

what now...

Posted by jack123 - 09 Jul 2020 20:29

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Over the last few years iv'e visited a few times and managed a couple of runs about a month long. i havent visited in nearly a year, and sadly to say i fell nearly every single day.

So why am i back?

because i just had a realization that scares me. i realised that it doesn't really bother me the fact that im addicted to p..., its become a way of life that i chalila have accepted, im not looking to grow anymore. which also causes other parts of yiddishkeit to fall.

so the Q is WHAT NOW how do i get that pintele back on fire?

please help!!!

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Re: what now...

Posted by Grant400 - 20 Jul 2020 13:52

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Re: what now...

Posted by ColinColin - 27 Jul 2020 21:43

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Thanks Grant.

@jack123

Make a list of what you want to do, in order of priority..

Then starting with the item at the top of your list, sit down to do it for 10 minutes only.

Then walk around the room for a few minutes.

Keep doing this for up to an hour, then take a longer break.

I find "bite-sized-chunks" works for me for work, study, learning etc.

I get put off when a task seems large, so break it down into manageable smaller tasks.

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Re: what now...

Posted by Jj123 - 28 Jul 2020 01:41

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@jack123

i just finished reading through this thread. Your resolve is inspiring. Goes to show that strong habit isn't an excuse. So thank you!

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