

scared from the urge to come

Posted by crispy - 19 Sep 2023 17:22

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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 - 07 Jan 2024 19:36

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I feel b"h somewhat back on track. I am clean for nine days. I will stay strongly committed to completing my 90-day challenge.

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Re: scared from the urge to come

Posted by hechochma - 08 Jan 2024 03:30

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Beautiful! Good to see you back in action!!!

90 days meet crispy!!!

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Re: scared from the urge to come

Posted by true\_self - 11 Jan 2024 20:45

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It's great to see that you are not giving up, you will get there (wherever the heck 'there' is)

Do you mind sharing with us what you are doing besides streak counting?

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Re: scared from the urge to come

Posted by crispy - 11 Jan 2024 23:05

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Nothing major. I try to pray for this every day, and when I have an urge I do urge surfing, which really helps me. Any ideas are welcome, I would really love to have a bigger tool box.

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Re: scared from the urge to come

Posted by true\_self - 11 Jan 2024 23:09

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A bigger tool bow might be helpful but is not necessarily what you need.

How about focusing more on 'doing' good, productive and fulfilling things instead of being bored and fighting temptations? when one is being useful and productive he's focusing less on himself and therefore his own desires hit less often.

Hatzlacha!

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Re: scared from the urge to come

Posted by crispy - 11 Jan 2024 23:17

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Thanks!

B"H I have a full day of doing great things and b"h successfully making a living. and the best part is that I am B"H zocha to learn 4 hours a day which is my favorite part of the day. and i don't see this struggle being a result of emptiness.

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Re: scared from the urge to come  
Posted by hehochma - 14 Jan 2024 02:08

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Wow! Halevai g'zugt oif allemin.

The best tool that I have is to be aware of any negative emotions that come up over the day (Whether due to my wife, my job, my kids, my future etc there's plenty to go around). Then I call one of my good GYE chaverim and vent. YKW, Foolie, HHM, True-self, ASY, Eerie, ChaimO are a few of the people who are regularly kind enough to listen to my gripes - my fears, frustrations, anger, jealousy, feeling of worthlessness, loneliness etc.

Being able to do that has been an **absolute** game changer for me. I feel like I no longer have a demon stuck inside me trying to force me to fall.

Have you ever tried something like this?

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Re: scared from the urge to come  
Posted by crispy - 14 Jan 2024 19:47

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You are making me so jealous! I imagine this helping really wonderful, but I can't even imagine myself doing this; opening up to a stranger feels impossible to me. I hope That One day I will be able to do it. Thank you @yitzchokm for your PM, it was a big chizuck, I have what to discuss about each of your points, but my writing and typing are not the best and it takes me time, plus I get lost in my emotions, so I need to have the technical+emotional space, and that is why I never write long posts even though I have a lot to share. But I'll say something: the first

thing you mentioned was exercise, which is so true; I made a cheshbon that I can not recall a fall that happened on the same day of a workout. Anyway, I have much more to say, but my chavrusa is already waiting, so thank you all for your support. All the best.

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Re: scared from the urge to come

Posted by hehochma - 14 Jan 2024 22:23

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[crispy wrote on 14 Jan 2024 19:47:](#)

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I hear ya. It is overwhelming - I started on the IM - most people don't mind slow-typers. Your writing is great though!!!

Would love to hear the more to say!

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Re: scared from the urge to come

Posted by bright - 15 Jan 2024 06:38

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[crispy wrote on 14 Jan 2024 19:47:](#)

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Totally get that! We arent raised to want to discuss these topics.... It may change your life, though. You must ask yourself, is it kdai to take a chance on going out of your comfort zone for a strong possibility of a better life. It may help to start with emailing.

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Re: scared from the urge to come  
Posted by crispy - 15 Jan 2024 15:04

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[bright wrote on 15 Jan 2024 06:38:](#)

[crispy wrote on 14 Jan 2024 19:47:](#)

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Totally get that! We arent raised to want to discuss these topics.... It may change your life, though. You must ask yourself, is it kdai to take a chance on going out of your comfort zone for a strong possibility of a better life. It may help to start with emailing.

Yes. email sounds so much better!

Any recommended email address?

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Re: scared from the urge to come  
Posted by hechochma - 15 Jan 2024 21:32

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[michelgelner@gmail.com](mailto:michelgelner@gmail.com) (HHM)

[chaim.oigen@gmail.com](mailto:chaim.oigen@gmail.com)

[1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com) (Eerie)

[vehkam7@gmail.com](mailto:vehkam7@gmail.com)

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Re: scared from the urge to come  
Posted by crispy - 28 Jan 2024 18:06

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30 days!!

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Re: scared from the urge to come  
Posted by crispy - 06 Feb 2024 18:19

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I fell again after 38 days.

I do not feel anything like sadness etc

My feelings are numb.

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