

Help!

Posted by pomegranate - 15 May 2025 05:39

I've fallen 3 days in a row after 65 clean days because I can get access to google maps on someone else's device. I'm sorry for letting down my family and everyone here.

I'm trying to understand why somewhere along the line on the way to a fall, my mind gets convinced even without any physical urges that this is something I have no control over and that I have to give in to. At the same time I know this isn't true. What is going on with me?

Hope to share good news with everyone tomorrow and wish everyone Hatzlocho but I don't know how this is going to change at the moment.

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Re: Help!

Posted by hashem help me - 16 May 2025 05:10

How are you celebrating 65 clean days?

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Re: Help!

Posted by pomegranate - 16 May 2025 09:35

I bought myself an ice cream on day 60. I'm pleased to report that I've kept 1 clean day.

Thank you to every one at GYE for all the tools to move forward.

Is there something specific that I should do now?

I don't think I can secure my home base any better than it is now.

I'm thinking of how to build myself internally?

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Re: Help!

Posted by hashem help me - 16 May 2025 11:15

[pomegranate wrote on 15 May 2025 05:39:](#)

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Hope to share good news with everyone tomorrow and wish everyone Hatzlocho but I don't know how this is going to change at the moment.

Great that you celebrated your 65 days - it is an important part of breaking free. Regarding your comments - there is no need to apologize to the chevra here for "letting us down". That thought process is not healthy or helpful in breaking free. The oilam here is non-judgmental, and is here to cheer you on, give chizuk and constructive advice, and to understand you when it is rough. We are as imperfect as you are and faced and still face many of the challenges you do. Going forward you are not the same person as when you started. You are a fellow who knows you can do it and have 65 unerasable days to prove it. Regarding getting into the mindset that this is impossible and "i am definitely going to fall", reach out to some of the guys here by phone or in person and they will b'ezras Hashem guide you away from that mentality. Hatzlocha buddy. You are much better off and out of the mess than you realize.

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Re: Help!

Posted by pomegranate - 16 May 2025 14:14

Thank you, I'll try to remember your points and call someone at the right time.

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Re: Help!

Posted by chancyhk - 19 May 2025 20:58

I concur with Rabbi HHM.

You have what it takes to get out of this.

A mindset is not changed overnight though.

Every time you say no and you actually dont do it, stop and think to yourself "See, I got this!"
Keep on reinforcing the part of the brain that says NO!

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Re: Help!

Posted by eerie - 20 May 2025 02:20

[pomegranate wrote on 16 May 2025 14:14:](#)

Thank you, I'll try to remember your points and call someone at the right time.

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Re: Help!

Posted by pomegranate - 17 Jun 2025 20:33

I'm pleased to report that I'm up to 22.

Thanks for the Chizuk

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Re: Help!

Posted by pomegranate - 18 Jun 2025 21:26

Good news. I'm up to day 23. I wish it was 550 already. I'll just try to keep exercising my heart.
Hatzlocho to everyone.

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Re: Help!

Posted by pomegranate - 19 Jun 2025 20:47

Bh it's going really well, up to day 24, Home base is very secure at the moment while some family members are away, Tuesday coming up is going to be tough when they get back.

Does anyone have any ideas on how to plan ahead.

Wishing everyone Hatzlocho!

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Re: Help!

Posted by someone123 - 23 Jun 2025 19:08

Does anyone have any ideas on how to plan ahead.

What makes it harder when family members come back? If it's unfiltered devices can you make a kaballah not to use any unfiltered devices at all? Is that possible?

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Re: Help!

Posted by pomegranate - 23 Jun 2025 19:37

Thanks for your concern, that in itself is a chizuk.

It's actually 1 device with google maps that I have made a kabbolo bl"n about and a lot of stress.

At least I can say I'm up to 28 days.

Wishing you and all the oilam, only Hatzlocho!

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Re: Help!

Posted by pomegranate - 25 Jun 2025 20:07

I just want to thank everyone again for helping me get started (again), I'm up to 30 days bh and davenning to be able to stay strong.

Wishing Hatzlocho to everyone.

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Re: Help!

Posted by lamaazavtuni - 26 Jun 2025 00:33

My dear pomegranate please make some gye friends thought the phone it'll help you a lot I think instead of fighting this on your own...

rooting for u brother keep climbing!!

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Re: Help!

Posted by jewish1234 - 26 Jun 2025 23:13

Does anyone else deal with shaving their body?

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