

How do you put this behind you once and for all?

Posted by siyatta - 09 May 2024 21:01

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There are people in this group who have managed to put this whole thing behind them. I personally envy you! How do you do it? Is there something I'm missing? How come some of us keep coming back to the same struggle and others have seemingly moved on?

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Re: How do you put this behind you once and for all?

Posted by chosemyshem - 30 May 2024 13:48

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And so but maybe the only difference between those who stay clean from GYE'ing and those who don't, is simply that those who don't have a worse sickness...

[And okay, I'm incapable of keeping things short and sweet so I'll elaborate. I think the answer to this original question is impossible to know and we're all just speculating. But. I think every tool, attitude, change, whatever listed above has been tried by successful people and unsuccessful people.

And so then we have to think that the only difference is in the level of problem the person is suffering with.

And I know the line between an addict and not is not always clear. But it's undoubtable that GYE is not the most powerful tool out there and if you have two people trying to dry up a puddle with a towel, and only one of them succeeds, perhaps it's time for the other person to start wondering if what he thinks is a puddle is really a swimming pool or even the whole freaking ocean and that's why he's not succeeding.

And I think it's confusing because there are people who post about serious addiction-level behaviors who became clean through GYE'ing. So we come to think GYE should be enough. But 1) those people may have also done things like copious therapy. The 12 steps are by no means the sole cure for addiction and GYE+therapy+serious lifestyle changes sounds like a pretty serious attempt at treating an addiction. 2) Just because ploni did xyz and got clean without doing more than GYE, doesn't mean that a person doing "just" x doesn't have a deeper problem than ploni did.]

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