

How did you guys do it?

Posted by ScottHarvath - 15 Jul 2024 03:42

I want to break free but I never seem to get more than a 7 day streak at the max and then I'm back to 1 day and 2 day streaks for a long time until I get that 7 day streak and then it all starts over. I really want to make it long term but I don't know if it's possible. Please feel free to reach out and give me encouragement. Thanks

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Re: How did you guys do it?

Posted by amevakesh - 15 Jul 2024 03:52

Welcome. Great to have you on board! Kudos to you for fighting the fight and not giving up. Every effort you put in, is priceless. Perhaps if you find that you're running in circles, the advice would be to fight smarter, not harder. There are many ways to fight smarter and different backgrounds and histories require different strategies to effectively fight. There is a very great and wise person that has helped many of us break free and clean up our act. His username is Hashem Help Me. Perhaps if you're brave enough, reach out to him. You will never regret it. Hatzlacha!

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Re: How did you guys do it?

Posted by jewizard21 - 15 Jul 2024 10:23

Have you watched the flight to freedom videos? That's what helped me jump from 1-2 weeks to over a few months. Try to analyze what triggers your urges and how you could possibly prevent it. It ain't easy as you can probably tell already, but it is definitely possible. Also do you have a filter?

One of the best things is ODAAT, One Day At A Time. Basically don't think of the day before or the day after, don't even think about long term because it can get overwhelming. Just remember that your goal is now, this day this hour this minute even this second. Worry about tomorrow tomorrow.

Hope this helps.

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Re: How did you guys do it?
Posted by Captain - 15 Jul 2024 12:17

Welcome! Try strengthening yourself with these great free resources. They really make a difference:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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Re: How did you guys do it?
Posted by chosemyshem - 15 Jul 2024 13:31

Hey welcome.

I definitely relate to the feeling of seeing other people get clean but just feeling like I'm spinning my wheels in the mud with no progress. I was on GYE for well over a year before I started feeling like I was making any progress, and it's been a very slow journey since then.

What have you tried to get clean?

As others have posted, the F2F program, the book The Battle of the Generation, and above all, connecting to other people are some really powerful tools. An easy way to start opening up is to try the 90 day chart, and share your progress on a thread.

(If you see your behavior is following a pattern and progressing to worse behaviors or acting out more often it's worth considering a 12 step group. But that is probably not the place to start.)

Hatzlacha, keep on posting and keep on trying.

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Re: How did you guys do it?

Posted by siyatta - 15 Jul 2024 13:41

Welcome! Just coming here is a great first step in making changes. It all begins with a sincere desire and the fact that you're here means that you have that desire.

The next step is learning the tools that can help you turn that desire into a reality. It doesn't necessarily happen overnight but stick around, read about what's worked for others and reach out some of the amazing personalities (you can even do this anonymously). If you want to know how to accomplish something speak to those that have done it!

Keep on posting and much hatzlacha on your journey!

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