

scared from the urge to come

Posted by crispy - 19 Sep 2023 17:22

I am b"h 11 days clean. and i thank hashem with all my hart for this success.

but the story is that in all of this 11 days I didn't have any urge at all. it even starts to feel like this problem is completely gone, (which is most prob not the case). and I am very scared of the moment when this urges will come flying in my face, and they usually come in groups. I dont have menucha from this fear. i cant focus and be happy with my accomplishment cause this fear keeps popping in to my mind.

any thoughts on how to deal with this fear?

also how can i prepare myself for the urges that will most probably come back?

f2f program really helps. but i am sensing a storm and i feel i need something to feel strong (maybe someone can tell me which specific clip from f2f will be good for my situation)

its always great to hear advice from the intelligent people hear.

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Re: scared from the urge to come

Posted by crispy - 05 Dec 2023 19:56

[ainshumyeiush wrote on 05 Dec 2023 19:17:](#)

[crispy wrote on 05 Dec 2023 19:13:](#)

I have a technical issue that when i am updating my 90 day challenge, it does not change the number of days. its already for a week on the same number. if someone knows how to fix this i would greatly appreciate.

Same here. But it works from the homepage

for me not

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Re: scared from the urge to come
Posted by crispy - 11 Dec 2023 16:13

Chevra, I beg you all who are facing the same struggles that I am, pls pls, please! Try out this urge surfing tool; it does miracles!

It doesn't even make sense how good this works, but as a matter of fact, I had some start of an awful experience last night, and when I began to listen to the urge surfing recording I felt like I was busting. But after 20 minutes of doing this, believe it or not, the miracle occurred; gone was every remanence of the urges.

And with that, '???? ?' ????? ????? ?? ??? succeeded in striking the number 45 !!!!!

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Re: scared from the urge to come
Posted by true_self - 11 Dec 2023 21:37

[crispy wrote on 11 Dec 2023 16:13:](#)

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Good for you, I'm so happy that you found a tool that helps you.

In general ??? ?????? ?? ??? but now that it's chanukah maybe we do.

Wishing you continued hatzlacha!

KOT!

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Re: scared from the urge to come
Posted by crispy - 12 Dec 2023 03:54

[true_self wrote on 11 Dec 2023 21:37:](#)

[crispy wrote on 11 Dec 2023 16:13:](#)

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KOT!

thanx

Of course i am not somach on this. and i try to stey away. but triggers come without invitation.

I am gene stress this again, even i am so reperative.

EVEN IF U START DOING IT AND IT DOESN'T SEEM TO HELP AND EVEN WORSENS THE URGE. GIVE IT A CHANCE FOR AT LEAST FIVE MINUTES. IN THE END U WILL BE SHOCKED HOW MUCH IT WORKS. DON'T NEED TO DO ANYTHING. JUST LISTEN TO THE RECORDING AND FOLLOW ALONG.

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Re: scared from the urge to come
Posted by crispy - 17 Dec 2023 18:32

50 days clean strike!!!!

My secret (with hashems help and many tefilos) is this urge surfing tool.

I have not yet found something that helps me avoid urges, although with time it's getting somewhat easier, but this urge surfing thing works wonders with me, it has saved me from falling so so many times.

Would the oilem be interested in having a thread discussing the effect of urge surfing and how it feels?

I have much to share as I do this a few times a week.

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Re: scared from the urge to come
Posted by bright - 18 Dec 2023 14:03

For sure! What do you mean by not being able to avoid urges?

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Re: scared from the urge to come
Posted by crispy - 18 Dec 2023 14:27

After 51 clean days, I had a fall.

However, I am sure that all the muscles that I built up every time I was misgaber didn't go away from me and are still here and will help me be strong in future struggles.

Plus, even though I fell, there was still some self-control there, which minimized the intensity of my fall.

I am devastated and broken but will not let yiush enter my heart. I am standing up with the same strength and continuing my battle to reach 90 days from now, 90 days of being clean.

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Re: scared from the urge to come
Posted by davidt - 18 Dec 2023 15:01

Crispy... No need to cry. Let's focus on the 51 clean days and celebrate those days since it's your to keep forever regardless of any falls thereafter. When you view a fall as a lesson in recovery and you don't let yourself get pulled down because of the fall, then it's not actually a fall (just technically for the counting it is a fall) .. Just another step on the ladder going upwards towards real recovery. Keep it up and we'll see you soon at 90 BE"H!

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Re: scared from the urge to come
Posted by crispy - 21 Dec 2023 17:30

Two days clean.

I no that my hard work will pay off but its so depresing to start again after 50 days.

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Re: scared from the urge to come
Posted by Hashem Help Me - 21 Dec 2023 19:03

It is not "starting again"; it is continuing.

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Re: scared from the urge to come
Posted by crispy - 24 Dec 2023 01:25

[Hashem Help Me wrote on 21 Dec 2023 19:03:](#)

It is not "starting again"; it is continuing.

Wow wow!!! so true!

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Re: scared from the urge to come
Posted by crispy - 31 Dec 2023 02:30

I would pay any amount of money for this ride to end faster.

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Re: scared from the urge to come
Posted by frank.lee - 31 Dec 2023 07:49

How are you feeling now? Urges? Surfing?

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Re: scared from the urge to come
Posted by hechochma - 31 Dec 2023 20:44

Second the motion - how are you now dear crispy?

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