Out of the inner darkness and into the GYE light
Posted by jaygee - 29 Oct 2017 11:32

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Hello friends,

Ive been here many times. But more of an outsider looking in. I admire all of you so much for posting and sharing your inner demons.

And what a platform GYE is. With the mutli-pronged tools to beat this. And ive singed up to and tried many. The 90 day chart, the GYE Handbook, the private groups. The double fence. But when i had my last fall i realised with bit more clarity why there are so many tools. They are safety nets. And as happens in any dangerous area, one net may fail, then you have a back up. And if that fails, you have another backup net.

And so it as in this most dangerous area where we are living and in the most dangerous times in history. The genius of the GYE platform is that it recognised this. So unlike say bungee jumping which has two backup systems, our eyes need much more than that.

And this is why i am posting this. Its my first share, blog, or reveal to the open community. If IYH i am to beat this then i need this extra net.

Why have i not done so before. This was another big ha'orah for me. I live inside myself, very deeply. For example, even though i have a FB and Linkdin account, will never talk about myself or post. Why? This is something perhaps to follow up on, but for sure its stopped me reaching out to you guys till now.

So as i restart the 90 day chart for the 3rd time (failing at day66 and day35 on previous occasions) i surround myself with one extra layer of protection in the way of this forum. PG i will post once a week here with the intention that it helps me keep focused and protected on my bigger goal of 90 days which will lead to my bigger goal of 'freedom' or greater control in this fight.

Peace and love brothers-

Jaygee

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Re: Out of the inner darkness and into the GYE light
Posted by MayanHamisgaber - 29 Oct 2017 11:46

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Welcome dear Brother

B'hatzlacha

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Re: Out of the inner darkness and into the GYE light
Posted by Hashem Help Me - 29 Oct 2017 12:56

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Welocome. Great and honest post

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Re: Out of the inner darkness and into the GYE light
Posted by cordnoy - 29 Oct 2017 14:06

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Welcome,

You had success for 64 and 34 days.

B'hatzlachah

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Re: Out of the inner darkness and into the GYE light
Posted by gibbor120 - 30 Oct 2017 13:32

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Welcome! Keep working at it. I acted out for over 2 decades. Now I'm sober for 8+ years. I thought many times that I would take this problem with me to the grave. NEVER EVER GIVE UP!

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