

I'm Back!

Posted by DeterminedtoWin - 04 Jul 2019 23:25

Hello everyone,

It's been a very long time since I've posted or even looked at the forums. The time has come that I've decided I must get involved again if I want to really break free from the addictive and destructive behaviors that keep returning no matter how much better I think (or wish) I am doing.

I joined the GYE program almost a year and a half ago and have grown tremendously from it. I was zoiche to experience the taste of freedom with a streak ending in the 150's. However, once I broke my streak a bunch of months ago it has been off and on ever since. I think that I've been telling myself, "Look, now I know that I can stay clean if I want to and that this doesn't count. I will go back to leaving it all behind one day again, but for now just this once." I still tried to stay clean but would keep falling every few weeks and began to care less and less, always telling myself that I can get clean again and that one day I'll go back to it for real. I've been suffering from a serious case of doing these things so often "na'asa lo k'heter".

I'm not sure what clicked, but now I finally decided that I want to go back to it for real. I very much want to go back to really making it happen and working hard on getting and staying clean for good. I know that when I was involved on the forums it was much easier. I didn't feel as alone. Yes, I do have a partner and a sponsor but I have been feeling too ashamed to give them) and I've come to realize that at the end of the day, "ein hadavar talui elah be."

The problem is that life is so busy and it's not easy to find the time. I am now determined to find the time at least once a week or every other week to visit the forums and get involved again. Also, now that I am being more open with my partner and sponsor it can be easier to stay more in touch with them. It's not easy to admit that I haven't managed to really stop these behaviors but I think it's worth the embarrassment. I also feel bad and hope that I'm not making them meshuga with all my updates and check ins. Life is busy for all of us.

Bottom line - I hereby am reigniting my determination to get clean and be"H will be zoiche to kick the destructive habits once and for all!!

Thank you all for being there,

DeterminedtoWin

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Re: I'm Back!

Posted by DeterminedtoWin - 24 Mar 2021 00:01

Another super busy day in the zone! Thank you Hashem!!

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Re: I'm Back!

Posted by DeterminedtoWin - 25 Mar 2021 00:21

B"H still doing well and staying in the zone.

Been dealing with HALT (hungry, tired, overwhelmed, etc.) lately between crazy busy at work (b"H!) and preparing for Pesach, and I've been feeling pretty stretched. I had some moments today where I had the urge to escape in the "comfy" world of taiva and did peek at a couple of very benign things. Nothing close to a slip or fall, but it's what starts the ball rolling in that direction and it's a breach of my commitment to not go anywhere on my computer that I wouldn't want my wife to see. (It doesn't have to be anything that intense to fall in that category).

So, I am strengthening my commitment to bl"n not go *anywhere* on my computer that I wouldn't want my wife to see and will check in on my thread here tomorrow regarding this commitment specifically.

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Re: I'm Back!

Posted by DeterminedtoWin - 25 Mar 2021 21:12

B"H had a great day today and was able to stick to my commitment.

I just want to leave off that I feel ready to go into Pesach in the right frame of mind and way of living. Regardless of my exact current streak, I truly feel that I have become a different person since joining GYE a few years ago and have developed a healthier relationship with these taivos and a belief in myself that I can live the life I want to live. (I used to feel that I would never be able to break free.) Yes, this is a lifelong battle, but b"H I feel that I now have the resources, tools, and confidence to continue fighting.

Thank you Hashem and GYE for my own personal yetzias mitzrayim, and may we all be zoiche to the ultimate geula when all these struggles become a thing of the past!

Chag Kosher Vsameach,

Determinedtowin

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Re: I'm Back!

Posted by DeterminedtoWin - 31 Mar 2021 00:12

Gut Moed!

Working today and tomorrow. B"H I had a beautiful and uplifting first days and am feeling quite "kosher l'Pesach". Looking forward to a beautiful rest of yom tov.

See ya back here tomorrow be"H!

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Re: I'm Back!

Posted by Realestatemogul - 09 Apr 2021 04:57

Hey!

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How is it going? Would love to hear an update.
Re: I'm Back!
Posted by DeterminedtoWin - 22 Apr 2021 20:44

It's been busy and up and down since Pesach.

I realized that I could block google completely which leaves me with a true whitelist now b"H. I'm hoping that, now that I'm no longer sitting in a matzav of yichud all the time, I will have an easier time against the y"h.

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Re: I'm Back!
Posted by EvedHashem1836 - 22 Apr 2021 21:27

Thanks for checking in. I'm still alive b"H

I realized that I could block google completely which leaves me with a true whitelist now b"H.

I did the same thing and worked wonders for me saved me from falling so many times

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Re: I'm Back!
Posted by DeterminedtoWin - 06 May 2021 18:30

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Re: I'm Back!

Posted by DeterminedtoWin - 14 May 2021 17:30

22 b"H!

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Re: I'm Back!

Posted by DeterminedtoWin - 28 Jun 2021 16:15

B"H doing good and in good zone these days. Be"H it should just continue!

I just wanted to check in since I got a new computer that needs to be set up. It may be a day or two until the filter is up and running. I'm feeling okay right now, but wanted another level of shemira by letting you guys know. I will bl"n check back in once the filter is properly set up up.

Thanks!

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Re: I'm Back!

Posted by DeterminedtoWin - 28 Jun 2021 20:44

B"H all set!! No issues!!

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Re: I'm Back!

Posted by DeterminedtoWin - 11 Aug 2021 20:41

Its been a while again...

I think I have a hard time with the all or nothing feeling that the constant tracking and checking in can cause. I think many of us see so much growth and then get discouraged by the falls that make it feel like we failed and blew it all. I think that's why I have been trucking on my own lately.

Still growing, still fighting, still wining battles... but also still falling too often (giving in?).

Ellul is here and I must do something more. This is not how I want to be spending my days while I am trying to prepare for the Yom Hadin. I can give myself room to be a growing person and not having to be perfect as long as I feel that I am actually trying my best and indeed working hard to fight using the tools Hashem has given me to fight with.

Hence, I am back once again! I plan on posting daily updates again on this thread at least

Please hold me to it! Thank you all!

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Re: I'm Back!

Posted by DeterminedtoWin - 13 Aug 2021 15:52

B"H going strong!

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Re: I'm Back!

Posted by OivedElokim - 15 Aug 2021 20:34

Keep trucking, brother!

throughout the Yomim Norayim. It's good to back

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