

Fellow fighter

Posted by mosh1achnow - 10 Sep 2024 04:05

BH almost one week clean! I want to thank everyone who has been posting on the forums, hearing everyone's stories has been helping me a lot, knowing I'm not alone.

As i wrote on another forum, this is far from my first time trying to stop p&m.

my longest streak was three weeks. I am feeling confident right now BH, but I am nervous for the 2-3 week mark. Any tips on how to stay strong?

=====

====

Re: Fellow fighter

Posted by rocky21 - 10 Sep 2024 08:01

A tip that helps me is playing out the situation in my mind playing it out and winning that battle over and over again in my mind so when the urge actually comes I'll have won this Battle countless times in my head so this one shouldn't be any different

=====

====

Re: Fellow fighter

Posted by BenHashemBH - 10 Sep 2024 09:55

[mosh1achnow wrote on 10 Sep 2024 04:05:](#)

BH almost one week clean! I want to thank everyone who has been posting on the forums, hearing everyone's stories has been helping me a lot, knowing I'm not alone.

As i wrote on another forum, this is far from my first time trying to stop p&m.

my longest streak was three weeks. I am feeling confident right now BH, but I am nervous for the 2-3 week mark. Any tips on how to stay strong?

Shalom Brother,

Amazing work on 1 week clean!

Your past streak doesn't limit you. Stay confident. Stay cool. Keep being clean today. Stay focused on one day at a time. Remind yourself why you are doing this and reaffirm that you can and will do it.

Nervousness can cause a self-fulfilling prophecy. Don't worry about the future. Live in the here and now. Keep posting, and maybe reach out to some of the amazing friends on GYE who you feel comfortable with.

Continued Hatzlacha

=====
=====

Re: Fellow fighter

Posted by mosh1achnow - 11 Sep 2024 16:08

BH still going strong. I'm starting to feel the withdrawal symptoms though. I feel my body just wanting to act out. Thank you guys for the advice, it has been helping. For now just focusing on trying to get through this stage

=====
=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with overcoming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====
=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====

=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====

=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====

=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====
=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====
=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====
=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====

=====

Re: Fellow fighter

Posted by mosh1achnow - 29 Sep 2024 20:09

Been a while. BH after a few ups and downs I'm at day 8 of being clean. Thank you to HHM for all your help. I want to remind all those who still feel so stuck.... just keep trying. If your battle with over coming p and m is mainly emotional, the falls will have a much stronger effect and keep you down. If you view your struggle like a business man, using mainly your brain, trying to figure ways to beat the issue, then a fall is just an opportunity to fix a leak in the system. "What went wrong this time?" Should be the only thing you ask yourself after a fall. Get up and try again, and at least don't make the same mistakes you made last time

=====

=====