

I need help

Posted by gyegye2 - 09 May 2012 15:15

I follow the 90 day chart

when i had a fall... i felt like I am anyway "tume" for this day

and like I anyway dont change anything on my chart IF I FALL AGAIN THE SAME DAY.

so after a 8 day break i fell twice a day...

Does anyone understand me?

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Re: I need help

Posted by ???? ???? - 27 Feb 2013 22:36

sure i understand! i had the same problem! every time i had "fall" i got down to te flour & couldn't get up! i'm more in the hebrew section but i can tell you what i wrote there: ?? ????? ?????
?????: don't make a "nfila" - a fall to Mapolet" - collapse!

love you anyway & davening for you! ?????? ?? ?????? ????? ?????? ?????? ??? (sorry for my broken english)

???? (sorry, ????)

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Re: I need help

Posted by gyegye2 - 28 Feb 2013 23:18

extending taphsic method to next week thursday

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Re: I need help

Posted by gyegye2 - 28 Feb 2013 23:21

moish

about at day 50

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Re: I need help

Posted by gyegye2 - 28 Feb 2013 23:23

eli

i am trying not to get into slippy situations in the first place

and when the desire come to change the chanel

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Re: I need help

Posted by Dov - 01 Mar 2013 04:19

'click'!

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Re: I need help

Posted by reallygettingthere - 03 Mar 2013 07:56

[Dov wrote:](#)

'click'!

Love it!

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Re: I need help

Posted by Dov - 03 Mar 2013 20:04

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Re: I need help

Posted by gyegye2 - 04 Mar 2013 23:05

i am thinking about making a "plan B" if i am going to fall what i will do after the fall...

i hope i should not have to use it

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Re: I need help

Posted by skeptical - 04 Mar 2013 23:21

Personally, I don't think it's smart to make plans for when you fall. Focus on life and the positive things in life that come about through staying clean - Not on a plan for something that you are trying not to make an eventuality.

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Re: I need help

Posted by gyegye2 - 05 Mar 2013 02:07

had a fall after 46 days

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Re: I need help

Posted by skeptical - 05 Mar 2013 02:47

I'm sorry to hear that.

Don't dwell on it except to learn from it. What was your thinking process, how can you avoid that from happening again? Brush off the dust and get back on your feet. You CAN do it!

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Re: I need help

Posted by gyegye2 - 05 Mar 2013 23:09

thanks skepticle for your chizuk

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Re: I need help

Posted by gyegye2 - 05 Mar 2013 23:16

my fall worked as followes

i had extremely big desire to fantasies something

1st i listened to a 20 min shiur as i said i will do in my thaphsic method

then i had a live chat with dov on the site

then i just fell

not thru the internet since i didn't want to pay for it as in my thaphsic method

i did my "knasos" that i have to do after falling if i did the distraction 1st

i went on a 30 min brisk walk

and i took a freezing shower.... oiy was this painfull

in fact my last strike was 30 days

now i went to 46 days

so i am still getting better, much better... for about 14 month ago i was falling about 4 times a week.

getting their

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Re: I need help

Posted by reallygettingthere - 06 Mar 2013 00:08

46 day of *nitzchiyus*. It's yours to keep, forever.

Now go get some more, one day at a time

Eli

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