

success

Posted by yearning - 23 Apr 2010 12:06

I have not been able to get to the forum for a month. I want to thank Guard Your Eyes! i was on a business trip(i.e. by myself) and went into a news store in the train station to buy a drink. B"H,

(obviously, this would not have happened two months ago)

the habit has been broken, and control has been restored, but the desire is still there!! the first few days when i started there wasn't a greater pleasure than totally not desiring this, but now it

I know that that is why we are here in this world, so i am not complaining, just expressing my wish for the future.
i kept my eyes up and did not look down ,right or left, bought my drink and walked out!

thanks again

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Re: success

Posted by bardichev - 23 Apr 2010 12:26

KEEP ON TRUCKING
is a fight

That with or without success

With or without feeling great

Just keep on doing what's right

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Re: success

Posted by silentbattle - 23 Apr 2010 14:06

Glad to have you back - yes, it can be a struggle, but remind yourself of how proud you should be!

How are things going?

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Re: success

Posted by yearning - 23 Apr 2010 14:23

I don't stay late at my computer, which is the source of a lot of my success. That also means I can't get to the forum easily (I am uncomfortable going there when people are around).

Anyway, I am clean for a two months and I definitely feel that the habit is not as powerful as before. I am still scared of it though, as we all know, once an addict, always an addict. So I am not taking anything for granted. I read the chizuk emails, and would love to have time to reply, as I have many thoughts. B"H, a lot of siyata dshmaya along the way!!

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Re: success

Posted by silentbattle - 23 Apr 2010 15:32

It's hard to find a time when it's safe to go on the forum, but being on the computer won't be dangerous. I hear you! and it's great that you're so aware of yourself, and so careful to avoid risks!

It's also good that you're still careful about things, even though you have a decent period of being clean. For me, the idea of being "powerless" is connected to not putting myself in situations that will require me to battle this directly. And the only way to do that is to monitor

myself, and be aware.

If you have time, we'd love to hear your thoughts!

Have a great shabbos!

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