

consistency

Posted by gye1962 - 04 May 2015 16:30

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Hi

since i started about a month ago , at the beginning i improved alot, but now i cant seem to keep up with the rythem i was taking at the beginning.

i am having problems being consistent with being clean. if at the beginning i could do a week clean, now i can only do 3 or four days.

it seems like a the beginning it was easier , and now it got harder. is this normal?

if anyone has a tip or a comment, please share it

thank you.

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Re: consistency

Posted by gibbor120 - 04 May 2015 21:09

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Very normal. What are you doing towards the goal of recovery? If you are simply "trying harder", you may be holding your breath, and becoming discouraged in the process.

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Re: consistency

Posted by gye1962 - 05 May 2015 15:20

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what do you suggest i do?

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Re: consistency

Posted by AlexEliezer - 05 May 2015 15:58

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Are you simply trying to go a week without masturbating?

Or do you have a plan?

Have you made any changes in your relationship with lust?

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Re: consistency

Posted by gye1962 - 05 May 2015 16:45

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i did do some changes such as cutting all most of the tv shows i was watching, put a filter on the computer(still didnt put on my phone, but will soon),sleep on the side and not facedown, like the torah says, more excersie and being careful on the street to where i look.

any more suggestions?

btw it says that i am a female, but i am a 20 year old boy. i think its a bug or something.

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