

There must be a way

Posted by starting - 21 Jul 2020 05:34

The y'h gave me a new line of thought today: stopping cold turkey is not for me. I'll forever feel like I'm missing out and I'll get depressed. I should really make my streaks go a bit longer each time.

This is after trying to stop for well over 10 years. How crazy is that?

?I now see even more clearly how he has powers of manipulation that we cannot fathom

Doing it for my good of course. I shouldn't always feel like I'm missing out

The creep

I hereby start my journey to purity

The reason I have not officially done this yet is because I feel that the order of the forum is cleverly designed. I first introduced myself. Then I started a log of trying to break free (this actually in the marrieds section as it's a bit along those lines)

I did not in any way have the strength to attempt a 90. But now I think that the time is ripe. Even if it takes a few tries.

Day 18 (BTW it's my first time at day 18 in my life)

Hatzlacha guys

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Re: There must be a way

Posted by starting - 29 Jul 2020 05:59

Why did I fall?

Probably a combination of: low self esteem, meaning that I don't *really* believe that I can stop.
After a fall that feeling becomes stronger

Habit, the mind wanders

Seeing things, both recently and in the past '???? ???? ???

Stress relief

Laziness/boredom

The second and third falls after a long streak are more for feeling like I'll never get there, low self esteem, not really thinking about how important it is to stop

The list goes on and on, the y'h has 5000+ years of experience in convincing people why *now* we should fall, *just once, for your own good etc* and I only have 20 something years of *trying* to fight him

I am learning to cut down on how often I fall, how to accept the urge no matter what the y'h comes up with

So there is no one reason why I fall and that second fall will probably follow the first for a long time to come

Thank you, you have allowed me tap into my thoughts in a helpful way

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Re: There must be a way
Posted by starting - 29 Jul 2020 11:13

1 clean day B"H

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Re: There must be a way

Posted by ColinColin - 30 Jul 2020 03:14

@starting

If stress and boredom can cause you to fall - make a list of things you enjoy.

When tempted to fall, do an activity from the list.

In fact, do activities from that list as prevention too, before you are tempted.

You made a great point -

sometimes the urge happens anyway,

but it is up to you how you respond to it.

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Re: There must be a way

Posted by starting - 01 Aug 2020 23:36

Clean today b"h

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Re: There must be a way

Posted by starting - 02 Aug 2020 10:48

Clean today b"h

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Re: There must be a way
Posted by Realestatemogul - 03 Aug 2020 02:20

These are my favorite posts! People underestimate the power of just posting that you had a

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Re: There must be a way
Posted by starting - 03 Aug 2020 17:47

Almost fell this morning as I woke up before I was really alert.

~~Good day. Please continue to keep us updated!~~
B"H I caught myself on time and forced myself to think. I am currently not the type of guy that does that stuff out of habit.

Will have to try go to sleep on time so I am ready to wake up when morning arrives. Not always practical in August.

B"H still clean

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Re: There must be a way
Posted by starting - 06 Aug 2020 05:10



This is the title that really speaks to me

This is what am striving for every time I have a nisayon

This is something I am actively trying to do and since it's ??? ??? I cannot ever give in

When get to eved hashem I will be happy but I won't feel it to be so true

??? ??? is ??? ??? Which is a different league

It's a 24/7 title

Right now I am fighting every struggle as a separate battle and I am working on actively being
???? ?? ????? As much as need be throughout the entire next 7 days

May HaShem not test us, it is just so hard

From here the only way to go is up and that is to be a real eved hashem

24/7

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Re: There must be a way

Posted by starting - 11 Aug 2020 07:58

14 days clean b"h

There is nothing like a phone call

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Re: There must be a way

Posted by starting - 12 Aug 2020 05:44

Had quite a struggle

Clean

Baruch Hashem

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Re: There must be a way
Posted by Realestatemogul - 16 Aug 2020 04:53

Keep up the great work!!

The struggle doesn't mean you are NOT succeeding, rather it is proof you are!!

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Re: There must be a way
Posted by starting - 16 Aug 2020 11:07

Day 19: Absolutely filthy

Horrible things happened/happening last night/today

Really stressful

Worst is probably still to come

Will ly"h post story full in my thread on the marrieds' forum, about time I posted there anyway

Funny, I'm not really feeling like M ***** is the first go to, I'm even feeling like it will make it worse!

Really couldn't control that one, my mind was too clouded

At least I matched my last record of 18 days, I was really desperate for that feeling of streaks getting bigger

Really glad I have you guys...

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Re: There must be a way
Posted by starting - 20 Aug 2020 05:35

Have not had time for this websitewebsite but week

I am now b"h 3 days clean

Hatzlacha

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Re: There must be a way
Posted by Grant400 - 20 Aug 2020 13:15

[starting wrote on 20 Aug 2020 05:35:](#)

Have not had time for this website but week

I am now b"h 3 days clean

Hatzlacha

Getting back up immediately after a fall, especially after a streak like yours is brutal. You did it. You should be proud of yourself, because you made me proud that I "know" you. Thank you for the inspiration.

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Re: There must be a way
Posted by ac - 20 Aug 2020 16:58

Im rooting so much for you

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