

Not Alone

Posted by ttavlin613 - 30 Jun 2016 12:57

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?When I originally joined GYE about 3 years ago, I was clean for a year or so, and even after that, I managed to get to 90 days once or twice. I have yet to make it more than a month in the last year or so, and I am now almost at day 40. Nothing new this time, just taking it a little more seriously I guess. I find I have a ridiculously busy schedule, and while I used to have time to constantly be involved with shmiras aynayim chizuk, and now I just don't (general life business). I also can manage to keep clean with technology, but then as soon as I walk outside, now that summer is here, every minute is another challenge. I know I need to start posting more, and whatever chizuk you have for me is much appreciate, to remind me that I am not alone, I am not the only one struggling with this.

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Re: Not Alone

Posted by Markz - 30 Jun 2016 13:07

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Hi TT

Would you like daily reminders, perhaps it can be automated

By the way has Torah Tavlin helped lower your struggle

I assume you've read the Handbook and White book

All that's outstanding is to peruse the "Free Towing" page in my signature

KOT

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Re: Not Alone

Posted by abd297 - 30 Jun 2016 13:11

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Welcome back. You are definitely not alone. I personally have found myself in a similar situation. After my first few months of GYE I was really busy and couldn't get onto GYE for sometimes weeks at a time. I moved closer to falling. I eventually fell at over 110 days. When I decided to come back this time, I made a point to connect as much as I could. It has been working well so far.

All the best and keep us posted.

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Re: Not Alone

Posted by serenity - 30 Jun 2016 18:37

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You're not alone. What works for me is just taking it one day at a time. I could never make it for any length of time. The second I think about how long I can make it for I'm pretty much done. I just have today and the most I can hope for is a daily reprieve from the obsession.

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Re: Not Alone

Posted by inastruggle - 01 Jul 2016 03:36

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I know how you feel. I also was on gye heavily for a while and stayed clean for over a year. I left and started falling again then eventually made my way back once again.

KOCB

keep on coming back!

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Re: Not Alone

Posted by SkyBird - 02 Jul 2016 16:48

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I wish you strength , but you say you've got busy schedule as long as I remember one usually does this stuff when they have bunch of free time alone ( at least on my side ) so I think you

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Re: Not Alone

Posted by ttavlin613 - 07 Jul 2016 01:33  
gonna take care of it till 90 days

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I have found that it is a lot more about the mindset for me than it is about keeping busy. There are times when I dont have a free minute and still manage to find time. Whereas I'm right now totally free, with a lot of time (and internet access I cannot avoid) and look where I am, posting

I wish I had more time to learn, as I know that it is a huge help for me, but again, life just has a way of getting totally crazy and it makes it difficult to keep up a regular seder

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Re: Not Alone

Posted by inastruggle - 08 Jul 2016 03:55

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I know what you mean about the mindset. For me that's also the most important part of this whole issue.

The way I usually fall is by slowly slipping until I get to a point where I pretty much fell anyway here so might as well make it official. I'm more likely to slip when I'm bored. Hence, for me being bored is a time to be very wary and on my guard.

Keep on trucking!

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