

Taking hard steps

Posted by Hy - 21 Dec 2020 21:04

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Hi all,

I'm writing just to get this off my chest a bit.

I recently had a issue with a unfiltered device in my house.

Long story short I told my wife we need to get rid of it and we did.

That was one of the hardest steps I've ever taken in my struggle and i still feel bad that i told my wife and got rid of it (meaning i wish i still had access to it).

Interestingly right now i'm just in a constant struggle for the last few weeks.

I just came off a 40 day record when we got the device.

It feels like im in a tailspin in a sense and im having a hard time getting my heart back on the program even though my head knows that I already made the sacrifice I'm still having a very hard time.

Thanks for reading.

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Re: Taking hard steps

Posted by Hy - 22 Feb 2021 12:34

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Last week things eased up alot bh.

I spoke to HHM on Wednesday and it was really helpful to actually hear someone talking about and reaffirming what I know in my heart regarding porn and masturbation.

This week has been pretty busy so far and whenever I have free time I try to get busy with something. Its been helpful, other than that there really isnt much to report TYH!

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Re: Taking hard steps

Posted by Hy - 01 Mar 2021 19:53

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Bh things have been pretty calm like super easy.

Ive had this before when on a nice streak, in the past ive gone for 30-40 days and then what happens is I'm just done with putting in the effort and i dont care anymore.

I had this as a draft open all day. Truth is the end of the day was pretty difficult and i'm feeling pretty down about myself. I called a friend and it really helped. Bh i think I'll be ok.

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