

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 HeChochma - 21 Nov 2023 21:17

Do you have a smartphone or a dumbphone?

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Re: scared from the urge to come

Posted by crispy - 24 Nov 2023 03:20

[HeChochma wrote on 21 Nov 2023 21:17:](#)

Do you have a smartphone or a dumbphone?

B"H I have a flip phone with no browser.

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Re: scared from the urge to come
Posted by crispy - 24 Nov 2023 03:32

28 clean days!

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Re: scared from the urge to come
Posted by HeChochma - 24 Nov 2023 05:51

MAZEL TOV!!! L'CHAIM!!!!

K O M T!!!

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Re: scared from the urge to come
Posted by Hashem Help Me - 24 Nov 2023 12:15

[crispy wrote on 24 Nov 2023 03:32:](#)

28 clean days!

Gmatria "*koach*"!

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Re: scared from the urge to come
Posted by chaimoigen - 24 Nov 2023 17:51

Keep going!!! You are terrific!!!

Gut shabbos! Menucha Visimcha!

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Re: scared from the urge to come
Posted by crispy - 26 Nov 2023 04:29

In the last few days, I have felt a sense of freedom, as if the problem were gone.

I have to be careful not to put down the weapons, but I also hope to enjoy this time and not fall into that cycle of fairing and awaiting the storm after the quietness.

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Re: scared from the urge to come
Posted by true_self - 26 Nov 2023 19:46

Exactly! Don't fire but keep your eyes on the binoculars.

This might only be a temporary ceasefire, so now is the time to reorganize and review your strategy towards potential threats.

Spend most of the time being positively proactive.

Rooting for you!

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Re: scared from the urge to come
Posted by crispy - 27 Nov 2023 03:48

I hit 30 days today!

Re: scared from the urge to come
Posted by ainshumyeiush - 27 Nov 2023 04:14

[crispy wrote on 27 Nov 2023 03:48:](#)

I hit 30 days today!

nice!!

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Re: scared from the urge to come
Posted by crispy - 27 Nov 2023 19:31

Why does it feel weird not to have urges for a few days?

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Re: scared from the urge to come
Posted by bright - 27 Nov 2023 19:33

Probably because its not what your used to...

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Re: scared from the urge to come
Posted by HeChochma - 27 Nov 2023 19:43

[crispy wrote on 27 Nov 2023 03:48:](#)

I hit 30 days today!

L'chaim L'chaim!!!

Keep on inspiring us all!!!

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Re: scared from the urge to come
Posted by crispy - 27 Nov 2023 19:45

[bright wrote on 27 Nov 2023 19:33:](#)

Probably because its not what your used to...

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