

candoitmyself's climb to 90

Posted by cantdoitmyself - 25 Feb 2011 17:38

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I've been at GYE for about a year or so. I go through periods of checking the forum nonstop, and periods where I don't check the forum at all. Today, I came up with the idea to keep a log of what I'm going through. If other people want to read it and offer their opinion, then please be my guest. I just feel like I need to account for my actions throughout the day, so feeling the responsibility to write about my day will help me very much. So here it goes....

I am 22. I live in my parents' house. I've grown up with TV that has cable in the house. We have numerous TV's now with cable. I've always said that TV is one of my biggest yetzer haras. I don't know how to walk into my house and not turn it on. But looking back, whenever I build a streak of clean days, something triggers me while I'm watching TV, and that may lead to other things, but usually, the TV is the trigger. I've tried all different ways to cut TV out of my life, but always seem to fall back into my old habits. However, after a terrible fall last night, I told myself this morning that I'm not going to tell myself that I can't watch TV anymore. If I go in with the thought process that I can never watch again, it will become daunting. I've tried it before and it won't work. But I will tell myself that bli neder I will not watch TV for the next week, and I'll see what happens after that. That means no sports games or anything. I just pray that Hashem will provide me with the strength to accomplish that goal.

So there's my first post. Hopefully, I'll be able to keep this up. Have a great Shabbos everyone!

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Re: candoitmyself's climb to 90

Posted by cantdoitmyself - 27 Apr 2011 20:38

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Ok. It's been a while since I have posted on this thread. I started getting busy with other things, and seemingly just lost track. But now I am in a huge rut. Bein HaZmanim for me has been absolutely terrible. Thank G-d we're coming to an end of that soon. Not that that is the end of the fight, but it will be nice to have time to occupy myself with. Before Yom Tov at least I was busy cleaning, but I haven't been doing that for like ten days now, so I've had more free time, and it hasn't worked out well. However, I would like to start writing again . Things have been getting too out of control, today especially, so here we go again....

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Re: candoitmyself's climb to 90

Posted by musicguy - 12 May 2011 23:04

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Hey there - I just joined the board and am on day 3. Even if you have been having a rough time, at least you're back on the board and working on it. I hope to see you back on the chart soon. I should be at the bottom of the list tomorrow with day 4.

I'm trying to be on the board every day and hoping to get matched up with a partner and sponsor soon - my goal is to have daily involvement and reminders from the board and consistent support and accountability from the partner and sponsor.

One day at a time. They say that you just have to decide you can get through today without it.

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Re: candoitmyself's climb to 90

Posted by lookingforwisdom - 12 May 2011 23:21

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Hi cantdoitmyself it's good to see you back just keep up the fight and DON'T LOOK BACK

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