

CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by Fightingaddictionnow - 04 Jan 2016 21:39

---

So I think this might be the first only good news post I've ever posted. I wrote a long helpful post when I crossed 90 days, describing what I think are the best tools etc. and I've kept off the GYE website since then as it can be a trigger for me - totally forgetting works better for me. Anyway, I think GYE and all its visitors deserve some happy stories for motivation, so I'll add my bit.

Nothing long or fancy. Just some facts...

- With the help of Hashem I'm 163 days clean.

- Acting out has literally become a non-option for me. I don't even think about it anymore.

- My Shmiras Einayim is on a whole new level than it ever was, with regards to controlling myself and looking away as soon as I see something.

- I'm SO FREAKIN HAPPY ABOUT THIS!

Lots more to write a different time. Just wanted to stick that up for now. Hatzlacha everyone and thank you all!! Peace out.

=====

Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by markz - 04 Jan 2016 22:30

---

Keep the good news comin'

Our psych is used to guys complaining, we need the positivity, maybe stick around for a bisse!

woodford ;-)

keep on trucking

=====

Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by Getting married - 04 Jan 2016 23:11

---

[Fightingaddictionnow wrote:](#)

So I think this might be the first only good news post I've ever posted. I wrote a long helpful post when I crossed 90 days, describing what I think are the best tools etc. and I've kept off the GYE website since then as it can be a trigger for me - totally forgetting works better for me. Anyway, I think GYE and all its visitors deserve some happy stories for motivation, so I'll add my bit.

Nothing long or fancy. Just some facts...

- With the help of Hashem I'm 163 days clean.

- Acting out has literally become a non-option for me. I don't even think about it anymore.

- My Shmiras Einayim is on a whole new level than it ever was, with regards to controlling myself and looking away as soon as I see something.

- I'm SO FREAKIN HAPPY ABOUT THIS!

Lots more to write a different time. Just wanted to stick that up for now. Hatzlacha everyone and thank you all!! Peace out.

Wow wow keep it up I'm happy to see there is people winning also

=====  
=====

Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by mggsbms - 04 Jan 2016 23:49

---

What a great positive post. Thanks for raising the bar, you're somebody to look up to.

=====  
=====

Re: CHIZUK AND GOOD NEWS ONLY HERE :)

Posted by markz - 07 Jan 2016 00:41

---

My friend fighting addiction, when you get back pls checkout your post alive and well [HERE](#)

Now - time for Good News, I take the following news as chizuk - when we work on ourselves Hashem does the rest, and it has ripple effect

Guys keep trucking, one state at a time

=====  
=====