

GYE HoneymoonPosted by Readyforhelp - 05 Jun 2019 02:32

I cant believe its already 2 weeks! 2 weeks since I started with Gye and 2 weeks clean! Now some of you may be thinking what's 2 weeks already. And I completely agree I've gone on much longer stretches in the past and even had a year and half stretch under my belt (or should I say above the belt) But This time its different. On my longest stretches I always had a reason why I was stopping and it was always trying to quit on my own without help or the proper tools. The year and half stretch was right after I got married then had a baby and I felt if I watch porn (I struggle with Porn and masturbation) I might cause something to happen to my child. The term for all this I believe is "dry drunk" as I learnt here. When that guilt wore off, I was right back to the dirty habits. Now for the first time I feel like I'm tackling it head on using gyes tools and reaching out to the fine folks here for advice on how to deal with the things that "make" me turn to porn. So ya 2 weeks is big. My only concern is what happens when the honeymoon period with gye wears off? If I god forbid have a fall am I still gonna feel that motivation that signing up with gye brought? Your thoughts

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Re: GYE Honeymoon

Posted by lionking - 05 Jun 2019 13:27

[Readyforhelp wrote on 05 Jun 2019 02:32:](#)

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My thoughts?! I don't think you want to hear all my thoughts.

Just a small observation, it probably depends on how you lived these 2 weeks.

Hatzlocha Rabba

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Re: GYE Honeymoon

Posted by gyehelp2017 - 05 Jun 2019 14:38

Hi, congrats on your BIG accomplishment!!!! yes! it is a BIG one, being that you are doing whats right, and not because, but rather you are doing it because that is whats right, and THAT'S a big one.

If I can add, I have had the same problem, so I would like to share what worked for me (you can take it or leave it).

I tried almost every single tool on GYE to see what works best for me, I got to 90 days, only to fall later on when I did not have the drive any more. so what I have learnt is that the TAPHSIC method does the job for me, (I emailed GYE to adjust it for the best results), and constant contact by phone - call/text with others, so that even if I don't reach out to them they will reach out to me, and b"h it works amazing. now I will be honest about it, it aint comfortable to talk to someone and tell him all your (crazy) thoughts etc., but for me I got to do what I got to do or else it means a fall sooner or latter.

You probably know by now that this is NOT a one size fits all program, so what works for me does not mean that it's the way for everyone, but at least I can share my own life experience so that others can learn from it.

I wish you lots of Hatzlucha on your journey!!!!

Feel free to reach me at gyehelp2017@gmail.com

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Re: GYE Honeymoon

Posted by Readyforhelp - 05 Jun 2019 18:32

Thanks Lionking you're right I probably don't want to know your thoughts or anyone else's on

gyehelp2017 I appreciate the kind words. I actually tried similar methods to Taphsic that have worked for me in the past. Only issue is I found myself counting down the last few days and not making another shvua. Maybe now with more motivation and together with other tools I can try it again.

Thanks for the advice.

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Re: GYE Honeymoon

Posted by ColinColin - 05 Jun 2019 22:05

I think the answer is in what you wrote.

You acknowledge that there is such a thing as "dry drunk."

Some on here call it "white-knuckling".

That ability to set a target number of days and reach it, but then lose all boundaries once it is met.

The key is to take it day by day.

You know you want to be clean.

So construct your lifestyle around this.

You know there will be moments of temptation...so have tactics ready to use.

Have alternative activities ready for when the temptation happens: reading, walking, calling a friend, GYE forums etc.

"Mindfulness" can help too.

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Re: GYE Honeymoon

Posted by reallywanttobegood - 06 Jun 2019 01:06

My only concern is what happens when the honeymoon period with gye wears off? If I god forbid have a fall am I still gonna feel that motivation that signing up with gye brought? Your thoughts

First of all congratulations on this milestone! Yes two weeks of real growth aint something to laugh about.

If I can just point out though, I think that you're analogy to a honeymoon isn't entirely correct. The reason why honeymoons are generally short lived is because their based on infatuation.

in-fat-u-a-tion *noun* an intense but short-lived passion or admiration for someone or something.

Real recovery on the other hand isn't born out of a fleeting moment of motivation that quickly dissipates. Rather it requires a full on strategy, both cerebral and emotional. On the one hand being emotionally engaged in recovery (gye-forums-text-chat...) on the other hand cerebral (having a strategy for when things inevitably crop up). One without the other is bound to fail. It's hard! I know! That's why its so important to really take it one day at a time because it makes our goal that much easier.

Hope this helps.

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Re: GYE Honeymoon

Posted by lhavestrength - 06 Jun 2019 13:15

Hey @readyforhelp! Nice job on the two weeks and for getting onboard the GYE fighter jet.

You right about being worried that your motivation may wane. Well, it likely will, that's life. We need to be continually moving forward if we are not to fall backwards. However, it's important to have the right state of mind going into this. It isn't about having a tense mind worried about falling and screwing things up. In fact, the best way to ensure falling is to do exactly that. Our biggest mistake is living in constant fear that we are going to make one. So keep learning keep connecting, keep trying new tools and joining the old ones, and you'll go far. Good luck!

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Re: GYE Honeymoon

Posted by Readyforhelp - 07 Jun 2019 00:25

Thanks to all you guys who responded with some great advice. Its communicating and learning from people like all of you and the help of god that will help me reach my ultimate goal!

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