someone to guide you in life, and especially in your battle against desire.**

If possible, find someone who you will feel is on your side and has experience battling desire.

Finding a mentor will gain you:

1. Emotional support and encouragement.
2. Clarity to choose right and confidence in your decisions.
3. Tips and techniques for overcoming desire.

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