

My journey (getting up one last time)
Posted by aaron73 - 02 May 2016 21:52

Shalom Chaverim...

I'm really mad at myself right now. I've been around for a long time (I think is 2 years by now) and my longest streak has been just 70 days a long time ago.. have I improved myself along the way? yes, of course! have I keep on falling over and over? yes, I just failed some minutes ago...

The thing is, I don't wanna blame anyone (including myself) anymore, or look for lame excuses to why I keep on doing this stupid thing that has caused me so much pain. I don't want to be in this state of porn-suspended animation anymore. I want my life back! and I'll work on it even if is the last thing I do.

So, I'm starting all over again, but doing what I never did before, that is, adding discipline and a detailed plan, not just sitting around facebooking and youtubeing the whole day and wait for changes to happen overnight (that's what I've been doing)....

I'm gonna be writing here my progress. I'll try to do it every day so feel free to ask, suggest or write anything you want. I also hope this could help those who are also struggling or starting all over again.

1.- Day 0...I'm going out to do something to release the angry I feel

=====

Re: My journey (getting up one last time)
Posted by markz - 02 May 2016 21:57

Aaron!

Great to have you on!

You didn't finish your sentence...

Whats your end plan for today?

Are you interested in hearing what else is on the gye Trucking menu?

=====

=====

Re: My journey (getting up one last time)

Posted by aaron73 - 02 May 2016 23:35

Hi Markz...I went for a spontaneous buzz cut...I feel better after doing that. I'm trying to plan my activities for the days to come...at least one week ahead. The thing is that I have a big, huge lack of discipline...I could spend hours laying on the couch watching rubbish on Youtube, So my starting point is that, to define a daily routine and commit to work it out entirely...

I'd be really interested on hearing that!

Behatzlacha!

=====

=====

Re: My journey (getting up one last time)

Posted by markz - 02 May 2016 23:38

Is that like a crew cut?

Yesod gave it you?

=====

=====

Re: My journey (getting up one last time)

Posted by cordnoy - 02 May 2016 23:49

Welcome back.

It should be B'hatzlachah.

=====

====

Re: My journey (getting up one last time)
Posted by aaron73 - 03 May 2016 01:07

Markz: No...It's more like completely bald, I just grabbed a hair clipper and cut it all off :D

Cordnoy: Thank you mate

=====

Re: My journey (getting up one last time)
Posted by markz - 03 May 2016 01:15

I prefer if the head chef (cordnoy) shows you the menu.

He likes to often just stay in the kitchen and poke his head to say "Welcome, Coffee? Tea?"

=====

Re: My journey (getting up one last time)
Posted by Aryeh821 - 03 May 2016 02:34

[markz wrote:](#)

I prefer if the head chef (cordnoy) shows you the menu.

He likes to often just stay in the kitchen and poke his head to say "Welcome, Coffee? Tea?"

I didn't know we serve coffee where can I find that

=====

Re: My journey (getting up one last time)

Posted by markz - 03 May 2016 02:41

[Aryeh821 wrote on 03 May 2016 02:34:](#)

[markz wrote:](#)

I prefer if the head chef (cordnoy) shows you the menu.

He likes to often just stay in the kitchen and poke his head to say "Welcome, Coffee? Tea?"

I didn't know we serve coffee where can I find that

Cordnoy's avatar Message

"No tea? Try coffee instead!"

=====
=====

Re: My journey (getting up one last time)
Posted by realsimcha - 03 May 2016 03:10

[aaron73 wrote on 02 May 2016 21:52:](#)

1.- Day 0...I'm going out to do something to release the angry I feel

Welcome! Hey, whats the anger for?

=====
=====

Re: My journey (getting up one last time)
Posted by gye1962 - 03 May 2016 15:13

Hi Aaron

Some thing that really helps me a lot is having a written

schedule (in excel its wasy) of every hour of every day so that you wont get sidetracked or have nothing to do.

Every time your about to aimlessly surf the web, look at your schedule instead and see waht you need to do.

If you dont have a job,I really suggest you make your #1 priority to get a job.its extremely important.

Me acavas de aceptar como tu partner y te escribi un email, mira a ver cuando tengas chance respondemelo. gye770@gmail.com

saludos[attachment:1]C:\fakepath\calendar-Maker-Schedule.png[/attachment]

=====
=====

Re: My journey (getting up one last time)
Posted by aaron73 - 04 May 2016 14:07

Hi guys, thanks everyone for writing here

Markz: I've been reading some of what you have there...really great to have important things to
(I'll keep being around reading more if you don't mind)

realsimcha: That's a really good question. I guess is just because I hate this thing, I don't want to keep doing it, also I've been experiencing some really positive changes lately, but I went back to use the same rubbish (pornography and masturbation) without even actually wanting to.

gye1962: Hi mate! I just read your email ... as soon as I have some time, I'll write you back.

TOday is day 2 in my streak: Day 1 went kind of well, just lots of remorse around, but today I'm putting that away and getting up again. I'm defining my daily schedule so I don't have free time around, which is dangerous for most of us addicts. Today I'm starting. First I got up earlier than I used to, and went out for some physical activity (a work out) I suffer a lot from anxiety but realized a little time ago that it came from keeping things inside of my head...so any way to put my stuff out, helps me being more calm (put them out in a good and helpful for me and others, safe, non sexual way)...

So far so good. I'm trying to live and improve one hour at the time. Hope to keep reading your questions and suggestions guys

Behatzlacha!

=====

Re: My journey (getting up one last time)
Posted by cordnoy - 04 May 2016 14:17

Old Christopher Cross song comes to mind.

=====

Re: My journey (getting up one last time)
Posted by aaron73 - 04 May 2016 15:31

[cordnoy wrote on 04 May 2016 14:17:](#)

Old Christopher Cross song comes to mind.

Which one?

=====

Re: My journey (getting up one last time)

Posted by cordnoy - 05 May 2016 14:44

[aaron73 wrote on 04 May 2016 15:31:](#)

[cordnoy wrote on 04 May 2016 14:17:](#)

Old Christopher Cross song comes to mind.

Which one?

Sailin'

Sailing takes me away to where I've always heard it could be

Just a dream and the wind to carry me

And soon I will be free

Fantasy, it gets the best of me

When I'm sailing

All caught up in the reverie, every word is a symphony

Won't you believe me?

=====

=====