

Some good ideas to overcome urges

Posted by RecoveratGYE - 09 Jan 2020 06:53

As I am in early stages of recovery I am constantly looking for ideas and techniques of how to overcome my urges.

One of the techniques I use is, after a fall I write down on a piece of paper how I feel in as much detail and emotions as possible, and put the paper away somewhere.

And than after one time that I win and overcome my urges I do the same thing, I write down on a piece of paper how I feel in as much detail and emotions as possible, and put it away somewhere.

And next time I have a urge and struggle I take out both papers and read it (out loud if possible) a few times, and thik to myself how do i want to feel this time? Do I want to feel disappointed and disgusted with myself? Or do I want to feel good and accomplished?.

And that helps me overcome my urges.

Just wanted to share a technique/idea that might help someone someday.

If you have any other techniques and/or ideas please share I/we will really appreciate it.

Thanks in advance.

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Re: Some good ideas to overcome urges

Posted by RecoveratGYE - 09 Jan 2020 07:22

I just noticed that I put it under topic Break Free maybe I should've put it under topic What works for me.

Sorry.

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Re: Some good ideas to overcome urges

Posted by David26fr - 09 Jan 2020 08:14

Thanks RecoveratGYE for the sharing !

This way of dealing with the urges and the inner thoughts is what is called, in another word, mindfulness.

What works for me in case of an urge ? Music, going out, calling a friend, mindfulness, thinking about consequences, reading my GYE diary...

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You should take a look to it

Re: Some good ideas to overcome urges

Posted by DavidT - 09 Jan 2020 14:46

I'm sharing this because this is what helped me more than any others techniques.

Try to find someone to guide you in life, and especially in your battle against desire.

If possible, find someone who you will feel is on your side and has experience battling desire.

Finding a mentor will gain you:

1. Emotional support and encouragement.
2. Clarity to choose right and confidence in your decisions.
3. Tips and techniques for overcoming desire.

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