

stopping forever

Posted by yoni - 25 Oct 2011 16:55

Hey all,

I only first started coming to this site this past Sunday (see my intro thread: www.guardyoureyes.org/forum/index.php?topic=4621.0), and at first I was really skeptical about whether or not this would work, whether I belonged here, etc etc. At first I was thinking of just cutting down on my bad habits to once, twice a week, and just maintaing that status quo for a while. But I'm starting to realize that I can just stop forever. I know this is only day 2 for me, but I've got this feeling that I can really change my life this time. I don't know, is that crazy? Is it even possible? I really want to believe so...but at the same time I'm a little scared. It's so easy now, easier than ever before, but I know it's not always going to be that way. Idk, what do you guys think?

Best,

Yoni

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Re: stopping forever

Posted by tehylimzugger - 25 Oct 2011 17:07

when i first came i thought i'll last forever, and i had my longest clean streak 56 days! but... i fell, and again and again- i'm not saying it's impossible, but THERE IS NO LONG RUN ya gotta take it one day at a time

and it is possible, take a look at this thread

www.guardyoureyes.org/forum/index.php?topic=3453.0

hatzlacha 4 us all!!!!!!!!!!!!

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Re: stopping forever

Posted by gibbor120 - 25 Oct 2011 19:32

Yes, don't think of forever. Work on today. Tomorrow, work on today. The next day, work on today.... after a while you'll see those days all added up to a lifetime.

Some times will be easier, some more difficult. Keep working today. Don't worry about the past, and don't worry about the future.

Stay with us chabibi.

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