

white knuckle it

Posted by mr.clean - 15 Jun 2015 04:29

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hey guys, i need some help. i seem to have forgotten how bad this all is for me (to mess up i mean) and i need some help for the first few days, once i get to a week it gets easier to understand why im fighting, but the first few days are hard. any PRACTICAL suggestions to get by the first few days?

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Re: white knuckle it

Posted by embarrassedhusband - 15 Jun 2015 09:07

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I have just started on this journey so I have come out (or going in depending on which 2 week period I am in (regarding Niddah)), and what has helped me get through the early bits are:

1) Regular communication with the GYE peeps (on that note: feel free to contact me at [embarrassedhusband@gmail.com](mailto:embarrassedhusband@gmail.com)). They give me motivation and provide me with a safe place to talk about my urges.

2) I realised I need to find something consistent to do. So I go to gym every morning at 5am (that used to be my "special time with the PC"). One has to find a safe release for their energy, a place that it can be put to good and constructive use.

I have also joined the Dirshu program (daily learning Mishna breura - like Daf Yomi but halacha instead of Gemorah).

Having routine and consistency in your life I feel is key as that will prevent wavering

3) The Chizuk emails are also a great read, with short bits of info to give us that push through

4) Follow the mantra: One Day At a Time, and if that doesn't give you enough strength go with

this: All I need to do is get through THIS moment.

5) Celebrate the milestones. If every day is a milestone for you, celebrate it! Tell us about it, heck tell me! I'd love to share in your successes.

And mr Clean, every moment you put that energy into something else, you are conquering your Yetzer Hora and you are winning. No matter how small it is, you are winning.

Good luck brother, and know that we are all with you as you tackle this.

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Re: white knuckle it

Posted by lomed - 15 Jun 2015 19:59

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Wow EH!!!

I love your previous post. You are the man. Great job, and keep it up.

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Re: white knuckle it

Posted by serenity - 15 Jun 2015 22:06

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Welcome back!

Ditto to everything Embarrassedhusband said!

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