

Back on track

Posted by iwillnevergiveup - 14 Jun 2020 19:43

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It's been a long time since I posted and I'm starting a new thread today to get back on track.

I had a streak of about 6 months and then fell about 2 months ago. Since then I've been struggling and haven't gone 3 days clean.

I know it all started when my taphsic "expired" and I made a new one today. If I was able to do in the past it means I have the power to do it again.

I will start each day with the daily boost as well as watch another video at night. Each day I will update my chart, post my progress and share ideas and struggles as well as try to inspire others. These tools worked for me in the past and will do so again.

I know this will be very hard at the beginning and will get easier overtime. I will put in the effort and make it happen.

iwillnevergiveup

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Re: Back on track

Posted by iwillnevergiveup - 21 Jul 2020 05:59

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I getting there but still so far from the stop listing entirely...

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Re: Back on track

Posted by iwillnevergiveup - 23 Jul 2020 04:23

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I had a really close slip up today.

but I got to keep on going forward.

Think about what situation I allowed myself to be in which caused me to be in this challenge and what to do in the future should I be in such a scenario again.

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Re: Back on track

Posted by wilnevergiveup - 23 Jul 2020 05:39

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[iwillnevergiveup wrote on 23 Jul 2020 04:23:](#)

I had a really close slip up today.

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Think about what situation I allowed myself to be in which caused me to be in this challenge and what to do in the future should I be in such a scenario again.

You must keep in mind that you are not a newbie anymore, you are a veteran here. You know cause and effect and you know what happens and what to do about it. The trick is to be able to keep it in the front of your mind at all times. Don't allow yourself to get into a cycle of struggles, that's a recipe for disaster. Our physical desire tells us that we don't need all of it but if we give in a little here and a little there it will be so much easier, but as we all know you've got to nip it at the bud if you want to win this one. One of the primary rules in fighting is don't let the guy into your personal space.

Keep it up!

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Re: Back on track

Posted by lhavestrength - 24 Jul 2020 03:36

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[wilnevergiveup wrote on 23 Jul 2020 05:39:](#)

[iwillnevergiveup wrote on 23 Jul 2020 04:23:](#)

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Keep it up!

Love this line about primary rules in fighting! Thanks!

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Re: Back on track

Posted by iwillnevergiveup - 26 Jul 2020 06:58

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I appreciate the feedback.

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Re: Back on track

Posted by iwillnevergiveup - 07 Aug 2020 04:23

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fell a few days in a row after my taphsic "expired". I've come to realize that in recent times in my struggle (last 4 months), even when I do fight back at an urge, It's only for the money

reason. So it's almost like I'm waiting for it to expire. And then the next day I fall.

In the past I went close to six months clean.

It was by making this a number one priority in my life by constantly learning and a growing experience working on all areas of taava.

I believe for me to go back to stopping and telling myself no, I need to reeducate myself on self control, the reasons why I shouldn't do it and multiple times a day inspiration.

Past will not reflect the future. I need to check in here daily to keep myself going.

i'll make a list of all the reasons physical and emotional why I should stop doing these things.

Every day I will review this list.

Additionally I will make myself a chart to slowly mark off as I go along besides for the 90 day chart.

With Hashem's help I will overcome my challenges.

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Re: Back on track

Posted by Grant400 - 07 Aug 2020 05:22

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You must inspire yourself to change your mindset from being something I want but can't have, to something I don't want but can't stop. Then immediately to something I CAN do. Without being clear why you don't want to and without working on yourself, you can't expect any of these tricks to change you. They can help towards a goal but cant be the goal itself. If not you will be running on a rat wheel till you can't run anymore.

Grant

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Re: Back on track

Posted by Captain - 07 Aug 2020 14:00

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It will be even better if you change your mindset from "it's something I don't want to do" to "I actually want to win" by learning to value each victory. But either way, you're 100% right. The core must be a reason you want to be clean, with techniques such a taphsic as a helper to keep you from slipping when you're not motivated. (I view fear of punishment the same way. It's not effective if it's the main "motivation," but it helps supplement other motivations well. It is used when needed, when the person temporarily does not feel motivated.)

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Re: Back on track

Posted by iwillnevergiveup - 10 Aug 2020 13:51

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This road has hiccups and I think it'll take a while to get a long streak. But more and more I'm stopping to think why not to do it. My attitude is changing.

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Re: Back on track

Posted by Captain - 10 Aug 2020 14:05

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Changing your attitude is like building a foundation of a large building, or perhaps like having the roots needed for a large tree. Everything that comes after is built on it. Of course there's lots to do afterward, but all that will be built on your attitude, and the right attitude makes it a lot easier. (Though still not so easy, of course.)

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Re: Back on track

Posted by Snowflake - 11 Aug 2020 13:19

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[iwillnevergiveup wrote on 10 Aug 2020 13:51:](#)

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stopping to think why not to do it. My attitude is changing.

Speaking for myself it all changed when I realized I had to stop it for myself. Not for my wife, kids or even Hashem. I'm not doing anyone a favour by stopping but for myself. My life is only real if I stop. If I keep going, it's like I'm living a fake life, not being able to focus on it properly. It feels like it just passes by. I kinda just go onto "zombie" mode and don't have the motivation to do anything but self-pity. But by not doing it, I feel like I can take on anything and feel motivated to do things I enjoy. Things really changed for me when I found my true "why should I stop P and M?".

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Re: Back on track

Posted by iwillnevergiveup - 12 Aug 2020 00:56

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Had a very stressful day but I refused to give in.

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Re: Back on track

Posted by Meyer M. - 12 Aug 2020 01:20

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[iwillnevergiveup wrote on 12 Aug 2020 00:56:](#)

Had a very stressful day but I refused to give in.

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Re: Back on track

Posted by iwillnevergiveup - 24 Aug 2020 02:52

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Back to day 3, determined but extremely hard.

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