

How to get back up and prevent happening again

Posted by Abcd123 - 19 May 2020 07:31

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Hi,

I keep falling on a weekly basis, especially now at home is harder. I'm looking for a solution to get back up and prevent it from happening again. Any advice is greatly appreciated.

Thank you

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Re: How to get back up and prevent happening again

Posted by yosef10 - 19 May 2020 21:26

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One of the best cures to the way your feeling and what your going through is right in front of you. Literally because you did it already.

Opening up up and asking for advice is always the first step on the long journey of recovery... The more you do the , with very successful and fall, you add something new into your ammunition to beat this. So keep posting.

If if your new to GYE, I suggest taking a look around some of the forums, maybe listen to a shiur... Get a feel around for what the program GYE is really here for, and what it can do for you. The site is pretty informative, but some examples of things you might see are filter suggestions, taphsic method (a type of shvua), learning divrei Torah, and really ways to oapeoach life all together., and the 90 day count of course.

If if your doing these things on a regular basis, in a not so regular time, it's a idea to work with what you have, cause what else can anyone ask of us. .

It also might be helpful to think about the real reasons why you want to stop... And maybe even post it here to get some feedback.

Just know, always, we are here for you no matter what... So be proud of tyouself that you opened up, and that you are going to Finnish today with 1 day of sobriety. Keep it up.

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Re: How to get back up and prevent happening again  
Posted by wagon - 19 May 2020 23:27

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Hi!

It is the foremost step in this journey, so give yourself a pat on your back. Regarding advices, maybe the CBA (cost/benefit anlaysis) and the urge management techniques are an excellent start. Having a clear idea of what and why are you doing may help you a lot; and after you've written it you can always check it again in case the urges come. In my case, the pros of not doing it clearly overweight the pros of continuing with it. After that (or at the same time), beginning the 90 day count could be the next step. And to put up a site blocker.

Nevertheless, there's a **handbook** written by the staff where they divide **the problem** in levels explaining what they consist of and what they recommend to do in each of them to treat it. You should read it, check where you think you are, and act consecuently.

Send a mail to [info@guardyoureyes.org](mailto:info@guardyoureyes.org) to get either of them.

First things first, congratulations on accessing this site!  
PD: I'm adding the CBA file, in case you didn't get it or whatever.

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