

Root of the Issue

Posted by AIYAS123 - 05 Jul 2016 13:49

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Hey GYE,

So I am in my twenties and have a beautiful family B"H. I only recently signed up with GYE, and since I have signed up and had a count, I have been clean (19 days). I am proud of myself, but my mind is constantly wandering and I read somewhere on here that we have to erase the root of the problem, otherwise its like holding your breath until you can't anymore and you mess up. I don't want to mess up. I want to stay clean and get these ideas out of my head - not just fake it for the sake of keeping my count. Ideas?

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Re: Root of the Issue

Posted by Markz - 05 Jul 2016 14:28

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Welcome!

If you wanna dive in the deep end, try the white book

Checkout the GPS below for more

KOT

KEEP ON TRUCKING!!!

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Re: Root of the Issue

Posted by ColinColin - 06 Jul 2016 01:50

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I think the root of the problem for me is not being happy with one's lot in life, and so looking for a

fantasy way to escape.

But it could be different things for different people.

Some people might have deep emotional issues, others simply get carried away by lust.

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Re: Root of the Issue

Posted by 360gye - 06 Jan 2017 14:06

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I think in order to get to the root of the problem everyone, individually, has to look at thier own situation and try to find the root of the problem...

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Re: Root of the Issue

Posted by Watson - 06 Jan 2017 14:11

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Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have

overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

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Re: Root of the Issue

Posted by gibbor120 - 06 Jan 2017 15:59

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Welcome! Why not start with the handbook? Also, maybe share a bit more about yourself. What have you tried? What worked? What didn't? What are your triggers? What types of moods etc. typically lead to acting out (loneliness, anger, boredom, resentment...)?

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