

**GYE - Guard Your Eyes**

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A final home stretch

Posted by ysfreenow - 04 May 2016 01:53

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After 20 years (since I was 8... I could give more details later) -

I've decided that this is going to be my all-out time for the 90 day stretch. Started out with yesod shebichesed - and made it through to now but unlike many earlier tries, this is an all-out effort.

Will be calling my chaver for help, and doing a lot of davening.

Today's accomplishments: despite being tired from watching youtube last night for 2.5 hours (I can always gain access on my phone and have no way to block it), I stuck it through the day. I did not access an unfiltered computer that I could have done without supervision, and showed my wife an unprotected Google app on her old phone instead of leaving it until after a time when I couldn't control myself. A double win, both taking a huge effort from me, on tiferes shebigvurah going into netzach shebigvurah. May Hashem please keep me guarded and on the right path.

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Re: A final home stretch

Posted by markz - 04 May 2016 02:03

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Welcome!

Relax, as your title begs 'stretch'

You're doin great, and I wish you lots of fun Trucking with us

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Re: A final home stretch

Posted by inastruggle - 04 May 2016 16:44

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Welcome to gye.

It's great that you finally took the leap.

Are you going to be calling your chaver everyday (reccomended) or just when you feel you need help (not such a a great idea)

KOP! (keep on posting)

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Re: A final home stretch

Posted by ysfreenow - 05 May 2016 02:15

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I would love to call a chaver every day, but with two issues - my schedule is very tight and I have a somewhat special needs child so I cant depend on any schedule, and there is no way that my wife can find out that I am still having issues. i guess I could mention it to her that it is helpful for me so I went back to a chaver but making it an every day thing might prompt her to ask why so necessary. She knows a lot about it already but i have not kept her in the loop over the past 2-3 years as to my ups and downs.

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Re: A final home stretch

Posted by markz - 05 May 2016 02:51

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I have numbers of GYE friends that I can call anytime - no schedule necessary

You can find such too

Are there other Trucking Tools you'd consider trying?

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Re: A final home stretch

Posted by inastruggle - 05 May 2016 05:07

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How about making sure to post or chat with someone everyday? It's a lot less of a time commitment and doesn't need a consistent schedule.

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Re: A final home stretch

Posted by ysfreenow - 25 May 2016 05:04

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I had a fall 9 days ago - when I once again managed to find a way around my phone blocks. Since then I've put on vcf and things have been great! Huge difference in happiness and connection to the wife and kids, life is going smoother and much more successful.

I'm starting to feel the feening though ... Had a late busy night but I'll go to bed right now (1:00) before something hits me.

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Re: A final home stretch

Posted by inastruggle - 27 May 2016 17:16

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It might do you some good to learn about common triggers.

Sa uses the acronym RID

Restlessness

Irritability

Discontent

Which in turn may be caused by HALT

Hungry

Angry

Lonely

Tired

Learning to be extra cautious during those times goes a long way to staying clean.

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Re: A final home stretch

Posted by ysfreenow - 10 Oct 2016 01:28

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Im back on. Yes, I come across these times a lot. I was prescribed multivites and homeopathic remedies for calmness which I am back on, and this helps me a lot. I recently lost someones ipod and I am very distraught, which led me to a downfall.

Also, I've slowly - way to slowly - come to realize that I can get around ANY filter. And once I do, I need to have more, so I find access to unfiltered computers. I need to get back to my chaver on a permanent basis. Gmar Chasimah Tovah!

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Re: A final home stretch

Posted by Singularity - 10 Oct 2016 09:37

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May your 1 creep up to 90 with Brocha v'Hatzlocha.

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