

GYE - Guard Your Eyes

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DaveKo Log

Posted by DaveKo - 30 Dec 2015 15:21

I am required to put a thread link. Ok. This is it.

Hello.

Day 1. Hangover. Lack of energy. Regret. No clarity. I usually recover the following day two. So I am going to see star wars in the movies.

"There has been an awakening... (From guard your eyes) Have you felt it?"

Cheers

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Re: DaveKo Log

Posted by markz - 30 Dec 2015 15:27

Welcome!!

You're not required to do nothing!

Just put your thumb out for a trucking hitch, and enjoy the ride!

I'm enjoying every minute

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Re: DaveKo Log

Posted by DaveKo - 30 Dec 2015 15:33

Thank you.

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Re: DaveKo Log
Posted by cordnoy - 30 Dec 2015 16:37

Welcome,

May the force be with you.

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Re: DaveKo Log
Posted by iwant2begood - 30 Dec 2015 18:00

You came to the right place good luck on your journey keep on posting!

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Re: DaveKo Log
Posted by DaveKo - 31 Dec 2015 11:18

First day clean.

So, no I remember the boost of energy, positivity and awesomeness being clean entails.

I read the handbook first few content. Wow. Thank you.

And the website and the community as a whole.

Rcommend it.

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Re: DaveKo Log
Posted by iwant2begood - 31 Dec 2015 12:06

You got the right attitude!! Keep on going!

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Re: DaveKo Log
Posted by Bigmoish - 31 Dec 2015 17:28

Welcome. The community as a whole is indeed amazing. Thanks for joining.

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Re: DaveKo Log
Posted by abe2710 - 31 Dec 2015 18:37

DaveKo

good to have you on board with us. it might be a long journey, it might be a hard journey but dont give up you can do it!

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Re: DaveKo Log
Posted by gibbor120 - 31 Dec 2015 19:59

WELCOME! Keep posting.

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Re: DaveKo Log
Posted by DaveKo - 02 Jan 2016 17:53

I have resisted temptation because I could no bear let down people reading or posting on this thread.

That and a little reminder that is an addiction what we are dealing.

Also seeing so many people on 80's is a reminder that I also can be there, and should be there.

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Re: DaveKo Log

Posted by DaveKo - 03 Jan 2016 02:02

Ok.

Day 4.

What do you do if I am up at 3 am?

First, get out of my bedroom, check my chart, and write on the log.

Weather the storm, I guess.

And some little reading of the beautiful manual.

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Re: DaveKo Log

Posted by markz - 03 Jan 2016 02:31

[DaveKo wrote:](#)

Ok.

Day 4.

What do you do if I am up at 3 am?

First, get out of my bedroom, check my chart, and write on the log.

Weather the storm, I guess.

And some little reading of the beautiful manual.

I think a lot of us can learn from you!

POWERFUL STUFF at 3am

Keep on trucking!!

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Re: DaveKo Log
Posted by DaveKo - 04 Jan 2016 07:20

I should not do that, but I guess if my imagination goes a little fired up only at night, that is an slip.

Hopefully it is, but better reduce the intensity before it goes to worst...

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Re: DaveKo Log
Posted by DaveKo - 05 Jan 2016 18:48

I failed.

My mistake for not stoping fantasies.

Be totally clean, is difficult.

That is why stick to the given definition helps to draw the line.

Is up to me next time to that if I feel unclean, but by definition I am clean, continue.

Not look for perfection, and learn to backtrack from slips, do not use them as an excuse.

Like now. Restarting, but not use it as excuse to watch porn. This is serious.

I will restart without porn! Something is something.

May Hashem help my grandmother, deceased yesterday, for the merit of rising as honest and caring man as is my father.

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