

Re: Caim's story - I feel great on gye
Posted by Caim - 30 Nov 2015 12:39

Hi, I am new to this site, and I just started out on my 90 day journey. It's been a four days already that I'm clean already B"H. However, I'm starting to feel like it's getting hard for me like I miss the excitement and the feeling. Can anyone give me ideas what to do about it. I would greatly appreciate it.

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Re: I feel like I'm going to fall
Posted by Caim - 24 Dec 2015 00:38

BenTorah.BaalHabayis wrote:

Interesting discussion about fasting. I usually find the opposite to be true. I don't fast well and I end up often feeling miserable and weak. I find that when the physical body is weakened it's easier to feel more spiritual. But that's just me.

I can actually hear this idea as well. However when I don't eat I can get very bored and irritable which can lead me to fall

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Re: I feel like I'm going to fall
Posted by Caim - 24 Dec 2015 01:03

B"H it has been 2 clean days since I started again. I hope to be able to hold out longer this time.

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Re: I feel like I'm going to fall
Posted by Caim - 24 Dec 2015 01:05

My attitude might be wrong with this concept "to be able to hold out longer". I hope to be able to focus on "One day at a time"

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Re: I feel like I'm going to fall
Posted by Shlomo24 - 24 Dec 2015 17:07

"holding out longer" and "one day at a time" share similarities. also i don't believe it's a wrong attitude, just a different one.

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Re: I feel like I'm going to fall
Posted by Caim - 29 Dec 2015 16:56

[Shlomo24 wrote:](#)

"holding out longer" and "one day at a time" share similarities. also i don't believe it's a wrong attitude, just a different one.

Thank you very much for clarifying this for me.

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Re: I feel like I'm going to fall
Posted by Caim - 29 Dec 2015 17:50

Today B"H I was doing better. Even though that during the past few days I was struggling very much and unfortunately fell. I started again the 90 day chart and hopefully will be able to focus on the "One day at a time" idea and focus on the reality of today and not to worry about how long I will be able to hold out without having a fall. Since worrying about the future will only make things seem more difficult than it really is. I do not mean that it is an easy thing to accomplish, just focusing on another day is not really going to help us either. If there are any thoughts about this please post them.

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Re: I feel like I'm going to fall
Posted by markz - 29 Dec 2015 17:56

I like your positive outlook

I was wondering if you considered changing the thread title 'I'm about to fall'

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Re: I feel like I'm going to fall
Posted by Caim - 29 Dec 2015 18:09

Thank you for the reply and chizuk,

I was considering changing the title of the thread, I just do not know how to do this. By the way I appreciate the picture you sent me; we can learn from this picture that even though some things seem very hard to us it is still possible to accomplish.

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Caim's story - I feel great on gye
Posted by markz - 29 Dec 2015 18:23

Go back to the first post and change the title, I already changed your future ones :-)

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Re: Caim's story - I feel great on gye
Posted by Caim - 29 Dec 2015 18:24

Thanks I really appreciate it, and the title sounds great.

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Re: Caim's story - I feel great on gye
Posted by Caim - 31 Dec 2015 18:31

I put a stronger filter on my computer yesterday, I hope I will be able to withstand the fact that I cannot browse whatever I want anymore. One thing for sure I have more time to take care of important things at night, and to spend more time with my family. I know that in the beginning I will feel very bored. However I am sure that with the time things will be much better for me.

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Re: Caim's story - I feel great on gye
Posted by markz - 31 Dec 2015 18:33

ODAAT

hatzlacha

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Re: Caim's story - I feel great on gye
Posted by Keepclimbing5 - 31 Dec 2015 18:55

Hey Caim thank you for posting:) on Gye you never know where your biggest help is gonna come from... For me the greatest impact came from reading other people's testimonials, and learning to be sober just Right now. even 'just sober today ' didn't help me. I also gained a ton by reading 'the science of Habit change' in the tips and suggestions section. It taught me how to identify my triggers and replace my 'routine' with another habit... When I first found Gye I too couldn't make it even a few days without falling but have since managed to go many months between falls. Just know that you can do it and we're rooting for you. And pls keep posting. G'luck!

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Re: Caim's story - I feel great on gye

Posted by Caim - 31 Dec 2015 19:27

[Keepclimbing5 wrote:](#)

Hey Caim thank you for posting:) on Gye you never know where your biggest help is gonna come from... For me the greatest impact came from reading other people's testimonials, and learning to be sober just Right now. even 'just sober today ' didn't help me. I also gained a ton by reading 'the science of Habit change' in the tips and suggestions section. It taught me how to identify my triggers and replace my 'routine' with another habit... When I first found Gye I too couldn't make it even a few days without falling but have since managed to go many months between falls. Just know that you can do it and we're rooting for you. And pls keep posting. G'luck!

Thank you very much for your ideas. I thought many times about what triggers my falls. However it was very hard for me. How could I identify my triggers. If you have any ideas please let me know.

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