

Jew're Gonna Make It!

Posted by jewregonnamakeit - 12 Feb 2021 20:55

Hi everyone. I've been married a few months and have struggled with this addiction for many years. Last year, when I got engaged, I began tracking my progress in breaking free. I've had some moderate success with two 40+ day streaks of sobriety, but unfortunately I haven't been able to continue much longer. I just recently broke a 10 day streak, which was my longest in a while.

I work from home much of the time, which of course isn't helpful. I have some filters going that I just strengthened. Hopefully that will help. I've also admitted my problem to my therapist, the first person I ever told about it. I recently realized that with my streak starting this Shabbos, I will be able to hit 90 days near the first anniversary of my engagement. I hope to turn this into an opportunity.

I'm hoping to keep this thread active for extra accountability. Happy to try any tips anyone has as well. Glad to be a part of this community!

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Re: Keeping myself accountable

Posted by Benoni - 22 Feb 2021 19:34

Hi everyone, sad to say I fell this weekend after over a week clean. My takeaways are that I need to come on GYE every day--I love the posts I see in this thread since my last update, and in fact these ideas may have helped prevent my most recent falls. I think that setting aside time in my routine to read posts and other resources on here could help me see falls as not inevitable. My filter is also too easy to get around and it's time to invest in a stronger one. Thank you all for your fantastic posts; I hope to have better news when I report in tomorrow.

Kol hakavod that even though you slipped, you were able to get back up and make a plan moving forward. I've found that going on GYE everyday (even multiple times if I feel im about to fall) has really been the most effective thing for me in this battle. Also if you don't already, id recommend finding a partner on the partners program for added accountability so every time you fall or think you might fall, you can go straight to that person. Filters are also crucial; if you need a better filter, netspark has worked pretty well on my phone and webchaver screenshot accountability works well on computers (they can get expensive tho).

Anyways hope this helps

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Re: Keeping myself accountable
Posted by jewregonnamakeit - 23 Feb 2021 17:55

Thank you so much everyone. B"H I have been clean since my last fall on Sunday. Spoke with my therapist yesterday and he agrees my plan is good. I will also be texting him daily to let him know if I am still clean, as well as to check in on other goals. Now there are a lot of people I have to let know in the event of a fall. G-d willing this will help me hold back.

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Re: Keeping myself accountable
Posted by jewregonnamakeit - 04 Mar 2021 16:44

Hi all, with infinite gratitude to Hashem I am 10 days into the rest of my life. These things are helping me so far:

1) Recognizing that everything in my life is connected: my urges to act out, mental health, physical health, relationship with Hashem, etc. Making improvements in other areas have improved my ability to deal with this addiction.

2) Accountability! With multiple apps, this site, and my therapist all needing to be updated if I fall (chas v'shalom) this has helped me hold back.

3) I also deal with procrastination that is probably worsened by this addiction. I have created a schedule to stick to and let people around me know to hold me to it. With less "dead time" and less frustration from coming up short in work/housework I am less tempted.

4) Education has helped, namely setting aside time every day to read (on GYE and other sites) about this addiction, particularly the negative effects it causes and the benefits people find when they quit.

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Re: Keeping myself accountable

Posted by DavidT - 04 Mar 2021 16:58

Amazing! keep it up!

Belief is a powerful driver of change. Repeat studies have shown that people have more success replacing addictions and entrenched bad habits than those who don't believe they can change.

Believing you can give up, allows you the space to plan how to give up, as you can focus your attention, energy and motivation away from the addiction itself to efforts to break and combat the addiction.

Change is possible. Humans are designed to adapt to change.

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Re: Keeping myself accountable
Posted by Grant400 - 04 Mar 2021 17:01

[jewregonnamakeit wrote on 04 Mar 2021 16:44:](#)

3) I also deal with procrastination that is probably worsened by this addiction. [I have created a schedule to stick to and let people around me know to hold me to it.] **With less "dead time" and less frustration from coming up short in work/housework I am less tempted.**

You make two opposite points here. One, that the addiction exacerbates your procrastination issues. Secondly, that the procrastination exacerbates the addiction.

Just a thought. I believe they probably feed each other, but primarily the latter, for a different reason than you wrote.

The reason the addiction is fed by the procrastination, can be the following. When one isn't feeling accomplished and successful (for example, due to procrastination), he tends to turn to easy and quick gratification to soothe his feelings of emptiness. (Just as with any negative emotions; i.e. anxiety, stress, anger etc.)

So in essence, sticking to a strict schedule causes one to feel more accomplished, which will remove a large portion of the desire, in addition to giving one grounds to fight the urge. It isn't just about not having as much free time to dabble in these unfortunate activities.

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Re: Keeping myself accountable
Posted by Benoni - 04 Mar 2021 18:31

The reason the addiction is fed by the procrastination, can be the following. When one isn't feeling accomplished and successful (for example, due to procrastination), he tends to turn to easy and quick gratification to soothe his feelings of emptiness. (Just as with any negative emotions; i.e. anxiety, stress, anger etc.)

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Re: Keeping myself accountable
Posted by jewregonnamakeit - 04 Mar 2021 22:30

Yes, I 100% agree. I probably could have worded point #1 better: all of the things in life feed off of each other. For me personally, procrastination and addiction are two of my biggest problems, and they feed off of each other. Thanks for sharing your insight!

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Re: Keeping myself accountable
Posted by jewregonnamakeit - 05 Mar 2021 00:28

Yes! This is huge and can really help in making the current quitting attempt the one that lasts. (Thanks for your previous posts as well. Your support is greatly appreciated.)

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Re: Keeping myself accountable
Posted by jewregonnamakeit - 09 Mar 2021 17:21

Now holding at 15 days B"H. Keeping with my schedule and education--these are key.

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Re: Keeping myself accountable
Posted by jewregonnamakeit - 15 Mar 2021 17:40

Hi all, very happy to be at 3 weeks clean now. The biggest difference for me has been from how I am specifically doing things differently this time--added accountability, staying on top of exercise, and doing my best to reduce procrastination. This helps me believe I can do it, because I know that this journey is not like the times I have tried and failed.

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Re: Keeping myself accountable
Posted by DavidT - 15 Mar 2021 18:03

[jewregonnamakeit wrote on 15 Mar 2021 17:40:](#)

Hi all, very happy to be at 3 weeks clean now. The biggest difference for me has been from how I am specifically doing things differently this time--added accountability, staying on top of exercise, and doing my best to reduce procrastination. This helps me believe I can do it, because I know that this journey is not like the times I have tried and failed.

You're one of GYE's success stories! Keep on being such a great role model for me and for others!

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Re: Keeping myself accountable
Posted by Benoni - 15 Mar 2021 18:11

Amazing! It sounds like you're also improving your life in other ways. It's amazing to see how making a change in one area of your life can drastically affect another area.

Wishing you much improvement and success!

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Re: Keeping myself accountable
Posted by jewregonnamakeit - 16 Mar 2021 16:02

Thanks guys! Best of luck in your journeys as well! It's interesting how the different parts of life intersect--in fact, working to beat this addiction has been a big motivator for improvements in other areas.

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Re: Jew're Gonna Make It!
Posted by jewregonnamakeit - 23 Mar 2021 16:35

B"H still going strong at 29 days. The changes I made after my last fall seem to be working. I have been feeling depressed the last few days, but from what I've read that's typical at this point in the journey. Many of my strategies for overcoming this addiction are also strategies for overcoming depression, so in the interest of keeping myself accountable, today I will:

- Go to the gym
- Spend some time outdoors
- Dedicate some time to reading a book

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