

Consistency is key

Posted by themakabi5783 - 17 Aug 2023 06:07

“Consistency is key“- trying to make get words into my head since I started this account, my struggle until now it was an open a new GYE account every time I'd decide to overcome my struggles but then neglect it for one reason or another. This time around, I promised myself, regardless if I stay strong or fail I'm going to stick to this account and stay consistent with tracking so far I'm at a 27 day streak! I had a 64 day a while back. I'm so scared I'll get caught in & fail at a weak moment for now I'm just taking it day by day & making sure to track & engage with GYE because consistency is key!!

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Re: Consistency is key

Posted by true_self - 17 Aug 2023 13:36

Welcome!

Great job my friend! Keep going!

If I may add... Maybe get yourself a accountability partner who will call you every day or so. Your GYE account will not hold you accountable if you decide not to check in one day or to completely neglect your recovery, To be honest, why do you think that this time will be different than the previous?? this is a question you need to ask yourself and answer it by doing something different, maybe by changing your strategy, looking into what made you fail previously to take for a lesson for the future.

Whatever you do, stay strong and remember that we are always here for you, check in even when things are going well.

Wishing you much success in breaking free.

True self

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Re: Consistency is key

Posted by bright - 18 Aug 2023 21:01

Hatzlacha, yes an accountability partner really helped save me... Also try speaking to Hashem Help Me.

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Re: Consistency is key
Posted by themakabi5783 - 20 Aug 2023 21:27

100% I signed up for the partner program my partner reached out but then went quiet for now I'm utilizing the chat feature but would love to have a partner preferably someone that hit the 90 day or even 6 month mark

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Re: Consistency is key
Posted by themakabi5783 - 20 Aug 2023 21:28

Hit the 30 day mark today bh!!

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Re: Consistency is key
Posted by Eerie - 21 Aug 2023 00:49

Beautiful! Keep trucking! What do you find works for you?

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Re: Consistency is key
Posted by EccentricComposer - 21 Aug 2023 01:22

Amazing, keep us posted!

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Re: Consistency is key

Posted by themakabi5783 - 21 Aug 2023 02:00

Mainly a commitment to track every day regardless of what happens (so far that resulted in only victories bh

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Re: Consistency is key

Posted by EccentricComposer - 21 Aug 2023 14:46

Sent you a PM Yesterday.

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Re: Consistency is key

Posted by themakabi5783 - 21 Aug 2023 23:16

How do I see my pm? It's not showing up under chats

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Re: Consistency is key

Posted by redfaced - 22 Aug 2023 01:04

[themakabi5783 wrote on 21 Aug 2023 23:16:](#)

How do I see my pm? It's not showing up under chats

here is the direct
link

guardyoureyes.com/component/uddeim/?task=inbox&referer=aHR0cHM6Ly9ndWFyZHlvdXJleWVzLmNvbS9mb3J1bS8xOS1JbnRyb2R1Y2UtWW91cnNlbGYvNDAwMjA1LVJILUNvbnNpc3RlbmN5LWl3LWtleS9wb3N0L3F1b3Rl

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Re: Consistency is key

Posted by bright - 22 Aug 2023 01:08

on top right corner by private messages

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Re: Consistency is key

Posted by redfaced - 22 Aug 2023 01:12

[themakabi5783 wrote on 21 Aug 2023 23:16:](#)

How do I see my pm? It's not showing up under chats

[Private messages](#)

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Re: Consistency is key

Posted by themakabi5783 - 23 Aug 2023 06:08

At 33 days going strong. I've made it to 64 days a while back but fell through some times ppl post about falling after 120 days or more how do you stay motivated to push through the 90 days when you see that the struggle never ends?

bh I'm still holding up & aiming to hit the 90 day mark but does this ever end? Anyone free for a long time with advice/perspective?

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Re: Consistency is key

Posted by bright - 23 Aug 2023 13:15

[themakabi5783 wrote on 23 Aug 2023 06:08:](#)

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Hey, great work! REalize that its not the "streak", but the fact that you changed. You are now a person that does it once a month rather than twice daily. Thats improvement! Of course the work isnt over, but you have definitely done a huge part!

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