

Starting my own path

Posted by ShtetlMan - 16 Jun 2024 17:40

Hello guys, I've joined the GYE community not so long ago but decided to give myself the 90 days clean goal BzH. So I'm at 6 days clean today BH and hope I will make it!

I didn't dare telling my story yet but maybe I should. I don't know what would be the benefits.

If anyone has some advice to be more "efficient" in my trip...

See you soon !

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Re: Starting my own path

Posted by ShtetlMan - 20 Jun 2024 11:46

Day 2 of the new count, bH feel great and motivated for the new count. I gave myself on aim of 30 days.

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Re: Starting my own path

Posted by neshomo kedosha - 20 Jun 2024 23:10

[ShtetlMan wrote on 20 Jun 2024 08:12:](#)

you never know though, half of nedorim seems to be about exact definitions of words

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Re: Starting my own path

Posted by ShtetlMan - 21 Jun 2024 14:24

Honestly ldk what a shiur Torah is according to the ???? ?????... I'll just play something on Torahanytime I like and it'll be ok (I hope)

bH 3rd day clean, the shvua made me pass the urges that happened yesterday and today. Fell great, had a lot of work to do and usually it's the most tempting moment (I'm alone in the house when I work, so have access to p* quite easily).

bezH it'll be a wonderful shabes, and I'll enjoy it.

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Re: Starting my own path

Posted by BenHashemBH - 21 Jun 2024 14:35

[ShtetlMan wrote on 21 Jun 2024 14:24:](#)

(I'm alone in the house when I work, so have access to p* quite easily).

Have you considered gedarim like a filter or one of the programs that keeps tabs on internet activity?

Hope you have a wonderful Shabbos as well!

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Re: Starting my own path
Posted by BenHashemBH - 21 Jun 2024 14:47

[ShtetlMan wrote on 21 Jun 2024 14:24:](#)

(I'm alone in the house when I work, so have access to p* quite easily).

You mentioned that your family devices are available and they aren't interested in filters or someone keeping tabs on their internet activity.

1 - Do you think they might consider web chaver but it reports to the device's owner? Can mention that you are tempted to waste time, and it will help you to stay focused. If not . . .

2 - Perhaps it would benefit you to explicitly put using of you family devices when alone into your commitment? Use exclusively your filtered device and don't even touch theirs at night or when they aren't home / around. Something like that.

Thank you and I hope you have a beautiful Shabbos as well!

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Re: Starting my own path
Posted by ShtetlMan - 22 Jun 2024 23:07

Wow the 2nd option is really a good idea.

Do you know if I have ti remake a shvua or I could just change it by saying it and what I had would get effective by the end of the first week?

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Re: Starting my own path
Posted by ShtetlMan - 23 Jun 2024 13:36

???? ??? today is the 4th clean day, had a great ???, and feeling good!!

Thank you all for the support and help

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Re: Starting my own path

Posted by ShtetlMan - 25 Jun 2024 22:17

Beezer H, today was the 7th clean day!!

I had big work to do until today, which means that Imma be more at home now... Hope that my shvua will help me as it helped until tododay

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Re: Starting my own path

Posted by ShtetlMan - 25 Jun 2024 22:18

It's a quarter of my actual goal. Only 3/4 left

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Re: Starting my own path

Posted by Muttel - 26 Jun 2024 08:07

Great news, keep it up!

So happy for you!

Muttel

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Re: Starting my own path

Posted by ShtetlMan - 28 Jun 2024 16:15

Had a bad fall yesterday night, bc I let my shvua end without renewing it... I knew when the day started that I had to but let it for later. I think I learn from the mistakes I make. Starting the count again!!

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Re: Starting my own path

Posted by chosemyshem - 28 Jun 2024 16:54

[ShtetlMan wrote on 28 Jun 2024 16:15:](#)

Had a bad fall yesterday night, bc I let my shvua end without renewing it... I knew when the day started that I had to but let it for later. I think I learn from the mistakes I make. Starting the count again!!

Sorry to hear about the fall. But it's good to hear the shvua is working for you. Mazel tov on the week clean!

Keep in mind that the shvua is meant as a patch, not a solution. Meaning during the time you are being kept away from the devices because of the shvua (which is beautiful and amazing) you should be working on internalizing the change.

Two recommendations for that:

1) Start ~~reading~~ learning the Battle of the Generation. You can can the ebook free on the website free, or buy a hard copy on Amazon. There's a tzadik on here who can hook you up with a free hard copy too.

2) Reach out to HHM. He's helped hundreds of people just like you. I know it is brutally hard to pick of the phone, but it's worth it.

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Re: Starting my own path

Posted by ShtetlMan - 01 Jul 2024 19:28

I dont live in America, and just to know why would it be a good idea to talk to HHM?

I feel a bit bad about the falls even though I know they are parts of the recovery.

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Re: Starting my own path

Posted by redfaced - 01 Jul 2024 20:18

[ShtettlMan wrote on 01 Jul 2024 19:28:](#)

I dont live in America, and just to know why would it be a good idea to talk to HHM?

I feel a bit bad about the falls even though I know they are parts of the recovery.

HHM has helped more people here than anybody else

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