

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: Jew're Gonna Make It!

Posted by jewregonnamakeit - 01 Apr 2021 16:31

Well, I feel terrible. I broke my 37 day streak yesterday because I was feeling depressed, which seems to be the biggest trigger for me. Making changes to my strategy is pretty important, so I will be adding another layer of accountability today, as well as seriously looking into picking up a hands-on hobby (thinking about knitting). If anyone has any other strategies, particularly for avoiding falls when you're depressed, please share. The good news is that in the past I've binged each time I fell, but so far I am avoiding that.

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Re: Jew're Gonna Make It!
Posted by ??????? - 02 Apr 2021 18:56

I'm so sorry to hear about your fall, especially after such a tremendous streak. I can definitely relate to the depression trigger. My best suggestion is if you're feeling the urge, reach out to someone, whether it's a friend, family member, or brother here on GYE (I'm more than happy to talk with you whenever, just hit me up). You don't even have to talk about anything important- sometimes it just helps to shmuz with someone when you're feeling down.

Also taking up a hobby sounds great! Maybe you could even sell your knit-work to get extra incentive and benefit from doing it.

Much Hatzlocha!

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Re: Jew're Gonna Make It!
Posted by jewregonnamakeit - 05 Apr 2021 22:02

Thanks! I'll keep that in mind.

Glad to report I'm at 4 days. I had a refreshing yuntif and successfully kept this fall from turning into a binge, as has happened before. Lots of work to do this week and the weather is great, so hoping to use those to keep me busy.

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Re: Jew're Gonna Make It!
Posted by jewregonnamakeit - 11 May 2021 23:44

Been a while, but I'd like to get back to updating this. I'm sitting at 32 days, thank you Hashem!

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