

A two-way street

Posted by A Good Jew - 07 Nov 2019 18:22

Hi all,

So B"H I'm now at eight clean days, but I noticed that I'm losing interest in things I enjoy doing and household responsibilities. I'm retired, so I have more time to help my wife, and also learn more Torah and pursue other interests. But over the last few days I seem to just want to sit around and be lazy.

I'm thinking it may be withdrawal symptoms from all the TV shows I had been wasting time with (one of my biggie addictions since childhood). So I decided that the only way to beat this and avoid a fall, is to force myself into action and ignore the YH's efforts to trip me up,

I figure, if the YH has the energy to do *his* thing, I also have the energy to do *mine*! And so I begin. Wish me hatzlacha!

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Re: A two-way street

Posted by Walterwhite - 07 Nov 2019 18:34

I'm clean for only 2 days but I have had longer streaks previously and noticed a similar theme. Must be some form of withdrawal.

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Re: A two-way street

Posted by A Good Jew - 07 Nov 2019 18:43

So did you try to ignore the YH and get busy with more important things?

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Re: A two-way street
Posted by A Good Jew - 07 Nov 2019 18:55

[Walterwhite wrote on 07 Nov 2019 18:34:](#)

I'm clean for only 2 days but I have had longer streaks previously and noticed a similar theme. Must be some form of withdrawal.

Were you able to overcome the YH by getting involved with other (clean) activities?

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Re: A two-way street
Posted by Dave M - 07 Nov 2019 19:11

You mentioned that you a retired. That can be challenging, as you now have a lot more free time on your hand. What about going to the gym daily? Also, do you have any skills that can be used to volunteer at local organizations/mosdos?

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I guess that makes it unanimous