

never a free moment

Posted by ted - 02 Dec 2014 04:20

I am clean now for 2 weeks. But I find that my addiction and my trying to remain clean is constantly on every minute of the day on my mind which is very annoying. Any tips how to remove my mind from it and get some peace of mind at least for a few hours?

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Re: never a free moment

Posted by dms1234 - 02 Dec 2014 05:31

DEEP BREATH!!!

Check out the [GYE Handbook](#) and [Skep's tips](#)

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Re: never a free moment

Posted by shomer bro - 02 Dec 2014 07:04

stay occupied and take it one moment at a time.

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Re: never a free moment

Posted by mr.clean - 02 Dec 2014 11:46

Totally normal you gotta white knuckle it for a few weeks but ur lucky ur two weeks in already, after that u may feel no desire at all for a while (called flatland)... just remember that what's waiting for u on the other side is worth the battle... Hatzlacha!... oh yea and if u let ur eyes wander, u'll be struggling ur whole life but if u hold urself back eventually ur brain won't be so excited by small triggers anymore, not saying its ok but it'll be easier. Right now all ur brain wants is lust.

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Re: never a free moment
Posted by ted - 02 Dec 2014 20:10

Thanks Mr clean. I have been at this 2 week mark a couple of times I was clean for six months at one point. I'm feeling like I have to do more than just push myself to stay clean I feel like I need to find the root of the problem and clean up from there.

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Re: never a free moment
Posted by dms1234 - 02 Dec 2014 21:37

Interesting Mr. Clean. I don't know if i have really seen anyone say that white knuckling is a good thing! It could be part of the recovery process but i don't really think it needs to be and neither do i think it helps in the long run. I like taking deep breaths and relax. Stepping back from the fight!

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Re: never a free moment
Posted by Ezra - 10 Dec 2014 22:22

Ted - Great question. How did you get yourself through these two weeks? What about the 6 months?

Easier said than done, but a very common theme, is that when we focus on what really matters to us - what we really want in life and our relationships - and the need for stupidity takes a back burner with the new found focus.

What is going on in your life these days? goals?

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Re: never a free moment

Posted by ted - 14 Dec 2014 08:47

Ezra you are definitely right, its very important to stay busy.

boredom and being alone make things much much more difficult.

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