

Thought of Updating= Fail

Posted by Strugglingtomakeit - 01 Jan 2016 03:35

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A while back i wrote a topic titled "no gye after 9pm" of course, even though i did this it didn't help i still continued to fall. But i have come to a new conclusion, the constant thought about updating has led me to think about inappropriate things and down to a fall. so I've been letting it go until i get a reminder email. Now I'm not saying this is the only time I fall, but it does make it hard sometimes.

All that thought on I have to update reminds me of dirty pics. this has been haunting me for a while:(

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Re: Thought of Updating= Fail

Posted by Shlomo24 - 01 Jan 2016 04:15

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Re: Thought of Updating= Fail

Posted by Yesod - 01 Jan 2016 04:23

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Probably the only thing that didn't make me think of dirty pics was, ..... dirty pics, because they made me think of. ....dirtier pics

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Re: Thought of Updating= Fail

Posted by Watson - 01 Jan 2016 08:23

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[Strugglingtomakeit wrote:](#)

But i have come to a new conclusion, the constant thought about updating has led me to think about inappropriate things and down to a fall. (used to be that barely anything didn't lead to me thinking about dirty pics)

Can I ask you. Do you really think it's thinking about GYE that's making you fall? Really and honestly? You wouldn't say you fall because maybe, you enjoy it? Because it gives you a feeling nothing else gives you?

I mean presumably you came to GYE because you were acting out. Now you're on GYE but you still act out. So logic would say that there's some other reason you act out and GYE has not made it any better or any worse.

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Re: Thought of Updating= Fail  
Posted by markz - 01 Jan 2016 08:58

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All that thought on **I have to update** reminds me of dirty pics  
This is a free country - Who said you have to?

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Re: Thought of Updating= Fail  
Posted by Strugglingtomakeit - 02 Jan 2016 23:31

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i didnt say gye was making me fall, i said thinking about the update part brought me to thoughts. I came here because i want change. i dont enjoy the fall some of the time there is no pleasure to the fall, just regret

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Re: Thought of Updating= Fail  
Posted by Strugglingtomakeit - 02 Jan 2016 23:33

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lo and behold after writing this topic which is why i was hesitant, i had a fall

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Re: Thought of Updating= Fail  
Posted by Watson - 03 Jan 2016 06:49

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[Strugglingtomakeit wrote:](#)

i didnt say gye was making me fall, i said thinking about the update part brought me to thoughts. I came here because i want change. i dont enjoy the fall some of the time there is no pleasure to the fall, just regret

OK, can I ask you. Do you really think it's *thinking about the update part that brings you to the thoughts* which lead to a fall? Really and honestly? You wouldn't say you fall because maybe deep down (at the time) it gives you a feeling nothing else gives you?

I mean presumably you came to GYE because you were acting out. Now you're on GYE but you still act out. So logic would say that there's some other reason you act out and *thinking about the update part* on GYE has not made it any better or any worse.

The fact that you continue to act out even after you joined GYE indicates that the cause is not updating on GYE but something else entirely, some underlying cause. Until that cause is identified and appropriate action is taken, nothing will change, you'll stay in the muck. Let me be absolutely frank with you - **YOU DESERVE BETTER!!!**

If you don't want to update on GYE, I'd be more than happy to talk to you about it over the phone, private message me and we'll arrange something.

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