

combating inevitable withdrawal.

Posted by bonobo - 24 Mar 2019 03:21

Hi, im here asking for advice for everyone. I recently completed almost an entire clean week! however, on the last day I had very intense withdrawal symptoms and immediately gave in. How do people here combat these symptoms and what do you find works best for you?

TIA

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Re: combating inevitable withdrawal.

Posted by ColinColin - 24 Mar 2019 03:51

A very important thing to note.

Those "Withdrawal Symptoms" are what you might experience any day for the rest of your life.

Do not think you only have them because you were clean for a week.

They can strike any time!

But there are ways to counter them.

This involves doing something positive to take your mind off the urges:

- 1.) Go for a walk.
- 2.) Read
- 3.) Call a friend
- 4.) Cook a meal
- 5.) Daven
- 6.) Study

etc etc.

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Re: combating inevitable withdrawal.
Posted by bonobo - 24 Mar 2019 04:28

Of course! I understand that these urges will pop up at random and that it may be something I have to combat for my whole life (although I pray not).

This is great advice and deep down I think ik that this is what I have to do.

however I found my self struggling (at least this past time) to acknowledge that ok now is the time to go do one of these activities and not give in to the urge.

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Re: combating inevitable withdrawal.
Posted by Hyr - 24 Mar 2019 10:05

One of the best things that helped when I was first starting out was something I found in a great book called "The Willpower Instinct" by Kelly McGonagall. I highly recommend it for any sort of willpower struggle you may have. Anyway, one of her best tips is called "The 10 minutes rule" - whenever you feel the urge to do indulge in something you know is bad for you - in this case, looking up non-tznua stuff online or masturbating and such - but also helps with eating urges (practically anything, really) - instead of telling yourself: "No!", tell yourself: "Yes, but in 10 minutes." Actually say this to yourself, don't just think it. Then, before the time is up - you've got a few minutes of clarity to go take a walk or something. More than that, this time should be used to strengthen yourself in face of that annoying little voice telling you to indulge: Remind yourself how important it is for you to be strong, how much better your life will be if you don't fall, etc.

B"H this idea has helped me - and still does - tremendously.

Once you get that moment of clarity - you can pick yourself up and go for a nice, calming 20-30 minute walk. Listen to a shiur or a podcast, or even don't listen to anything but concentrate on your thoughts.

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Re: combating inevitable withdrawal.
Posted by bonobo - 24 Mar 2019 16:59

Fantastic, practice advice! thank you so much, I will try this out the next time this sort of struggle presents itself.

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