

looking for chizuk

Posted by 613guard - 24 Dec 2021 07:47

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home access is my problem On weekends when i am not in yeshiva

any ideas any1?

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Re: looking for chizuk

Posted by 613guard - 05 Jan 2022 06:03

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so true awesome post hashemhelpme

yetzer tries to get you everywhere

we gotta take our wins where we can get them

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Re: looking for chizuk

Posted by 613guard - 07 Jan 2022 08:25

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Fell after being so good

I need to try reading easypeasymethod again it sincerely helped

until one peek

gotta prevent that one peek next time

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Re: looking for chizuk

Posted by 613guard - 09 Jan 2022 08:02

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Stressful last week but stayed clean over the weekend bh

Shoutout to zedj for the chizuk congrats on hitting 100 days hope to get there myself

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Re: looking for chizuk

Posted by 613guard - 16 Jan 2022 01:00

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Just fell after 9 days clean was mz"l

no porn bh

but its so hard to stop everything at once any advice?

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Re: looking for chizuk

Posted by Hashem Help Me - 16 Jan 2022 12:08

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First of all celebrate the fact that you have kept away from watching. that is an incredible accomplishment and you should feel good about yourself. secondly, when is the last time you accomplished 9 days? If it has been a long time, go buy yourself a treat and celebrate with a nice bracha when you enjoy it. Look at it as a siyum and celebrate with Hashem. then just move on! It usually helps to have an accountability partner...

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Re: looking for chizuk

Posted by 613guard - 21 Jan 2022 21:21

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Just watched for the first time in a month

It just happened so quickly

I really need a partner to tell every time I go on the internet

Maybe I'll just start posting on my thread every time before and after

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Re: looking for chizuk

Posted by 613guard - 23 Jan 2022 00:33

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Going online

signing in

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Re: looking for chizuk

Posted by 613guard - 23 Jan 2022 07:15

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Signing out

still clean bh

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Re: looking for chizuk

Posted by 613guard - 30 Jan 2022 07:00

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Just had a small fall

Will restart the count after two 9 day streaks in a row

Hoping to hit 18 straight this time

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Re: looking for chizuk

Posted by Zedj - 30 Jan 2022 07:08

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Don't forget to celebrate 9 clean days. It's an accomplishment in of itself!

Perhaps what you think is a fall can be categorized as a slip?

Do you have a mentor or close friend/rebbe you can share your ups and downs?

maybe getting a fellow gye member as a partner?

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Re: looking for chizuk

Posted by DavidT - 30 Jan 2022 15:18

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[613guard wrote on 30 Jan 2022 07:00:](#)

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There is a major difference between having one slip and having a relapse. A lapse represents a temporary slip or return to a previous behavior that one is trying to control or quit (usually a onetime occurrence), whereas a relapse represents a full-blown return to a pattern of behavior that one has been trying to moderate or quit altogether.

Instead of viewing your slip as a step backward, think of it as a progression on your road to recovery. Many people lapse or relapse, and if you think of each attempt at sobriety as a means of getting closer to your end goal — a lesson in your cumulative recovery learning, so to speak — this setback won't be in vain.

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Re: looking for chizuk

Posted by 613guard - 31 Jan 2022 05:23

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[DavidT wrote on 30 Jan 2022 15:18:](#)

[613guard wrote on 30 Jan 2022 07:00:](#)

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awesome chizuk

true point its hard to look at it that way the yetzer just tries to get u to give up but you cant ever give up

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Re: looking for chizuk

Posted by 613guard - 04 Feb 2022 19:24

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Had a clean streak for 5 days then it got really bad and held myself back for 2 days then i fell

I keep doing this

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Re: looking for chizuk

Posted by omekhadavar - 04 Feb 2022 19:38

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Do you see a trend of what caused you to fall? Maybe you should try avoiding that activity.

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