

14 days!!

Posted by funbuchur - 02 Nov 2023 04:39

Just finished 14 days. Not stopping here but proud of myself. Dunno where to post cuz this forum is to complicating for me but posting here.

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Re: 14 days!!

Posted by funbuchur - 20 May 2024 17:12

Day 7

I'm keeping to post even in days that I don't have strong urges because I know how it goes. Your clean for a while then you get confident put down the guard and then slip without noticing till you fall...

All the "yous" are really "me"

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Re: 14 days!!

Posted by funbuchur - 21 May 2024 17:03

Day 8

Had some machshava zaros today. Thinking I'm going to eventually fall anyway why try. But quickly pushed them away. Hopefully they don't come back. Each day is an incredible win. Used to have this monster telling me what to do now I can tell him who's boss.

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Re: 14 days!!

Posted by funbuchur - 22 May 2024 16:43

Day 9

Saw some fireworks at the store yesterday thinking of buying some for when I hit a milestone.

What that milestone is I don't know yet.

going well bh

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Re: 14 days!!

Posted by notezy - 22 May 2024 17:06

Lol love that idea

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Re: 14 days!!

Posted by funbuchur - 23 May 2024 17:08

Day 10

going good bh

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Re: 14 days!!

Posted by notezy - 23 May 2024 17:39

Bh great to hear

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Re: 14 days!!

Posted by Muttel - 23 May 2024 17:51

Great work! I'm at 15 now, so were just about at the same spot... have you reached out to HHM for an accountability program? He's gevaldig

Muttel

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Re: 14 days!!

Posted by funbuchur - 27 May 2024 16:55

Day 3 fell on Friday. Kinda rough but will be better. Fixing it up

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Re: 14 days!!

Posted by notezy - 27 May 2024 17:30

Nice keep it short and simple when u need to.

Keeping going man.

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Re: 14 days!!

Posted by funbuchur - 28 May 2024 16:41

Day 4

Got a mosquito bit and realized it exactly like and urge.

At first you don't really notice it and start itching then you notice oh I have a mosquito bite. If you itch it when it's a little itchy it goes away for a second after a couple seconds it comes back then when you itch it it gets more itchy and itch it again it gets worse and worse.

Same with urges first I don't even notice I have an urge and then the process of slipping falls if I notice I'm having the early stages of an urge it'll be so much more efficient than trying to only stop once it's so itchy.

And how do you stop the mosquito bit. For me it's mainly doing something which takes my full

attention away from it till I forget abt it. Not focusing on not itching.

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Re: 14 days!!

Posted by funbuchur - 29 May 2024 16:42

Day 5

had some urges yesterday but stayed strong.

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Re: 14 days!!

Posted by funbuchur - 30 May 2024 16:48

Day 6

Week flew by. Great day yesterday and today will be too.

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Re: 14 days!!

Posted by funbuchur - 03 Jun 2024 16:31

Day 10

had such a slip motzei Shabbos wow. Crazy. Bh I stopped in the yellow circle but wasn't to be proud of. The next morning I was thinking to myself it's such a slip maybe I should consider it a fall and go all the way and restart. Really was considering it but bepoel I updated my tracker to not a fall and I think it's better this way now I can't say screw it I'll start Tomorrow.

I don't know why recently I have been having so much stronger urges like constant thoughts and feelings. I think it's an opportune time to practice not giving in and realizing they're just fleeting feelings but sometimes it's hard. Questioning my motivation and my reasons for change.

My Main thought that keeps on giving me a hard time is “ I already have seen it, what’s the point, I have the images in my head forever. Even if I don’t fall till I get married IYH, I will live with these images in my mind till the grave”.

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Re: 14 days!!

Posted by funbuchur - 04 Jun 2024 16:49

Day 11

Going well. was watching a Flight to freedom video and it was talking abt recycling through the stages in an upward spiral I really think I have been growing a lot and it has been getting better but I think I’m back at contemplation stage I need to remember and bring my reasons for change more to my focus for a bit I haven’t thought abt them for a while. I’m going to do that exercise again. Also If anyone has places it talks abt this plz share.

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