

I'm genna do this.

Posted by zcleang - 25 Feb 2024 04:19

Hey guys! I'm currently 8 days clean from p&m (although on the site it says 6 days).I feel inspired, Tahor, and overall amazing.

Im going strong but i feel that starting to post my progress here daily will help give me more achrayus, give me more chizzuk, and all around keep me focused on my journey to freedom.

I'm going to try my hardest, every night before bed, to post a little synopsis of my day; if I had any hardships in this inyan, any slight slip ups, urges, or if I didn't follow my regiment/plan correctly.

Hopefully with siyata dishmaya this will helpme continue my mission. Gn and a gut voch!

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Re: I'm genna do this.

Posted by zcleang - 29 Feb 2024 21:23

My therapist suggested that whenever I have an urge or want to act out I should read one chapter of battle of the generation first.

genna try that out for the future. Atleast I'll finish the book fast!

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Re: I'm genna do this.

Posted by notezy - 29 Feb 2024 21:36

[zcleang wrote on 29 Feb 2024 21:23:](#)

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Tharpist suggested....hmmm... does your tharpist happen to be "captin" or "yitzchokm"

Re: I'm genna do this.

Posted by yitzchokm - 29 Feb 2024 21:42

Depending on the causes for the urges, tools in the toolbox, audio recordings you can redeem with coins and download, and reaching out to friends or mentors on GYE when you have an urge are probably better options. Regularly reading the book TBOTG and the F2F program will prepare you ahead of time for urges that come your way. The emotions during an urge are intense and it is often difficult to think logically and overcome them by reading the book at that point but if you find TBOTG useful during an urge then go ahead and use it. I can see it working for some people.

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Re: I'm genna do this.

Posted by zcleang - 01 Mar 2024 22:03

I would like to thank everyone for they're words of encouragement and they're listening ear (more like listening eyes)!

Have an incredible shabbos! Can't wait to get back to another week of fighting for what's right!