

I Did 9 Days

Posted by childofhashem - 16 Jun 2025 12:01

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I did 9 days and unfortunately fell last night. I want to tell all of you a powerful feeling I felt when I was clean. I was in complete control of my emotions; I don't get agitated quickly (if, at all); I did not feel irrational stress; I felt so much confidence in my being and self and I was starting to gain the clarity I need. This, right here, is my motivation.

Want to know how I felt immediately after I did it last night? I had a panic attack. I started to sweat and feel stress and agitation about things I shouldn't worry about.

I realized the issue. I'm focused too much on battling this immense taiva. it's insane how creative I get just to get access to it. Filters or not. The constant hyper awareness of me needing to beat it was what led to a fall. And I realized I will always fall if that's how I do it. So I need to make sure I replace the feelings of just fighting then just "looking" with productivity.

I will beat this. With God's guidance.

I would love some tips though. I'm excited to see how I feel when I hit that 90 day mark (starting from today).

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Re: I Did 9 Days

Posted by ??? ????? ???? ??? - 16 Jun 2025 15:07

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Thanks for sharing, @childofhashem.

What have you done that has worked for you so far?

One tip that I can share is stay engaged on this forum and with this GYE community.

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