

What should I do?

Posted by Rt234 - 20 Jun 2021 13:51

I've been struggling for a while by now. The Past year and a half I've had a good deal of success. (7-8 mounths consecutively clean and then some more...).

Going through a bit of a rough stretch right now but I'm still in this fight!

Though my problem is that when I go home there are alot of totally unfiltered devices lying around and it makes things alot harder.

Please feel free to reply or PM me if you have any suggestions or can relate.

Thank you all!!

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Re: What should I do?

Posted by DavidT - 20 Jun 2021 14:28

The first thing I would say is that you need to celebrate your amazing successes!

Read through this forum and you'll realize that you're from the top 1% - really inspiring!

It's very important to be prepared before going home so that you'll be able to overcome the nisyonos that await you there.

Chazal tell us that a person does not sin unless he is overcome by a spirit of foolishness. At the time of a nisayon, our rational selves go into "sleep mode" and we can do things that in hindsight we know are both bad and self-destructive. Preparation is therefore key to recognizing the faulty thought patterns generated by one's yetzer hara.

Here are some other good tips:

1) Don't be so afraid of a fall. Sometimes the anxiety of falling can lead to a fall! Falls are normal, they aren't the end of the world. This is not about "Never doing it again." It's about making good progress in this area.

2) Take it one day at a time. Can you stay clean just for today? Awesome!

3) Use the group support of GYE to reach out to others, stay out of isolation and use other's help and advice to push you along.

4) The TaPHSiC method can help make falls much more difficult, hence, less of an option in your mind -- and therefore less to be worried about.

Keep up the good work!

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Re: What should I do?
Posted by Rt234 - 20 Jun 2021 18:25

First of all Thank you!!

Just one thing even though progress is important the ultimate goal is clean forever.

Correct me if I'm wrong.

Thank you again!

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Re: What should I do?
Posted by Rt234 - 20 Jun 2021 18:25

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Correct me if I'm wrong.

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Re: What should I do?

Posted by DavidT - 20 Jun 2021 19:15

[Rt234 wrote on 20 Jun 2021 18:25:](#)

First of all Thank you!!

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Thank you again!

You are not wrong. Our goal should definitely be to be 100% clean forever, but the only way to get there is by focusing on the current moment.

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Re: What should I do?

Posted by Rt234 - 20 Jun 2021 23:18

Thank you again!!!

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Re: What should I do?

Posted by wilnevergiveup - 21 Jun 2021 06:57

[DavidT wrote on 20 Jun 2021 19:15:](#)

[Rt234 wrote on 20 Jun 2021 18:25:](#)

First of all Thank you!!

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Thank you again!

You are not wrong. Our goal should definitely be to be 100% clean forever, but the only way to get there is by focusing on the current moment.

I like to think of it as the final destination of a long road trip with each day being like the next stop for gas or where you plan on sleeping over. You may occasionally think about the final stop, but most of the time you are focused on getting to the next gas station before you run out of gas or getting to the next exciting part of your trip.

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