

Fresh thoughts

Posted by Ihavestrength - 24 Apr 2020 01:41

Day 1: Hey all! Hope everyone is doing well during these crazy times. Today was the first day in my journey to 90 days, and I'm going to post everyday until 90 with G-d's help.

I've been on GYE for a while, with some breaks in between joining and now. Thankfully I've had a lot hatzlacha as a result of the help of many here and offline. This helped me stay "clean" for).

In any case, I learned a lot from GYE, and it helped me hugely. In fact, I even achieved my first 90 days on GYE!

In addition to GYE, I've used many different resources in my journey (therapy, friends, family, groups, and reading). My involvement with GYE occurred mostly in the beginning of my journey, but there have been times where I tried to be active here again because I felt it may help me. Those attempts at revival were not very successful and I often felt like I had outgrown GYE. I always posted on my old thread and I think that contributed to making it difficult to start fresh; hence this new topic.

some very long periods of time, and some short periods as well (which is why I'm here now

In any case, sorry for the ramble. If for some odd reason you'd like to check out my old thread, you can do so here: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/305558-Journey-of-one-day-at-a-time>

Thanks for reading if you made it this far. Hopefully I'll get to know some of you over these 90 days and I'll actually stick around this time.

G-d bless!

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Re: Fresh thoughts

Posted by Ihavestrength - 15 Nov 2021 04:00

Day 5: Good day today BH. Met up with a friend, did some work. Having the calendar hanging in my room is a good physical reminder for me that I have a goal.

TBH, it's not really the 90 day mark, been there and done that; I still have not turned into a pumpkin. Rather, it reminds me that each day clean is an accomplishment worth crossing off.

Is it sort of weird to me that I should be paying attention to this? Sorta, I don't really do this with anything else, but hey, it seems to be making me happier for now.

OK, I'll stop with the nonsensical rambling for now and head to bed. I really felt like I had nothing to say or write, but I wanted to post an update, so this is what came out lol. Have a good night y'all!

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Re: Fresh thoughts

Posted by Ihavestrength - 16 Nov 2021 03:20

Day 6: Pretty good day today BH. Productive with work, davened properly, but didn't learn unfortunately. I went the whole daytime hours without vaping, but took it up in the evening, so partial success there.

My excuse was that it was to help me study. Still not good though, it's a slippery slope to vaping all the time. It's not good for me because it kills my appetite, among other reasons, and I need to eat (I'm too skinny lol)!

It also makes it less likely I'll engage with better stress relieving techniques. However, I'm trying not to be too strict with myself about failing a bit in this area. I know that beating myself up will only lead me to worse places.

Not too many urges today until the evening, which is the norm for me. Vaping probably didn't help. It's weird, it helps in one way, is a distraction and provides some pleasure, but also can bring on urges as having too much nicotine can make me feel wired and want to "calm down" via acting out.

Anyways, enough philosophizing for now. The key is still stay clean today, regardless of all the complicated things in my mind or life. I can do it today with Hashem's help, I did it yesterday, so

Have a good night!

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Re: Fresh thoughts

Posted by OivedElokim - 17 Nov 2021 03:37

why is today any different?

From one vaper to another: congratulations for trying to quit. It's remarkable how easy it is to

No but seriously good for you. Much success with staying clean and with breaking these bad habits.

With respect and admiration,

OivedElokim

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Re: Fresh thoughts

Posted by Ihavestrength - 17 Nov 2021 03:51

Day 7: Good day today, BH. Full day of class. Vape free day too. I had a coffee in the evening which I think was a good replacement for my evening vape sesh (it doesn't affect my sleep when I drink coffee a few hours before bed).

Anyways, just trying to take it one day at a time, (yes, so cliché lol) and also trying to remember that Hashem is with me wherever I go, so I shouldn't be afraid or anxious.

Ok, that's all I got for now. Good night!

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Re: Fresh thoughts

Posted by Ihavestrength - 19 Nov 2021 02:22

Day 9: BH, good day today. Staying strong with the no vaping.

I realized evening time is always the time I get urges mainly. No big surprise there. When I'm tired, it's easy to turn to an "easy" thing to do, or something that will "wake" me up.

Well, I decided, why do I have this meshugas that I can't go to sleep early? If I'm tired, I'll just go to bed.

Anyways, that's my new plan. Who knows, maybe I'll become one of those crazy early risers? Ok, my silly rant for today is over. Have a good night y'all!

Edit: When I talk about urges above, I'm talking about urges related to GYE, not vaping lol. Although it also applies to vaping. Just realized that I wasn't clear about that.

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Re: Fresh thoughts

Posted by Ihavestrength - 22 Nov 2021 02:56

Day 12: OK day, BH. I made the mistake of taking up vaping though. I think that was a mistake. I really enjoy the mindless physical aspect of it, but the effects are too strong for me,

and have negative physical effects on me.

I also feel so stupid and weak for doing it. However, it's probably better that I don't beat myself too much for doing it, as that won't help anything. I also feel so stupid for wasting money on it. Anyways, I can always start again tomorrow, so no need to mope too much.

