

Let's Go 8 Days Clean!

Posted by stopsurvivingstartliving - 25 Dec 2024 12:03

For all those out there who had recent falls please join me on the mission to make it through Chanukah pure.

You don't got to say goodbye to it, just put it on pause for the next 8 days.

Let's have our own 8 candles of wins which are a whole lot brighter than a flame of fire!

Please post here in this thread if you want to join.

A Freilachin Chanukah!

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Re: Let's Go 8 Days Clean!

Posted by stopsurvivingstartliving - 02 Jan 2025 00:30

Pretty embarrassing as being the OP and having to write this: [I am out](#).

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Re: Let's Go 8 Days Clean!

Posted by trying1989 - 02 Jan 2025 01:12

That is tough! But hang in there and jump back on the truck (stole that line from someone)!!!!

I think you should really not feel embarrassed and look how successful you actually were!!!! So you had one fall don't let it change you!!!

Also just look how many others you inspired and I'm sure there are more who just didn't post!!

We are all rooting for you!!!

Trying

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Re: Let's Go 8 Days Clean!

Posted by odyossefchai - 06 Jan 2025 02:15

[odyossefchai wrote on 27 Dec 2024 11:55:](#)

[odyossefchai wrote on 25 Dec 2024 13:40:](#)

Can we do other things in honor of Chanukah?

I would like to not watch any movies or shows throughout Chanukah.

First two nights of Chanukah and no falls to report on my challenge.

BH.

From the beginning of chanukah till now, I have BH not watched any TV shows or movies.

Woohoo

Go me!

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Re: Let's Go 8 Days Clean!

Posted by 1day613 - 06 Jan 2025 02:37

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[odyossefchai wrote on 25 Dec 2024 13:40:](#)

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Same!! Go me too!!!

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Re: Let's Go 8 Days Clean!

Posted by trying1989 - 15 Jan 2025 20:02

Hey guys!!!

Im having a really hard day. Not really sure why, my day is going fine just feel bleh! Before my Kabbalah I would just use YouTube or TV shows to push off that feeling. Now I'm kinda stuck... How is everyone keeping busy? Until now Hashem has given me things to do, which I will not go further into but now it's just hitting me. Like the 2-3 week time...

Another note, I used to watch YouTube a lot and follow stuff, even if it wasn't inherently bad. People keep asking me, did you watch _____ latest video? And I'm running out of excuses????

What does everyone else do?

Trying, but it's getting tough

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Re: Let's Go 8 Days Clean!

Posted by excellence - 15 Jan 2025 20:25

Firstly, remember, it will pass.

Secondly, Don't be embarrassed to tell people youv'e stopped watching you tube. They will only admire you.

Thirdly, Just some ideas from the GYE idea list:

? Chores: Shop, clean, cook, wash dishes, iron, garden, laundry

? Exercise: Brisk walk, run, swim, pilates, weights, bike, push ups, outdoor activities, sports

? Games: Get games on your computer/phone that will fully engage your mind (and your hands...). Figure out a Rubik's Cube, play a strategy game, tetris, chess, sudoku, crossword puzzle.

? Drive or walk somewhere: Write down three places you can go that might help the craving or urge subside.

? Art: Draw, paint, write, photography, play music

? Read or listen: Favorite music, Read an engross book (non fiction, fiction), kosher news, Whatsapp groups and updates, GYE forum, handbook, articles or videos.

? Social activities: Call a supportive friend. talk to a family member (parents, siblings, spouse, children), hang out with a friend, write an email or text/whatsapp message to a friend. Call a GYE partner or mentor. Write names or initials of two people that you can talk to whenever you begin to have a craving or urge.

? Team sports: table tennis, hockey, soccer, softball, kickball

? Academics: Arts, history, language, math, science, humanities

? Trades and crafts: Paint, build, work on car, tinker in your garage

? Vent feelings: Talk, start a journal, draw, throw eggs (just kidding.)

? Volunteer: start or join a chessed project. (Doing something for someone else is a great way to get out of our own problems and be constructive. Not only does helping others distract us from our distressing thoughts, but it also makes us feel like we are contributing and are playing a valuable role in another's life)

? Food: Eat or drink something, make popcorn, eat a healthy snack (nuts, cheese, fruit). drink a glass of water, make a good coffee.

? Organize: email inbox, wallet, room, desk, pictures, plan on redecorating your home or room

? Refresh yourself: Drive somewhere, take a shower, hold an ice cube until the urge passes, splash cold water on your face to “reset”, Deep breathing, belly breathing, gratitude breathing. Tighten the muscles in your body in a particular sequence, over and

over (tighten your feet, then your calves, then your thighs, then your pelvis, then your stomach, then your chest, then your shoulders, then your neck, then your face, over and over again). Plan your next vacation.

? Reduce sexual tension: Take a cold shower.

? Hobbies: Work on your favorite hobby (e.g. look into your genealogy on the Internet).

All the best.

ps - remember "one time is too much, a thousand times is never enough"

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Re: Let's Go 8 Days Clean!

Posted by trying1989 - 16 Jan 2025 07:09

Thank you for that list of so many ideas! I didn't even know that existed.

I really need to sit down one day that I'm not feeling down and bleh, and plan ahead.

Warning: Spoiler!

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Re: Let's Go 8 Days Clean!

Posted by trying1989 - 25 Mar 2025 06:15

I never thought that I could last a week without YouTube or movies.

Thank you to Hashem that I have made it 90 days!!!

Some days are harder than the rest. I have been checking yeshiva world more often then I would like and more then I used to, but I'm wasting so much less time. Another huge thing is that I'm not mindlessly searching things or clicking on random stuff.

Thank you to the OG poster for getting me on board and thank you to my Rebbi for pushing me through the challenging moments.

Bein Hazmanim is coming up and I'm not nervous of the unknown. I need to make a plan.

TYH!!!

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