

Starting again!!!

Posted by OivedElokim - 11 May 2020 03:15

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I'm excited to embark on my journey to 90 days. I'm having a hard time staying clean for more than a week. Haven't really been 100% sure I really want to stop, and therefore I have a weak resolve and faulty

My plan is a daily post over here, content restrictions. I'm trying to formulate a taphsic-style deterrent without an actual ??????. *Please post any suggestions you might have in that regard.*

I'm also going to try be in touch with accountability partners.

My current goal is 2 weeks clean. Will see what happens next.

Wish me luck!

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Re: Starting again!!!

Posted by Zedj - 30 Nov 2020 23:01

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It's a very well written translation.

I'm already half way through.

Also extremely relatable.

Any other helpful and MUST have links like this?

Please send for the people's

Thank you

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Re: Starting again!!!

Posted by Wolskzion - 01 Dec 2020 03:02

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I suggest you make an honesty pact with a friend you trust that if you fall you will let him know. It is the best method. It worked for me.

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Re: Starting again!!!

Posted by Markz - 01 Dec 2020 04:06

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[excellence wrote on 30 Nov 2020 21:59:](#)

oh, and i'm sure you've read markz amazing link. it is a MUST

[www.guardureyes.com/GUE/PDFs/eBooks/The%20First%20Day%20of%20the%20Rest%20of%20My%20Life.pdf](http://www.guardureyes.com/GUE/PDFs/eBooks/The%20First%20Day%20of%20the%20Rest%20of%20My%20Life.pdf)

I like suggesting it, because it has a great story line, and who doesn't like a 'truth stranger than

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Re: Starting again!!!

Posted by YeshivaGuy - 01 Dec 2020 06:32

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How we doin buddy?

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Re: Starting again!!!

Posted by excellence - 01 Dec 2020 21:32

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[Zedj wrote on 30 Nov 2020 23:01:](#)

It's a very well written translation.

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Any other helpful and MUST have links like this?

Please send for the people's

Thank you

I highly recommend all markz links from his signature, try this too

[guardyoureyes.com/forum/1-Break-Free/265946?limit=150#265946](http://guardyoureyes.com/forum/1-Break-Free/265946?limit=150#265946)

markz has a number of links there.

I personally also found good stuff on the old gye site here

[www.guardureyes.com/GUE/Tips/GUETips.asp](http://www.guardureyes.com/GUE/Tips/GUETips.asp)

also try the threads on smart recovery they really spell out a plan on how to change.

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Re: Starting again!!!

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Posted by OivedElokim - 02 Dec 2020 02:05

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[Wolskzion wrote on 01 Dec 2020 03:02:](#)

I suggest you make an honesty pact with a friend you trust that if you fall you will let him know. It is the best method. It worked for me.

I tried that before. Didn't work out. I don't have friendships like that right now...

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Re: Starting again!!!

Posted by OivedElokim - 02 Dec 2020 02:08

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I'm heading back to yeshiva. Hope to have a good run until Chanukah break. I'm going to stay in touch with some of you by phone or email. Thanks for your support

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Re: Starting again!!!

Posted by Zedj - 02 Dec 2020 05:51

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To excellence,

This is gold!

Thank you

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Re: Starting again!!!

Posted by OivedElokim - 14 Dec 2020 18:22

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Hey guys.

Happy to be back here. My Chanukah break starts today, until the beginning of next week. To protect myself this bein hazmanim, I created a contract with the help of a dear GYE friend to regulate my unfiltered device usage. That's to cover ??? ???. As far as ??? ??? goes- After I post here I will create a list of goals for the week and a daily schedule outline of all learning, davening and other activities so that I have less opportunity to fall.

Wishing you all a bright, uplifting and happy Chanukah!

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Re: Starting again!!!

Posted by YeshivaGuy - 14 Dec 2020 23:16

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Hatzlocha! Great to see u back here buddy

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Re: Starting again!!!

Posted by OivedElokim - 15 Dec 2020 04:32

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I had a pretty solid first day of bein hazmanim. I met my daily learning goals, had some good social interactions, and gave out many menorah's to Jews that didn't yet have. Didn't really have any struggles to report. I'm really grateful for the smooth sailing and I hope that it holds up.

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Re: Starting again!!!

Posted by Zedj - 15 Dec 2020 21:23

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Welcome back!

Looks like your on a roll!

Keeping yourself busy helps alot.

Keep it up!

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Re: Starting again!!!

Posted by OivedElokim - 16 Dec 2020 05:23

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Day 16.

I slept in pretty late today, but I still went to Mikva, davened with a minyan, learned with a chavrusa, met my daily learning goals, and spent my evening distributing menorahs. Pretty solid day, Bh. Besides for the occasional lustful glance, there was little struggle in guarding my eyes or my thoughts.

Gotta get to bed. Have a busy schedule planned for tomorrow...

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Re: Starting again!!!

Posted by OivedElokim - 17 Dec 2020 03:30

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Day #17:

Clean. Accomplished. Busy.

Not words I generally associate with bein hazmanim... Words that define my life right now.

It's strange how fleeting my highs and lows are. By my last fall I was in a terrible emotional state for at least a week before and after. Now I am energized, happy, hopeful and focused. I pulled myself out of a rut through self-talk and pushing myself to engage with the world, by bite sized activities and goals, and social interactions. It's unbelievable the contrast, but it also teaches me something I always knew- ??? ????? ?? ???.

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