

starting to get tough

Posted by moshe25 - 01 Jul 2015 23:59

Dear eye fellows,

I am now over 2 weeks into my 90 days. Its starting to get a little challenging.

(Actually as I'm writing this I'm starting to feel calmer.)

Things are triggering me, whether it's thoughts of inappropriate images of the past and other.

Sometimes I also think if I act out once that will satisfy me and my hormones can calm down.
Which usually it's not true

So it just leads to more.

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Re: starting to get tough

Posted by reallygettingthere - 02 Jul 2015 00:02

Hang in there bro.

I find that when I am stressed the triggers are much more triggering. Kin of like when you are stressed, even small issue can make you mad.

When that happens I try to do some deep breathing to help me calm down

Eli

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Re: starting to get tough

Posted by Gevura Shebyesod - 02 Jul 2015 00:03

[moshe25 wrote:](#)

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Sometimes I also think if I act out once that will satisfy me and my hormones can calm down.
Which usually it's not true

So it just leads to more.

Look up Dov's "Nuclear Reset" post. I'm sorry I don't have time to dig up the link right now.

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Re: starting to get tough

Posted by moshe25 - 02 Jul 2015 00:23

Yes thank you!

Being stressed causes more triggers and I just want to turn to this to release or whatever I
guess im just used to doing this.

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