

Feeling confident

Posted by kvsk - 23 Jan 2025 19:02

Hi,

I've struggled for years, always said to myself it's a last time. Now I've been 23 days clean and feel very confident at the moment.

This website has been very helpful. When I've been suspicious about everything I've always found a video that clears my focus again.

My best advices are, be aware of your thoughts, just notice your bad thoughts and let them be but don't focus on them. Remember it's your brain that wants to do all the bad stuff and they will change when you don't give up to its urges. Also one really helpful technique for me has been an honest review of your desire what ever is from p&m to prost**tes etc. Take your time and think all the positives and negatives of doing it. Then think all the positives and negatives if don't do it. For me this helped to see that only good thing is a brief moment of pleasure and excitement. Which is followed with guilt and other very bad feelings. Resisting the urge on the other hand is very empowering and you start to feel good about yourself again. Think one step ahead, it's not worth it. I also deeply recommend to read the book: "The battle of the generation."

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