

It is time to stop. I have a feeling I'll succeed

Posted by frefall1818 - 29 Jul 2016 09:01

Hi everybody,

I've fallen so many times just like many of you. Now I hope to change it for the better. I've taken some measures that I've never taken before and I'm following some guidelines of GYE. 90 days is my goal. That's all I need. Starting today.

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Re: It is time to stop. I have a feeling I'll succeed

Posted by Markz - 29 Jul 2016 11:35

Welcome!!

Many of us use the white book or other tools to deal with our feelings - just keep it in mind if the going gets tough

and keep this most important link always within reach

guardyoureyes.com/forum/recent/recent-topics

KEEP ON TRUCKING

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Re: It is time to stop. I have a feeling I'll succeed

Posted by Bigmoish - 29 Jul 2016 17:39

[frefall1818 wrote on 29 Jul 2016 09:01:](#)

Hi everybody,

I've fallen so many times just like many of you. Now I hope to change it for the better. I've taken some measures that I've never taken before and I'm following some guidelines of GYE. 90 days is my goal. That's all I need. Starting today.

Many people have acted out on day 91. Is 90 days the end? If not, perhaps trying to change what you can **today** might be a better course of action.

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Re: It is time to stop. I have a feeling I'll succeed
Posted by inastruggle - 29 Jul 2016 20:40

Welcome to gye,

Figure out what tools work for you and keep on posting!

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Re: It is time to stop. I have a feeling I'll succeed
Posted by proudchabadnick - 31 Jul 2016 00:46

Welcome buddy!!

) and private
chats; it really helped me. Just to tlak openly about your habit (or addiction) and calling a spade a spade really gets you going.

Keep on posting; it's your life after all!

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Re: It is time to stop. I have a feeling I'll succeed
Posted by Abie - 18 Sep 2016 06:25

50 days!

Good for you.

Ending the year on a clean note, iyH.

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