

How do i catch myself?

Posted by Givati609 - 11 Mar 2017 18:51

---

Hi out there i hope someone finds this and has some advise for me. Ive been struggling for a few years now and have tried many times to stop now I'm giving my first few tryst at using gye. I need help on how to mentally stop myself before I even get close to stoppingredients if possible even hours before around when my yetzer Haraha first starts to poke his head around. Iso there a way to better use the tapshic method?

=====

=====

Re: How do i catch myself?

Posted by thumbsup - 12 Mar 2017 03:06

---

Hi, i'm a struggler also. In fact i'm having an urge now which is why i'm typing here instead.

Another thing that helps i learnt from the audio shiur the science of habit change. Basically find out what triggers you and plan diversions.

**Warning: Spoiler!**

=====

=====

Re: How do i catch myself?  
Posted by Markz - 12 Mar 2017 03:18

---

Hey can I join the party?

=====

=====

Re: How do i catch myself?  
Posted by gibbor120 - 13 Mar 2017 14:56

---

Welcome! Check out the handbook. There are some great suggestions there. Try some and see how it goes. If that doesn't work, you may need to try something different/more.

=====

=====

Re: How do i catch myself?  
Posted by Singularity - 14 Mar 2017 08:34

---

[Givati609 wrote on 11 Mar 2017 18:51:](#)

Hi out there i hope someone finds this and has some advise for me. Ive been struggling for a few years now and have tried many times to stop now I'm giving my first few tryst at using gye. I need help on how to mentally stop myself before I even get close to stoppingredients if possible even hours before around when my yetzer Haraha first starts to poke his head around. Iso there a way to better use the tapshic method?

Morning'!

From my experience, trying to stop myself mentally has just made me become more mental. Besides, if I haven't trusted my own mentality up until now, who says I can trust it going forward?

=====

====

Re: How do i catch myself?

Posted by silentbattle - 14 Mar 2017 16:35

---

I've found it helps me to have things I've set up beforehand to do when I feel like acting out. Most important is the ability to reach out to someone else. Posting here is a good start, but having someone you can call is even better, though obviously it needs to be someone you know is safe.

=====

====

Re: How do i catch myself?

Posted by cordnoy - 14 Mar 2017 16:46

---

[silentbattle wrote on 14 Mar 2017 16:35:](#)

I've found it helps me to have things I've set up beforehand to do when I feel like acting out. Most important is the ability to reach out to someone else. Posting here is a good start, but having someone you can call is even better, though obviously it needs to be someone you know is safe.

That's the significance of a sponsor.

=====

====

Re: How do i catch myself?

Posted by Shlomo24 - 14 Mar 2017 19:29

---

[cordnoy wrote on 14 Mar 2017 16:46:](#)

[silentbattle wrote on 14 Mar 2017 16:35:](#)

I've found it helps me to have things I've set up beforehand to do when I feel like acting out. Most important is the ability to reach out to someone else. Posting here is a good start, but having someone you can call is even better, though obviously it needs to be someone you know is safe.

That's the significance of a sponsor.

I would add to that. Not just a sponsor. It's the significance of the fellowship.

=====

Re: How do i catch myself?

Posted by ColinColin - 16 Mar 2017 02:48

---

If you feel in danger, do something enjoyable as an alternative.

Never be hard on yourself when weak and vulnerable.

=====