

Yossi's Journey

Posted by Yossi.L. - 07 Sep 2011 03:22

Today is day 15 of my current cycle of cleanliness, may this cycle be the everlasting cycle! I always find that the beginning of my cycles are much easier to maintain cleanliness as opposed to a couple of months in. I feel like once I've driven my number of clean days up, i tend to lose the same intense focus as in the beginning. I pray that this cycle will be different. Any tips would be appreciated. Fighting on!

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Re: Yossi's Journey

Posted by Gevura Shebyesod - 30 Dec 2011 20:06

Good for you!

KUTGW and have a great Shabbos!

Gevura!

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Re: Yossi's Journey

Posted by mechazek - 31 Dec 2011 23:12

it was your reaching out your sharing with us that came back to hit you in your face or wherever.a gutte voch

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Re: Yossi's Journey

Posted by obormottel - 01 Jan 2012 07:21

Telling your friends about your temptations works very well. So thanks for working it!

A gute voch,

Mottel

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Re: Yossi's Journey

Posted by Yossi.L. - 03 Jan 2012 04:16

I didn't get a chance to add this on till now....when I was about to click on the link to the movie, in that split second i was already rationalizing how I would explain it to my wife(because I have web chaver). I was already LYING to her in my brain BEFORE i actually even did the action. Thinking about it reminds me of how sick I am.

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Re: Yossi's Journey

Posted by Yossi.L. - 04 Jan 2012 00:48

I find myself, too often, putting down other people to make myself feel better. I know that a LOT of people do it, but that doesn't make me feel better. I'm going to work on myself not to talk bad about other people. Every time I think of saying something derogatory about soemone, I will say to myself "okay Yossi, why are you feeling down about yourself? Why do you feel the need to put him/her down?".

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Re: Yossi's Journey

Posted by Yossi.L. - 04 Jan 2012 00:51

BTW I dont view my past couple of comments as self deprecating. Quite to the contrary, I feel that to be self understanding and self honesty. I feel happier after I write them. In general: when I blame others for my shortcomings I find myself being self deprecating in an unhealthy way. However, when I "blame" myself, or should I say: when I hold myself "accountable" I find that to be rehabilitating.

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Re: Yossi's Journey

Posted by obormottel - 05 Jan 2012 00:28

Dear Yossi,

Keep posting your thoughts. As long as you get them out of your head, you're doing the right thing.

Mottel

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Re: Yossi's Journey

Posted by Yossi.L. - 09 Jan 2012 19:55

no need to explain your comments. For all you know, noone's reading them, anyways

Obormottel you have me laughing hard

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Re: Yossi's Journey

Posted by Yossi.L. - 09 Jan 2012 20:00

I have almost double the amount of clean days as my last streak. It's odd for me to feel good about my cleanliness yet not too good because that will detract from my cautiousness. The idea is simple but like so many things I find it hard to actually act that way. Recovery has soo many balancing extremitys and finding the healthy normal way.

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Re: Yossi's Journey

Posted by Yossi.L. - 18 Jan 2012 20:41

Usually, when I don't visit GYE for a few days it is because I subconsciously avoid dealing with my addiction. However, the past couple of days flew by and I haven't visited GYE once and it's

also been a very constructive strong week for me. I'm starting to think that GYE is not a necessity it's a commodity. Now that I'm close to 90 days clean, my unhealthy false cockiness is roaring it's ugly tail. Im starting to believe again that I am in complete control of my addiction and I can live my day-to-day life without focussing at all on it. Red zone.

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Re: Yossi's Journey

Posted by Gevura Shebyesod - 18 Jan 2012 22:11

Hi Yossi,

KUTGW and KOMT!!!

Gevura!

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Re: Yossi's Journey

Posted by obormottel - 19 Jan 2012 00:14

Hey, buddy!

Take it one day at a time. GYE is certainly not a panacea, but it helps in great ways to dufuses like us,
Where's the big pile of smileys?

Keep coming back.

Mottel

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Re: Yossi's Journey

Posted by Yossi.L. - 22 Jan 2012 21:48

times 40

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Re: Yossi's Journey

Posted by Yossi.L. - 22 Jan 2012 21:49

I'm closing in on 90 days....very exciting!

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