

Observations

Posted by Youngster - 08 Oct 2020 02:07

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Hi all! I'm pretty new here, joined just about three weeks ago bh, like most of us here, I'm struggling with those issues for years, and I'm hoping to finally succeed iyh!

I decided to start a thread here, because I realized that after 10 years fighting, I still dont know what works for me, and what doesn't, what triggers me, and how to avoid that etc, and I realized that without a strategy you cannot win a war... so I decided to write here my observations threw my journey, to clarify myself (and maybe by mistake help some others...) and iyh learn the right methods and ideas to succeed and stay strong.

I will also greatly appreciate the advice, ideas, and corrections from all the experienced veterans here!

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Re: Observations

Posted by Zedj - 22 Dec 2020 01:48

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Hi youngster,

I hope this fall doesn't pull you down.

20 days is 20 days that you know you were in control.

If you start again with a resolve to strengthen your commitment to this battle, this fall and all the falls you had in the past are not for nothing.

Locking the app store is a good idea.

I don't want to start giving ideas but some social media apps are really bad and I would definitely have them blocked or filtered.

Of course if you have other devices you should have them properly filtered.

Wish you much success!

"keep strong!! Remember that the urge can only make us uncomfortable, it can only cause some pain, but it cannot rule us!! We are the ones making the final decision! It will pass!"

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Re: Observations

Posted by Sapy - 05 Jan 2021 15:25

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Hi to all the friends I got to know here, I changed my name to Sapy, so dont act to me like a stranger...

--Sapy (formerly Youngster -dont worry I did not grow up yet...)

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Re: Observations

Posted by Grant400 - 05 Jan 2021 16:23

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[Sapy wrote on 05 Jan 2021 15:25:](#)

Hi to all the friends I got to know here, I changed my name to Sapy, so dont act to me like a stranger...

--Sapy (formerly Youngster -dont worry I did not grow up yet...)

Midlife crisis? Oh right...you're still young...

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Re: Observations

Posted by Markz - 06 Jan 2021 04:11

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WHO IS SAPY??????

I see some nice posts from Sapy recently all over gye and was wondering how you managed to slip into gye without me noticing. Am I guarding my eyes that well?

There must be a glitch in the gye system.

I discovered surprisingly that's it's our one and only Chief "Youngster". I had no idea it was he!

No - you may not change your name to Sapy.

When you pass 90 days and need an upgrade, ask me then.

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Re: Observations

Posted by Sapy - 06 Jan 2021 04:50

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Thank you Markz!

How long was your streak when you changed from Karl and back?

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Re: Observations

Posted by Markz - 06 Jan 2021 06:01

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[Sapy wrote on 06 Jan 2021 04:50:](#)

Thank you Markz!

How long was your streak when you changed from Karl and back?

Just keep your name as is and let's leave it at that and we'll be friends. Ok?

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Re: Observations

Posted by Sapy - 06 Jan 2021 14:21

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Listen, in communist countrys you gotta know the history of the leaders...

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OMG your bekivut is astounding

Re: Observations

Posted by EvedHashem1836 - 21 Apr 2021 23:31

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How are you doing?

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Re: Observations

Posted by Sapy - 22 Apr 2021 01:48

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I almost forgot the name of this thread... I follow up on my new thread it's in the BB forum.

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