I went on an outing today with a friend, which was good. However, I also heard some pretty sad news about people that I know or people who are close to people I know. Hearing sad news and suffering is difficult.

I managed to do some studying in the evening fueled by some crazy vaping, so at least I got some studying done. I needed to study, but I actually studied as a way of escaping and getting my mind off all the sad news. Well, I guess I should head to bed soon and try again tomorrow.

I've got exams coming up, and I'm just trying to remember that i can do it, and that being afraid or anxious ain't gonna help me. One thing that helps me a lot is something I read awhile back (maybe here on GYE). The quote said that "anything worth doing is worth doing poorly". This really helps motivate to read difficult material, even when I feel that I am not doing a perfect job comprehending what I'm reading.

Ok, just wanted to give an update, because it's been a few days. That's all the ramble I got for now. Have a great night y'all! May Hashem shower revealed brachos on everyone.

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Re: Fresh thoughts

Posted by lhavestrength - 22 Nov 2021 03:35

Follow Up: I feel sick from vaping. Ahrghh. Just posting this as a public reminder to myself that it's never worth it and I need to stop. Ok, I'll stop talking about vaping so much, I'm sorry!!

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Re: Fresh thoughts

Posted by Hashem Help Me - 22 Nov 2021 12:10

Why are you apologizing for sharing your frustrations? Keep doing it. It will help keep you clean. As an aside, exercise is a much better thing to get "addicted" to as opposed to vaping or

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Re: Fresh thoughts

Posted by strugglingWithMyself - 22 Nov 2021 12:43

~~the stuff we talk about here~~
Now that's a good way to look at exams!

Its also good to see that its not only me who struggles with revision.

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Re: Fresh thoughts

Posted by Ihavestrength - 23 Nov 2021 02:25

Day 13: Good day today, BH. I did vape, but I made sure not to do too much and made sure to space it out so that I don't make myself sick. Did school work and some family related obligations.

I'm pretty tired now. I'm pretty much always tired unfortunately. Anyways, I figure I'll just go to bed if I'm so tired, no need to stay up late. Also, this way, maybe I'll have a better chance of actually getting up to go to minyan tomorrow.

I like davening with a minyan a lot more than davening at home. Plus, it's the right thing to do! I have a busy day tomorrow. I always get a bit anxious about these type of days. But hey, I've done it loads of times before, so I can do it again.

Sorry for being vague about what's busy about my day, but I can't exactly give away all my personal details!! Ok, thanks for listening to the daily ramble. Have a great night everyone!

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Re: Fresh thoughts

Posted by Ihavestrength - 26 Nov 2021 04:01

Day 16: Had a pretty tough day today. Just some tough emotions and stuff. Can't get into too many details I think. Just some reminders of some difficult times. I also wasn't super productive, so I feel bad about myself. It wasn't like I didn't do ANYTHING, but it was a bit blah. I was just trying to sort of survive the day so to speak. I felt weak, physically and emotionally. Sorry for the vagueness and all that. Well, it's late now, time to go to bed. I guess I can say I survived the day. Looking forward to a much better day tomorrow bezh. I know that I need to think positively for that to happen. So I'm going to choose to believe that tomorrow will be very good! OK, enough rambling for one day. I didn't really have anything to say, but I wanted to post an update. Have a great night y'all!

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Re: Fresh thoughts

Posted by Ihavestrength - 28 Nov 2021 07:27

Hey all, gut voch. I had a fall today after 18 days clean. I didn't look porn, but I did masturbate. I was/am having some pretty bad insomnia. I think because I slept way too much these past few days. I'm obviously not happy about the fall, but I'm also celebrating these past 18 days clean. It's not my biggest streak my any means, but I know that during these past 18 days I faced many challenges and overcame them. Falling once does not mean I am weak or not able to control myself. I won many more battles than I lost. So, I don't feel too good, I'm also stressed about still being up... However, I think I should not stress about the insomnia. The body will sleep when it really needs to. I also chose to fight these past 18 days. One fall doesn't take that away. So, to the future now I suppose. Onwards and upwards.

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Re: Fresh thoughts

Posted by Hashem Help Me - 28 Nov 2021 12:28

You most definitely should celebrate the 18 days. In addition, celebrate that Bh you have avoided pornography despite the challenging matzav. Your eyes will iyh see the Chanukah licht differently because you have protected them. Keep them clean, and keep the cheshbon of "clean eyes" days continuing....

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Re: Fresh thoughts

Posted by Ihavestrength - 01 Dec 2021 03:56

Just wanted to post an update for the chevra. BH, doing well. Today was my first day quitting

Anyways, felt much better physically without it. I also feel better about myself that I'm not dependent on yet another thing. Not actively counting days this wec, because I think some hesech hadaas is important so that I don't reduce my self worth to a certain number of days I've been clean. Just wanted to check in and not do a disappearing act after my recent fall. Have a great night y'all!

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vaping for good. As the saying goes, I'm very good at quitting, I've done it hundreds of times