

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by Whatamithinking - 03 Apr 2022 02:05

Dude this is great stuff

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Re: This time will be better

Posted by joetyh - 05 Apr 2022 11:56

37 days bli ayin Hara!!!!

Hashem please give me another day clean!!!!

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Re: This time will be better

Posted by joetyh - 08 Apr 2022 12:35

40 days clean behind me!!!!!!

wowowow

B”H

Hashem please help me be clean for another day!!!!

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Re: This time will be better

Posted by joetyh - 10 Apr 2022 03:39

42 days clean behind me B”H!!!!

please Hashem don’t let me get to a nisayon and give me another day clean

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Re: This time will be better

Posted by joetyh - 10 Apr 2022 15:54

Ok it’s a little painful to write this, but today will be Day 1. I wasn’t strong enough and I gave into my urge and I messed up.

That’s it, moving on!!!!

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Re: This time will be better

Posted by wilnevergiveup - 11 Apr 2022 02:22

Hey bro, your a good guy!

I know it's very painful but dust yourself off and get back in there. Your doing great, keep it up.

I can't wait to see day 2.

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Re: This time will be better

Posted by Hashem Help Me - 11 Apr 2022 11:11

How are you celebrating 42 days buddy? And yes, it may be painful to admit, but by doing so we stop ourselves from disappearing and binging. Getting back up is a big chizuk to many silent forum participants who want to see "is it really possible to continue that momentum after a fall?"

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Re: This time will be better

Posted by joetyh - 11 Apr 2022 13:59

1 day clean behind me B"H

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Re: This time will be better

Posted by Trouble - 11 Apr 2022 14:31

[joetyh wrote on 28 Feb 2022 08:09:](#)

1 Day clean behind me.

I Thank Hashem for that.

I am asking Hashem to help me out today because I cannot do it on my own.

I commit to be clean just for today.

Have a great day chevra!!!!

so as i was writing my comment/question about your "42-day-celebration," i decided to at least look what were you doing these 42 days besides counting (which dov may say is simply holding your breath). i saw that beforehand you were gonna look at the f2f program (which sadly, i looked into yesterday - google search came up with something else) and mussar; those are good things. how did they work out? in my opinion, which is worth less than that of a centipede, celebration of days on its own means almost nothing (in the big scheme of life) unless it was with a plan of action of some sort. regardless, keep on plugging!

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Re: This time will be better

Posted by Trouble - 11 Apr 2022 14:38

[joetyh wrote on 11 Apr 2022 13:59:](#)

1 day clean behind me B"H

and one more thought about this; if the one day clean is "behind you" - it will remain that way - behind you; if, however, that one day was part of a program/plan/method - it can then be in front of you.

similar to a sports streak - if a batter happened to get hits in 56 games in a row, that has no bearing whatsoever on game 57 unless he learned something from those games (which he didn't - it's simply a luck of the statistics for a good hitter) - yes, he probably is an excellent hitter and i'm sure his batting average is pretty good as well, but if his batting average during those 56 games was .362, and someone else's batting average was .385, the latter is a better hitter.

don't get me wrong; i'm not here bashing the 90-day program like others; it is a good tool when used properly - i am simply asking: how are you using it? thanks man

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Re: This time will be better

Posted by DavidT - 11 Apr 2022 14:56

[Trouble wrote on 11 Apr 2022 14:31:](#)

[joetyh wrote on 28 Feb 2022 08:09:](#)

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@Trouble

It seems like you're very much for having a good plan and working accordingly, which makes a lot of sense.

Can you PLEASE enlighten us with more details and some ideas on how to create and execute such a plan?

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Re: This time will be better

Posted by Trouble - 11 Apr 2022 15:24

[DavidT wrote on 11 Apr 2022 14:56:](#)

[Trouble wrote on 11 Apr 2022 14:31:](#)

[joetyh wrote on 28 Feb 2022 08:09:](#)

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i'm by far not an expert; i have written about my past - especially in my response to captain - that was lately, but there are so many methods, so many mentors, so many suggestions - it needs to be a plan of action that will be productive.

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Re: This time will be better

Posted by DavidT - 11 Apr 2022 15:29

As the saying goes: "Failing to plan is planning to fail"

I don't believe anyone sets out planning to fail, but sometimes priorities (too many) or time (not enough) or self-discipline (lack of) results in our failing to plan which can make all the difference between victory and loss.

Having a strategy is about making sure you are in the driver's seat with a clear vision of where it is you want to get to, why you want to go there, and how you're going to turn your vision into reality

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Re: This time will be better

Posted by Shtarkandemotional - 11 Apr 2022 17:04

[Trouble wrote on 11 Apr 2022 14:38:](#)

[joetyh wrote on 11 Apr 2022 13:59:](#)

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Trouble, I've found ur posts recently very insightful. Thank you man! Keep it up!

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