

At last

Posted by SamJoe - 25 Mar 2015 17:59

Hello, Today is my first day clean in a while! Will take it day by day with hashem help!

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Re: At last

Posted by Larry - 26 Mar 2015 15:41

Agree with what everybody has said here... hiding my lust problem from others meant that I was hiding it from myself as well... in fact, hiding it from myself has been crucial to its continuation. I need to face facts - as hard as that might be - that I have a problem, and that I must take responsibility for my actions in order to address that problem.

Please G-d, we should all have hatzlacha rabba in our efforts... and a good clean day today.

-- Larry

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Re: At last

Posted by SamJoe - 26 Mar 2015 16:38

I guess your right, if I wasn't GYE yet I probably would have acted out do the stress...

Guys I'm happy to say that I'm up to 2 days dlean! for me this is amazing because the past few days have been very hectic, (I'm actually flying now), Thank g-d for gye I have hope on how to help avoid and deal with all the triggers while travelig.

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Re: At last

Posted by SamJoe - 27 Mar 2015 01:53

I just made a special thread for my 90 challenge, it's called sj's life changer.

A new level of the challenge is starting for me now, since I'm home for pesach which include

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Re: At last

Posted by serenity - 27 Mar 2015 14:51

Is there some volunteer work that you can do over Pesach? Visit nursing homes or hospitals?
Put the seforim away at shul? ???

more "alone "periods of time and many more triggers around...

hatzlacha!

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Re: At last

Posted by gibbor120 - 27 Mar 2015 15:59

[SamJoe wrote:](#)

I just made a special thread for my 90 challenge, it's called sj's life changer.

A new level of the challenge is starting for me now, since I'm home for pesach which include

I remember bein hazemanim well. Very tough time. Try and stay busy as much as possible. get together with friends, exersise... Really, do anything not to be alone and/or bored. Hatzlacha!

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Re: At last

Posted by SamJoe - 27 Mar 2015 17:25

I'm trying to busy and involved with family (my mother is trying to figure out why I'm so accepting) I noticed that usually I'm so involved with the struggle that I don't really spend the time with family, I'm taking Dov's words to heart (see my thread under sj's life changer) and want to get myself focus and involved in some real life experiences

Thanks guys, Hatzlacha!

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Re: At last

Posted by Larry - 27 Mar 2015 19:03

[SamJoe wrote:](#)

in doing so many jobs Shabbos!

I'm trying to busy and involved with family (my mother is trying to figure out why I'm so accepting) I noticed that usually I'm so involved with the struggle that I don't really spend the time with family, I'm taking Dov's words to heart (see my thread under sj's life changer) and want to get myself focus and involved in some real life experiences

Thanks guys, Hatzlacha!

Hatzlacha to you and have a great Shabbos!

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Re: At last

Posted by SamJoe - 01 Apr 2015 00:54

Hi guys! I feel like I'm in isolation (not a good recipe for recovery) so I'm gonna reach out, so far I'm still clean and just made it to 7 days! One day at a time and now it's like one minute at a time:woohoo:

Seriously it's starting to get tough and I feel like I'm gonna fall one of these days the taphsic method is awesome but now my lust is starting to kick at the fence... Anybody?

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Re: At last

Posted by serenity - 01 Apr 2015 01:09

You don't need the release that u think u do. Stay positive and focus on the person that you want to be.

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Re: At last

Posted by yiraishamaim - 01 Apr 2015 04:40

Stay positive and trust that Hashem **is** helping you - no anxiety now- just relax - breathe deeply and have the certainty that those filthy depressive days are behind you

Whenever an inappropriate thought enters your mind - just blow it away with ease - after all Hashem is helping you

Whatever your degree of attachment you have with lust you can be sure there are others with more serious attachment that have significant YEARS of sobriety -Isn't it time for you to get on the same road?

Im lo achshav aimosai?

Believe

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Re: At last

Posted by SamJoe - 01 Apr 2015 22:09

It's amazing how focus and mindset really make a difference, I will probably need to hear "be

Thanks for keeping me positive!

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positive" etc. Many more times but this is definitely the way to go!