

Doing it again

Posted by ytw - 15 Nov 2022 22:44

Hi everyone, glad to be here.

I'm posting here my post that I wrote in the F2F hub, but I realized today that not everyone gets to see it there, and I also found a beautiful large community here, so I'll just share it here:

Hi everyone,

I'm back, a few years ago I was introduced to GYE and after a timely struggle and battle I was BH clean for a nice long while (a few stretches, one of them was about a year clean bh), then unfortunately I was going thru a stressful period of time (which I'm unfortunately somewhat still in it, TYH for that) and I found myself falling back, this time I took the courage to discuss it with my therapist honestly and was calmed at the way he looked at it (no judgement and full of understanding), after a while of ups and downs I understood that I need to take serious actions, so here I am again, announcing the start of my F2F and the start of yet another successful 90 day chart. Wish me luck...

I have 2 takeaway messages for now:

1 - if you struggle with any unwanted behavior, don't hesitate, and discuss it with a mashpia mechanech or therapist (anyone who understands your values in life), don't fear, they will understand you, but make sure to tell them everything honestly, it's for your goodness sake....

2 - If you struggle with unwanted behavior, don't expect it to go away by itself, sometimes we have better times where we feel like we're over with the struggle, but I think it's always important to keep up and work on yourself constantly to make sure that you maintain your struggle the right way.

all the best

YTW

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