

Instant Change

Posted by iabsolutelycan - 18 Dec 2012 21:23

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The most amazing thing happened to me yesterday.

Yesterday morning, I signed up for GYE, and I spent some time on the site, reading various articles, posting on the forum, etc. In the afternoon, I felt a little wierd, and I think it's because I was finally coming to terms with my addiction (it's still hard to call it that).

However, and here is the amazing part. In the evening, I was really calm and relaxed. Now, I am a very busy person with a to-do list from today till next year, and am usually stressed out. But yesterday was different. I was actually calm. My wife was amazed! We had previously (our whole married life) argued about the house temperature, but when I mentioned maybe we should raise it a bit, she went and changed the entire thermostat schedule!

She even mentioned to me about how calm I am. I made up some excuse about finishing some deadlines.

I think it's because of the chizuk I received on GYE. Good work GYE!!!! Keep up the good work!

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