

what now...

Posted by jack123 - 09 Jul 2020 20:29

Over the last few years iv'e visited a few times and managed a couple of runs about a month long. i havent visited in nearly a year, and sadly to say i fell nearly every single day.

So why am i back?

because i just had a realization that scares me. i realised that it doesn't really bother me the fact that im addicted to p..., its become a way of life that i chalila have accepted, im not looking to grow anymore. which also causes other parts of yiddishkeit to fall.

so the Q is WHAT NOW how do i get that pintele back on fire?

please help!!!

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Re: what now...

Posted by Grant400 - 20 Jul 2020 13:52

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Re: what now...

Posted by ColinColin - 27 Jul 2020 21:43

Thanks Grant.

@jack123

Make a list of what you want to do, in order of priority..

GYE - Guard Your Eyes

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Then starting with the item at the top of your list, sit down to do it for 10 minutes only.

Then walk around the room for a few minutes.

Keep doing this for up to an hour, then take a longer break.

I find "bite-sized-chunks" works for me for work, study, learning etc.

I get put off when a task seems large, so break it down into manageable smaller tasks.

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Re: what now...

Posted by Jj123 - 28 Jul 2020 01:41

@jack123

i just finished reading through this thread. Your resolve is inspiring. Goes to show that strong habit isn't an excuse. So thank you!

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