

How to write your first post in 6 days

Posted by starting - 28 Apr 2020 15:24

Ok here goes.

been lounging around GYE for a few weeks but still feeling too vulnerable to actually open up about my life

a few days ago after a series of bad days i b"h plucked up the courage and...

Day 1: Thursday

Logged in.

The usual looking around, catching up etc.

Logged out.

Plucked up the courage.

Now I WILL do it.

Pressed 'new topic'

Went back to 'Forum home', after all I've gotta see how others introduce themselves...

Did quite a bit of 'training'.

Getting late but *tomorrow* I know exactly how it's done.

Logged out (you can call it cold feet:pensive:)

Day 2: Friday

?Had quite a good raise in spirits after yesterdays 'achievements'

Maybe I'll just leave it for tomorrow...

I do need to open up though and really join the family in order to get sober.

Tomorrow. Really do have a busy day.

Yesterdays momentum may not last too long.

Logged in.

Just looked around for more chizzuk.

Should I?

Maybe some more 'training' first?

Logged out.

Day 3: Shabbos

Had a fall

Which leads me to:

Day 4: Sunday

Was home pretty much all day with my wife and kids, didn't think much about my (hopefully) upcoming thread and subsequent serious involvement in GYE.

sorry.

Day 5: Monday

Logged in.

I can't exactly start before I get some kind of recuperation from my fall.

Lounged around (wasn't really in the mood of getting into full steam recovery mode and wasn't in immediate danger of slipping then).

Noticed that GYE members always inspire me.

I really have to join the crew.

Warning: Spoiler!

Logged out

Day 6: Tuesday

Was feeling very horny. Early morning.

No chance I can post like this. Even if I manage not to m***** now.

Let's first update my 90 day chart. Maybe ticking that I'm still clean and seeing the 'WOW, you've reached level 2' chizzuk email will help.

Logged in.

Saw a new topic which I could not help but write in to.

I guess my first post was practically done for me, I had almost no control of what just happened.

~~May as well just cancel this post;~~ I'm in.

So this is me.

I will soon be sober and ~~don't need you anymore~~ will be helping others attain perfection

Do hope to write more about myself and feel y'all backing me:punch:

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Re: How to write your first post in 6 days
Posted by Singularity - 03 May 2020 11:40

A star is born!

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Re: How to write your first post in 6 days
Posted by starting - 28 Jul 2020 20:52

In about 10 hours I reach level 1: 24 hours clean

In 18 days I will beat my current longest streak

This mornings post did not have this tone

I just had a phone conversation with my greatest mentor on GYE.

?This was the most powerful thing that can ever be done on the path to recovery.

I just spoke to a guy who is over 1000 days clean. Before that he was doing the same things as me. He may have even felt it more 'necessary' than I do now.

I spoke to someone who is pure love. Just wants to hold my hand and lovingly guide me out-at my pace and in a way that's appropriate for me.

Does not care to know who I am, where I'm from or what Shul I daven in.

Just wants to share his extensive knowledge and experience.

And I now have much much clearer understanding in how to view this habit and ly"n break free.

My dear friends

I beg you

This is the most relieving move you can do

Forget about masturbating as a stress reliever.

There is a much more pleasant way.

PICK UP THE PHONE AND CALL SOMEONE EXPERIENCED.

SOMEONE WHO HAS BEEN THROUGH THIS AND CAN GUIDE YOU OUT OF HERE.

SOMEONE WHO CAN RELATE TO EVERYTHING YOU ARE GOING THROUGH.

People who have broken free can relate to you. Can love you more than you love yourself and believes in you more than you believe in yourself.

Because we are still stuck in it. They, the on other hand, are looking from the outside and not judging you by what you judge yourself. Because you look at yourself (even if you don't realise) to some degree, as a loser. Because you are stuck in it.

They are looking from the outside and they see you as a person and your habits as an external 'situation' that is clinging itself to you. It's not you!

And through a phone call they can help you see that and plenty more that you cannot possibly see by yourself, I only chose one point to elaborate on but there is so so much more I can say.

Pick up the phone!

Speak to someone!

It is the greatest, most important, possibly the hardest though it shouldn't be and the most powerful step towards breaking free

What are you waiting for? Why are you still reading?

Pick up the phone

All my love to myself and to all of you

Starting

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