

My First week in the making.

Posted by ginky - 22 Feb 2012 06:19

So just passed Day 3, should see my name on the 90 day chart soon, YAY!!

This has been a problem for me since high-school, had some habit free times in Yeshiva in Israel, and other attempts as well in the past. Attempted to stop before I got married; before my kid was born; all failed.

I finally decided to join this site, after seeing the ad for it the second time, at a time when I was about to "fall", I'm happy I did.

This week, my wife is out of town. I am home alone, and my current employer lets me leave work by 2pm. On Monday, I didn't even have to go into work. I know that if I didn't sign up I probably would have had three encounters of the personal sort, with multiple hours on websites that are definitely not kosher. The same would have been for today. I almost slipped, not even a half hour ago, with another personal encounter out of the blue, but stopped myself, thank g-d. My wife does not get back home til later this week, and I am a bit afraid. Staying up late is not foreign to me, but staying up late and not doing something of that nature is only occasional. I know I should go to sleep sooner, but to fall asleep without my wife present in the house I need to be really tired.

I know I can get through this week, in fact the link to this site is duplicated along the task bar in my browsers, but it is going to be hard; it is a 90 day challenge is it not.

However, in the not so distant future, in a bit more than 90 days from now, I'll be separated from my spouse, and the rest of my family, and all but a few of my current friends for close to a month!! I hope that 90 days clean lead to many more clean.

This is me using another tool from GYE, thanks guys, so I can break this habit (and hopefully help others break theirs as well).

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Re: My First week in the making.

Posted by mifatfait - 22 Feb 2012 06:58

Hey Ginky, lots of ambition. Great. I'm also starting, with about a week clean (thats 7 days, one at a time). Good luck, looking forward to growing together!

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Re: My First week in the making.
Posted by ur-a-jew - 22 Feb 2012 13:46

I know I should go to sleep sooner, but to fall asleep without my wife present in the house I need to be really tired.

Try opening a sefer it will usually do the trick. And if it doesn't well then you've gained doubly learning and not acting out.

In any event welcome and much hatzlacha. Do you have a filter and accountability software. This way even when you're alone you're never really alone.

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Re: My First week in the making.
Posted by geshertzarmeod - 22 Feb 2012 13:58

welcome!

Keep posting! Try to express what your triggers are. The more you get to know yourself the better you will be able to work on this.

B'hatzlacha!

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Re: My First week in the making.
Posted by tehilimzugger - 22 Feb 2012 16:48

Welcome Gingy!

We all have the same story, got into it, tried to stop,

got into it, tried to stop,

got into it, tried to stop,

got into it, tried to stop,

got into it, tried to stop,

got into it, tried to stop,

Never seemed to work.

But once we found the most amazing group of incredible supportive, holy friends here on GYE,
together we were able to make it!

Hatzlacha, stick around and KOP [Keep On Posting].

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