

understanding myself

Posted by Boruch - 11 Oct 2015 01:10

hi.after being over 50 days clean i fell.want to hear some emotional chizuk and eitzos.i fill as longer i stay clean etzer horar misgaber kenegdi,so if i dont work internally i will have no hope

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Re: understanding myself

Posted by waydown - 11 Oct 2015 01:29

I never made it to 50 days yet so you are in great shape. I know may people will argue with me. But who says we will never fall? Why does it have to be all of nothing? Anlayze why you fell so you know what to try avoiding next time. Brush off the dust and move on. Below are ~~two~~ three usefull tips,

guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle/item/principle-16?category_id=279

guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle/item/principle-19-we-don-t-lose-past-gains-after-a-fall

guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle/item/principle-14

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Re: understanding myself

Posted by serenity - 11 Oct 2015 01:55

I don't disagree with you but, people have to know where they are holding. For some people falling isn't an option, because the consequences are dire. To the people who have faced dire consequences and who have fallen far, they can't take a slip lightly.

We always have to keep in mind that there are two completely separate conversations going on at GYE at all times. There are people whose worse problem is that they may sin (as bad as that may be we are not tzadikim) then there are people whose lives and their families lives will be ruined if they return to their behaviors.

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Re: understanding myself

Posted by markz - 11 Oct 2015 02:36

[Boruch wrote:](#)

hi.after being over 50 days clean i fell.want to hear some emotional chizuk and eitzos.i fill as longer i stay clean etzer horar misgaber kenegdi,so if i dont work internally i will have no hope

My friend Boruch, welcome to the forum.

My assumption is that you have been on the 90 day chart and haven't begun other tools offered by this awesome website. Perhaps I'm wrong. I believe the chart is only beneficial when coupled with other recovery steps. Is this the 1st time in you're life counting days and subsequently fell? No. And it wouldn't be the last if all you have is this chart.

If you want to reach Serenity (excuse the pun) and pass 200+, all you gotta do is start 1 or 2 baby steps of recovery.

By the way I'm almost on the same chart as you. holdin' at 50+ days, BUT I'm considering to drop the chart concept - it's not what's been getting me wayup at all. 1 reason why I'm reluctant to do this is since I noticed last week that there's a forum accessible only to guys that pass 90 days (why did no one tell me????)

Hope you get a good deal on a 18 wheeler. Yeah start with a 90 day lease. All the best. KOT

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Re: understanding myself

Posted by the.guard - 11 Oct 2015 06:11

To do an "inside job" (as they call it), you should join our 12-Step phone conferences.

They are starting a new cycle on Oct 19 be"n.

See guardyoureyes.com/component/zoo/item/big-book-study-group

Keep up the good work. 50 days shows you have it in you to break free of this!

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