

Breakthrough

Posted by jack123 - 26 Aug 2019 14:32

OK so ive been trying to stop for a long time, sometimes actually having a break sometimes just agonizing about it. but every single time I relapsed pretty quickly. than lately after much thought I started using a simple technique which has made it much easier to cope with.

most people when they are in a good state of mind, with a bit of resolve and of course s"d, can overcome urges. the problem starts when one is uncomfortable and seeks comfort, i.e. stress anger or even hunger. so lately whenever ia m uncomfortable, BEFORE I get the urge I tell myself "you gonna get the urge soon so relax" and by preempting the urges with seychel its fairly easy to cope with.

just thought it would be toeles lerabim to share this

be"h I and all you will conquer this disease for good

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Re: Breakthrough

Posted by David26fr - 27 Aug 2019 07:29

This is what is called "Identify the trigger, see when it is coming, observe then your thoughts and your feelings and work on them : because they are only thoughts"

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Re: Breakthrough

Posted by ColinColin - 27 Aug 2019 19:43

Yes it is the HALT method.

Knowing that certain things can trigger falls.

Hunger

Anger (Resentment)

Loneliness

Tiredness

If you feel any of these feelings, then HALT before you become tempted to fall.

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Re: Breakthrough

Posted by strive613 - 28 Aug 2019 04:40

Good observation.

Another observation that helps me: temptations/uncomfortable states come and go. This won't last forever, and often not more than a few minutes. Just weather it like a wave. When I'm past it, the the feeling of overpowering temptation will be foreign to me. (Also, I need to LET it pass - if I fight it, I'm holding on to it and not letting it go away. I need to just observe it like an outsider and direct my attention to something else.)

Good luck!

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