Getting Back Up
Posted by healingsquirrel71 - 08 Sep 2024 16:24

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Unfortunately I had a fall on Friday after 17 days clean. It was "soft" sort of material so I tried to convince myself it didn't count as a fall. But I realized self honesty is necessary, so I reset my streak.

Some positives: I didn't let the slip up spiral into a longer pattern of use by using the rationalization "now I may as well continue...". I have gotten much better at that.

What I will do in the future: tighten up filters, and also commit to a wider "buffer zone" - avoid non explicit material that may still be triggering. I have reason to be confident, because I have closed off a different loophole in the past and that actually worked - I no longer am triggered in that way.

Right now I am feeling:

- angry at myself for slipping up
- anxious that I may get hit with a wave of debilitating guilt in the coming days (this has been a pattern in the past)
- proud that I was able to stop myself from going further
- excited to make the changes above and see how much farther they take me
- confident that I am spiraling upwards rather than downwards.

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Re: Getting Back Up
Posted by Hashem Help Me - 08 Sep 2024 19:54

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17 days is a great accomplishment. Posting about it and not continuing to act out in a binging fashion is a greater accomplishment. Retaining control during the fall and holding back from the really bad stuff is an awesome accomplishment.

Therefore:

1. Celebrate your 17 days.

2. Celebrate that you did not disappear and binge.

3. Figure out how to fix your filter to restrict whatever it was that you fell with.

4. Accept a virtual HUG!!

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Re: Getting Back Up
Posted by willdoit - 08 Sep 2024 22:08
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Sorry abt ur fall. It hurts, unfortunately, Iam very familiar with this, I fell after being close to 300 days clean. The only way to grow is by utilizing this and making the necessary adjustments- which you allready did.

Keep it up, ur doing great

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