

1st time try with uncertainty

Posted by Lifeofpurity - 25 Apr 2019 09:46

Hi I have just started the 90 day program. I am very skeptical about my capability to accomplish this task although I know that you have to go in with confidence. Suffering from Watching inappropriate things is generally not an issue due to the fact that I don't have internet access during the zman although bein hazmanim is always a battle. Acting out has always plagued me. Any ideas, tips, or advice would be greatly appreciated.

=====
=====

Re: 1st time try with uncertainty

Posted by Joseph1 - 25 Apr 2019 14:32

Welcome to the 90 day's

I am confident that you will find here chavarim what they will help you

Keep up

=====
=====

Re: 1st time try with uncertainty

Posted by lampowerless - 25 Apr 2019 16:55

Welcome buddy,

I definitely relate to the feelings of uncertainty and skepticism when starting this program, as someone who recently has been falling after reaching 143 days not that long ago. I'm so full of shame and definitely skeptical about starting again, but the truth is I really have no other option this way of living of constantly having falls and losing myself is just not working out.

Remember to take it ODAAT (one day at a time) make sure to do at least one positive action of

recovery a day. Such as writing on the forum and keeping in touch with other people trying to recover and soon those days will add up to an impressive number

keep strong buddy

Love Yankel

=====
=====

Re: 1st time try with uncertainty
Posted by ColinColin - 27 Apr 2019 23:58

Welcome.

Try to understand why you act out.

Mainly lust?

Or a response to stress?

Or depression/loneliness?

Then you can put a plan together to counter these negative feelings by taking positive steps which will replace them with positive emotions.

And even then you will be tested...so take it a day at a time, an hour at a time, ten minutes at a time if need be.

=====
=====

Re: 1st time try with uncertainty
Posted by Hashem Help Me - 28 Apr 2019 03:50

Welcome. B'ezras Hashem you will get better here like so many others. Stay connected with the chevra here. Keep posting. Hatzlocha.

As far as a bain hazmanim tip: Write a contract that you will not use an unfiltered device even for kosher purposes. If you do, even if you did not access any inappropriate sites, you will pay a knas of an amount that hurts a bit. Write a clause that if you **must** use that device, you will tell a chaver that you will be using an unsafe computer/phone for the next half hour or so and will notify them when you are done. That accountability works.

=====
=====

Re: 1st time try with uncertainty
Posted by Lifeofpurity - 02 May 2019 12:22

Thank you everyone for the words of encouragement. I am already at such a great milestone for myself now being at **8 days**. Just letting you guys know w/o flattering, (cuz you cant really ?) that people as considerate as you who reply to such a 1st timer means a lot to me and has generated a lot of the success I have had till now and just being connected like this helps me tremendously, and will be'ezras Hashem propel all

=====
=====

Re: 1st time try with uncertainty
Posted by Hashem Help Me - 03 May 2019 03:25

=====
=====

Re: 1st time try with uncertainty
Posted by Lifeofpurity - 03 May 2019 13:19

flatter someone you dont know from beans.

I have such a strong urge to just act out now....I keep on telling myself it's not so bad, what do I really gain if I complete 90 days...then I look at how much I really want to complete this program and that I could do this. I am just concerned that the wrong side is going to win. Please how do I tip the scale in the right direction?

=====
=====

Re: 1st time try with uncertainty
Posted by cordnoy - 03 May 2019 13:28

[Lifeofpurity wrote on 03 May 2019 13:19:](#)

I have such a strong urge to just act out now....I keep on telling myself it's not so bad, what do I really gain if I complete 90 days...then I look at how much I really want to complete this program and that I could do this. I am just concerned that the wrong side is going to win. Please how do I tip the scale in the right direction?

May I suggest takin' a piece of paper (or you can use computer), make two columns, one for 90 days and the other for Angelica. List the benefits and repercussions for each one. See which side "wins." Keep us posted please.

=====
=====

Re: 1st time try with uncertainty
Posted by Dave M - 03 May 2019 15:46

[Lifeofpurity wrote on 03 May 2019 13:19:](#)

I have such a strong urge to just act out now....I keep on telling myself it's not so bad, what do I really gain if I complete 90 days...then I look at how much I really want to complete this program and that I could do this. I am just concerned that the wrong side is going to win. Please how do I tip the scale in the right direction?

Yesterday, I felt that as well. Logging onto GYE helped. Also, taking a walk outside, while talking/davaning to Hashm also calmed me down a bit.

=====
=====

====