

Hi Everyone

Posted by guardy - 18 Feb 2015 15:54

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Just wanted to say hi. Is difficult for me to even say hello, seems like there's a barrier for me to get over to open up to a forum even under an anonymous name. BH, I guess this is step 1.

Just began the 90 day chart today.

I'm an optimistic person, but when it comes to this, after almost 30 years, I'm not expecting much. But I have seen mirzcles in the past in life, so let's hope. I have told myself 30 days, eventhough longest I can ever remember is 2 weeks and that was years ago.

Anyway, enough about me. Keep up the good work. Everyone who is on this site has to be among the righteous.

Thanks

Guardy

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Re: Hi Everyone

Posted by guardy - 01 Mar 2015 15:34

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Was wondering if there is a general easier or harder time period. Say, most people are ok for the first 2 weeks, but then it's hard for a few days, then by a month it gets easier/harder, then I can be aware of the danger ahead. Been 11 days and I'm afraid of what will be later. Or maybe it's just every person is different and there is no general rule.

If there would be a general chart or grid like this, I think it may help people get through to the next stage, as they'll be on higher alert during the danger period.

Anyway, thanks again

Guardy

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Re: Hi Everyone

Posted by cordnoy - 01 Mar 2015 15:55

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It's always difficult .... except when it isn't!

that's the grid; that's the mindset.

b'hatzlachah

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Re: Hi Everyone

Posted by yiraishamaim - 01 Mar 2015 15:55

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I think you are better off focusing on triggers than time periods. Time periods will just allow you to be more vulnerable so they Y"H can sneak up on you. Think about giving up sites on the web , change your attitude on how you observe the world around you when -you walk around- take the subway etc.

When we change some of our habits that appear harmless but are really potentially dangerous we in fact sidestepping major possible pitfalls.

This is our way of making an hishtadlus. Of course connecting to the ultimate power and giving ourselves over to him is the most essential

Hatzlacha!

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Re: Hi Everyone

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Posted by serenity - 01 Mar 2015 17:46

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I can relate to that. It gets better, but there will be challenges. maybe if we Keep growing, hopefully our challenges will become loftier. kapish?

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Re: Hi Everyone

Posted by gibbor120 - 02 Mar 2015 18:56

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I remember when I was trying to kinda sorta explain my addiction to my wife. "It's harder when we're assur, except sometimes it's harder when we're muttar." It happens when x, or sometimes y.

In short, there is no pattern, sometimes the Y"H says, you can take a peek, you are muttar anyways, it won't hurt. Other times he says, you need to take a peek, you have a long way to go until you are muttar again, you can't make it, just give up.

Just take it day by day, make gedarim, avoid triggers, open up to those that will listen (and not judge), daven...

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Re: Hi Everyone

Posted by guardy - 03 Mar 2015 12:19

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Thank you everyone. Really helpfull stuff. Appreciate it. Really.

Thanks

Guardy

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Re: Hi Everyone

Posted by lcheirus - 03 Mar 2015 15:55

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13 days?! Awesome! Keep it up!

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Re: Hi Everyone

Posted by dd - 25 Mar 2015 19:07

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Hi Guardy!!!

Looks like your doing great 35 days.

Why don't you share with us whats going on, and what tools your using?

KUTGW!!!

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