

Giving it a go one day at a time

Posted by ysftw - 08 Apr 2015 15:20

Onto day 1, very excited. Looking forward!

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Re: Giving it a go one day at a time

Posted by ysftw - 14 Jul 2015 18:37

Can't believe I fell. The higher the number the more dangerous. But I know how to fix, and I will.
Let's see how it goes. One day at a time

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Re: Giving it a go one day at a time

Posted by serenity - 14 Jul 2015 19:46

Welcome back.

Personally I can't believe it when I don't act out. It's just chasdei Hashem for me. Each day it is a miracle.

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Re: Giving it a go one day at a time

Posted by ysftw - 14 Aug 2015 16:39

I'm back after a while, sereneity is right, and perhaps has revealed that i have too much arrogance here.

I just want to be free of this.

Still yet again I fell, and yet again around the 30 day mark which is clearly a major issue for me.

There's an idea (from the rambam) about true teshuva being about returning to the same point

and choosing differently, perhaps because you are now a different person. That is now what I am going for.

in addition i have started the taphsic method and we'll see how that goes too.

shabbat shalom to all

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Re: Giving it a go one day at a time
Posted by cordnoy - 14 Aug 2015 18:03

[ysftw wrote:](#)

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Pardon me for bein' strong.

I am on my mobile and still searched thru the past four pages, which obviously takes time.

This is what I have seen.....

One more day....

Just need to sleep....

Get thru the night....

Another day....

Whew...three weeks...

Yiras shamayim and sleep....

Another day....

D'ya think it's time to change tactics? I have asked you this several times and I don't believe I got much of a response. Forgive me if I am mistaken....I only mean it for your benefit.

B'hatzlachah

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Re: Giving it a go one day at a time
Posted by ysftw - 17 Aug 2015 14:40

[cordnoy wrote:](#)

[ysftw wrote:](#)

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as it happens though yes, you're right, what was going on before I don't think was enough, I think i constantly underestimate the full extent of my addiction.

which is a painful realisation.

but as i've said, I've started the taphsic method, but made it strong for myself, targeted at weak points, and also used the realisation that a fall usually follows from a set progression of behaviour which could transpire over a number of days.

my only concern with the taphsic method is that I've targeted hirhurim amongst other things and I'm a bit worried I'll become obsessed with not thinking about sexual stuff, to the point that the tiniest sexual thing could set me off.

which is not a good place to be.

any thoughts on this would be rather appreciated!?

(I suppose it's a similar thought to the one that says the only person who thinks as much about food as an obese person, is the anorexic) I dont want to become obsessed with not being obsessed....like i said thoughts would be valuable!

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Re: Giving it a go one day at a time
Posted by cordnoy - 17 Aug 2015 16:52

[ysftw wrote:](#)

[cordnoy wrote:](#)

[ysftw wrote:](#)

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Re: Giving it a go one day at a time
Posted by ysftw - 21 Aug 2015 14:00

[cordnoy wrote:](#)

[ysftw wrote:](#)

[cordnoy wrote:](#)

[ysftw wrote:](#)

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Re: Giving it a go one day at a time
Posted by ysftw - 21 Aug 2015 14:08

anyway shabbat is coming. I'm happy with this week so far. The tashpic method is working well although i am aware that it's coming up to two weeks clean and I have to gear up again for things to get harder. It's a bit scary how long I've been trying to kick the habit. And worth thinking about a lot. But we keep going...

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Re: Giving it a go one day at a time
Posted by cordnoy - 21 Aug 2015 15:58

[ysftw wrote:](#)

[cordnoy wrote:](#)

[ysftw wrote:](#)

[cordnoy wrote:](#)

[ysftw wrote:](#)

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Read my posts from any other thread.

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Re: Giving it a go one day at a time

Posted by ysftw - 25 Aug 2015 13:25

Cordnoy

Do u want to suggest a particular one?

On the other hand, I'm still in chartered territory for me. I'm on 15 days. And the method seems to be working really well.

Especially with added components about hirhurim.

Things will start getting very hard in the next few days.

Anyone got thoughts on how to really deal with things when they get very hard?

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Re: Giving it a go one day at a time

Posted by cordnoy - 25 Aug 2015 14:03

[ysftw wrote:](#)

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I dont know what will speak to you more.

Try either of my threads (linked in signature below).

bhatzlachah

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Re: Giving it a go one day at a time
Posted by ysftw - 28 Aug 2015 14:48

Okay thank you.

So far my taphsic method has worked really well and I need to redo the neder after shabbat.

It seems to be that whilst I'm avoiding inappropriate thought and material it doesn't have to be done such that I freak out about it. It can be disciplined stern and meticulous instead.

Hope everyone has an amazing shabbat!

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Re: Giving it a go one day at a time
Posted by ysftw - 02 Sep 2015 06:34

Just renewed my neder the other day, and the first one really worked so b"h much of the same here

But also prepared for the reality that things are going to start becoming very challenging now as it gets closer to my personal best.

Again b"h I will have the koach to move past this...One day at a time...One neder at a time, never forgetting that I'm an addict and my addiction is just waiting to get me

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Re: Giving it a go one day at a time
Posted by cordnoy - 02 Sep 2015 10:27

Who do you think is gonna make it real tough for you as you near your personal best?

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