

Speaking out your story

Posted by johnie - 22 Oct 2024 07:51

---

Hey everybody I just wanted to say my story and share what had worked for me. I started having p and m issues in 9th grade and it wasn't so bad until I slowly realized how addicted i became in 11th grade. That's when I found GYE and I instantly just threw myself into it and watched videos and clips non stop. However the problem was that I just rushed everything and didn't really internalize it or think about it. And since 10th grade I don't think I was clean of m for more than 3 weeks . All this started getting better in 12 th grade when I started listening and thinking everything over that I read and watched on GYE, and bh I had many streaks of 2 3 weeks. But the massive turning point was before the summer when I broke an almost 4 week long streak, i felt so defeated and let down. But I didn't let that get me down like it always did, instead I used it As a serious starting point for change. I spent a lot of time looking at all the plans and programs before camp. And bh I've been clean since then and it has been the longest streak of my life, 140 days.

=====

=====

Re: Speaking out your story

Posted by johnie - 22 Oct 2024 07:55

---

And i would've never believed I would ever get to this point of control and being clean for 140 days, but guys it's not impossible and I also thought it was a lost cause many times throughout my 4 year journey. But just remember that all long streaks and breaking free little by little always starts off bumpy and has its ups and downs. But you just got take it one day at time and really internalize every last thing u get from GYE

=====

=====

Re: Speaking out your story

Posted by Muttel - 22 Oct 2024 09:02

---

Welcome aboard, Johnie!

Well out, and it's great to see you join in a strong position. Looking forward to seeing great things from you!

Muttel

=====

=====