

intro + question

Posted by sga123 - 13 Feb 2024 05:16

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hi guys, I have been struggling in this area since I was a young teenager, now I am married for 10 years and have still been struggling at various degrees. Recently I learned about GYE and it has been a real lifesaver. I have been clean for 77 days and there have been a lot of positive changes that came along with.

I have a question, although the general level of temptation has gone down a lot, I will still occasionally feel strong urges, is that normal? Does that change at some point?

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Re: intro + question

Posted by foolie - 13 Feb 2024 05:30

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Yes

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Re: intro + question

Posted by chaimoigen - 13 Feb 2024 14:12

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Welcome!! Firstly, congratulations on 77 Days! That's not a small number.

Many of the good folks here struggles with ups and downs for a long time, and have experienced success here. It's better walking together with friends, so please stick around and keep sharing!

The answer to your question about what to expect may be in many of the threads here, where people have shared their stories.

Many have described what you are going through. It seems that for most folks, it gets better and easier with time and work.

As we rewire our thought patterns and patterns of behavior, learn about our patterns and motivations, and discover how life can be so much better clean and sober, it gets easier.

Doesn't mean that there will never be Nisyonos or struggles, I think that's part of being alive.

**Focusing on today also always helps. You'll have today, and that's good. Very good.**

Everyone has their own story, but a lot can be learned from reading and learning from the incredible life lessons in many of the threads here. Glad to have you on board!!

Warmly,

Chaim Oigen

(P.S. A few recommendations: Try Vehkam's thread: [guardyoureyes.com/forum/4-On-the-Way-to-90-Days/375452-Work-in-progress](https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/375452-Work-in-progress)

Gardener of Grodna in Balei Battim's forum, and Eerie's thread : [guardyoureyes.com/forum/19-Introduce-Yourself/388203-Its-all-in-the-name](https://guardyoureyes.com/forum/19-Introduce-Yourself/388203-Its-all-in-the-name) )

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Re: intro + question  
Posted by Heeling - 13 Feb 2024 14:32

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Welcome! Welcome! 77?! Wow that's stunning, keep it up my friend!

Happy to hear that your seeing positive change, hopefully that should be a good tool to keep you motivated.

Urges, are normal and as CO said, you'll Be'h see it getting easier.

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Re: intro + question  
Posted by davidt - 13 Feb 2024 14:59

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[sga123 wrote on 13 Feb 2024 05:16:](#)

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Welcome to GYE!

It's so encouraging to learn that GYE has been a lifesaver for you B"H!

It's not only normal to occasionally feel strong urges but it's actually a positive sign and part of recovery.

If you keep on working and not become complacent, it usually changes to less frequent and less strong urges.

But don't become discouraged if you do have urges, it's just part of being a healthy normal human being.

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Re: intro + question

Posted by iwannalivereal - 14 Feb 2024 04:11

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Hey there and welcome to the forum!

I'll definitely take the older chevra's word for it that urges get easier down the road... Although I'm five months clean, I still have had some monster urges. A difference I have noticed is that they are way less often.

Personally I have been able to use strong urges as a way to strengthen myself and understand myself better. When I recently had a strong urge and managed to overcome it I learned just how well I had internalized the tools that I had learned here on GYE. Furthermore it gave me a huge surge of confidence in knowing that there are tools to overcome a strong urge. The YH

constantly likes to tell me that my being clean is only temporary. His argument is based on the fact that there's no way some tools you learned from some book or some website can possibly allow you to overcome these temptations your whole life. When I overcome a strong urge, I show him (and myself) that he's wrong. There are tools that can be learned to overcome the urges.

All the best

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