

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 Eerie - 24 Aug 2023 19:17

[themakabi5783 wrote on 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?

There are people with way longer streaks than I, and some of them were much deeper than I. What I can say is that Bright is right that it is YOU that changes. The YH never goes away, so anyone can technically fall. Very important is to never become complacent. Always remain vigilant. But realize that even if you do fall after 200 days, YOU have still changed! And that is the goal here, to change you, and the new you will be healthier in it's attitude and susceptibility towards unhealthy sexual-related things

Keep trucking, my holy friend! 34 days is great!

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Re: Consistency is key

Posted by chaimoigen - 25 Aug 2023 14:21

Just keep going, friend.

One day at a time doesn't just mean holding on and not falling. It means changing a little each day, so that today I am a person who is satisfied with my life of positivity , Tahara, new patterns and thoughts.... with time comes growth and lasting change....

The Yetzer never goes away until we do. But the battle changes, as we do.... There is hope. We are alive. There is growth and Chaim.....

There's an ocean of material to learn from if you search the threads here in the forum.

two personal sources of constant inspiration are Vehkam's thread "Work In Progress" and Gardener of Grodna (BB Forum). For some reason I can't figure out how to copy the links right now

Keep soaring! Gut Shabbos!

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Re: Consistency is key

Posted by themakabi5783 - 27 Aug 2023 03:22

Thanks! At 37 bh! Looks like you just recently hit a full year congrats!!

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Re: Consistency is key

Posted by Eerie - 27 Aug 2023 21:55

Beautiful, keep it up!

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Re: Consistency is key

Posted by themakabi5783 - 30 Aug 2023 05:23

40 days clean!!

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Re: Consistency is key

Posted by chaimoigen - 30 Aug 2023 12:39

Terrific! 40 Days is Yetziras HaVlad - formation and creation!

Keep On Trucking, friend!

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Re: Consistency is key

Posted by Eerie - 30 Aug 2023 21:24

[themakabi5783 wrote on 30 Aug 2023 05:23:](#)

40 days clean!!

Beautiful! Keep trucking, my holy friend!

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Re: Consistency is key

Posted by themakabi5783 - 01 Sep 2023 04:57

42 days bh! So hard! Sorry p&m your home is going through renovations right now & hey Urges would you please knock before you come in?

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Re: Consistency is key

Posted by bright - 01 Sep 2023 12:47

[themakabi5783 wrote on 01 Sep 2023 04:57:](#)

42 days bh! So hard! Sorry p&m your home is going through renovations right now & hey Urges would you please knock before you come in?

BH nowadays renovations take a long time! I like your metaphor with the urges, they will come but they should at least let themselves be known that thats all they are, just urges!

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Re: Consistency is key

Posted by themakabi5783 - 03 Sep 2023 05:51

Lol

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Re: Consistency is key

Posted by themakabi5783 - 04 Sep 2023 03:30

45 days! Heading towards 90! Half way through!!! Hopefully the second half goes a little quicker...

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Re: Consistency is key

Posted by chaimoigen - 04 Sep 2023 11:29

[themakabi5783 wrote on 04 Sep 2023 03:30:](#)

45 days! Heading towards 90! Half way through!!! Hopefully the second half goes a little quicker...

Mazal Tov on 45!!

it might not go quicker, though, I hope that it does. But please be aware that it might not.

In words similar to that of the late, great Dr. Ted Geisel (Seuss):

I'm afraid here to say it,

but sadly, it's true

that bang ups and hang ups

may happen to you.

But!

You'll go on, over mountain and creek. Though your sneakers may leak.

And you'll get there!

If you expect challenges and curveballs, and keep trucking, with Hashem's help , day at a time, internalizing the daily changes, slowly, with maybe a hand from a friend now and then, you shall achieve freedom!!

"Kid, you'll move mountains! "

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Re: Consistency is key

Posted by themakabi5783 - 06 Sep 2023 13:24

47 days! Going through a major urge storm. urges seem to be getting stronger by the hour the last few days

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Re: Consistency is key

Posted by redfaced - 06 Sep 2023 14:32

[themakabi5783 wrote on 06 Sep 2023 13:24:](#)

47 days! Going through a major urge storm. urges seem to be getting stronger by the hour the last few days

Tie yourself to the mast, not to get thrown overboard.

Stormy seas do not last forever.

There are calm seas ahead

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