

Confused

Posted by poshut yid - 10 Dec 2008 21:33

I have been clean for 7 days now. I have not had any tremendous nissyonos yet that I felt I was ripping my hair out (B"H). I am not chalilah asking for any nissyonos! But I am reading of people having tremendous withdrawal symptoms. Is there something wrong with me or is it still coming? I am chalilah not asking for a nissayon but I know it will come some day and I don't know if I will have the strength to overcome it!!!

P.Y.

=====

Re: Confused

Posted by the.guard - 10 Dec 2008 22:24

Dear Holy Jew,

Every person responds differently to withdrawal. Be thankful it is not so hard. But remain aware of what others went through so you should be ready, if and when it gets harder. **But don't worry about it.** That would be counter-productive and counter-intuitive :-)

=====

Re: Confused

Posted by WeWillNotBeForsaken - 10 Dec 2008 23:11

I have been clean for around 55 days now and this is basically how it went:

- the first week was extremely easy.
- by mid second week and third week it was extremely difficult but B'H I managed.
- The last couple of weeks have, surprisingly, been pretty easy.
- Beginning around a week ago, the Y"H started creeping up on me and making it really difficult once again - I knew that although it had been going smoothly, I should still be ready for the Y'H's sneak attacks but it still caught me by surprise.

- Today has been really difficult (which is why I keep on perusing this site and reading some of the stories - especially the ones where people write about how this addiction completely messed up their lives - I do not want this for myself). IY'H I will prevail.

=====

=====

Re: Confused

Posted by the.guard - 10 Dec 2008 23:25

You will not be forsaken!!

You are doing fantastic. 55 Days!! That's the farthest on our 90 day chart!

=====

=====

Re: Confused

Posted by battleworn - 11 Dec 2008 13:51

It may be true that the menuval is preparing for a sneak attack.

But concentrate on the positive. Hashem is giving you a chance to build up your simcha and your connection with Him. MAKE THE MOST OF IT. Get as close to the side of Kedusha as you can and you'll have a decided advantage whenever he attacks.

=====

=====

Re: Confused

Posted by Elya K - 11 Dec 2008 22:18

In the meetings they give you a white chip when you're ready to stop.

A red chip after 90 days

A blue chip after 180 days.

Red is a warning that after 90 days, we might become complacent and think we've made it, so the red is to warn us. After 6 months, it gets easier, though not solved.

=====

=====