

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 themakabi5783 - 06 Sep 2023 16:53

[redfaced wrote on 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

Well said!

Thank You!

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Re: Consistency is key

Posted by themakabi5783 - 11 Sep 2023 04:13

52 days. Going through a rough patch in life temptations getting way stronger any tips on how to deal with hard times (especially since p&m used to be my escape)

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Re: Consistency is key

Posted by eerie - 11 Sep 2023 23:47

My advice is exercise. And reach out and share what's on your mind. You don't have to share the urges part. Just call a friend who cares about you and tell them about the things that are weighing down on your heart. It really helps to get the stresses off your mind.

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Re: Consistency is key

Posted by redfaced - 12 Sep 2023 01:00

[eerie wrote on 11 Sep 2023 23:47:](#)

And reach out and share what's on your mind. You don't have to share the urges part. Just call a friend who cares about you and tell them about the things that are weighing down on your heart. It really helps to get the stresses off your mind.

Yup.

Been there done that.

It works.

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Re: Consistency is key

Posted by themakabi5783 - 17 Sep 2023 22:26

59 days bh!!!!

almost beating my last streak of 64 days! This forum & the community in general is definitely one of the biggest reasons for my success so far! Hope to iyh break free for good this time & thanks again to all of you for you replies private messages etc!

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Re: Consistency is key
Posted by eerie - 18 Sep 2023 20:33

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Re: Consistency is key
Posted by themakabi5783 - 19 Sep 2023 10:12

Sure will Thank You.

60 days bh

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Beautiful! keep it up! And don't forget to let us know where you are at
Re: Consistency is key
Posted by themakabi5783 - 27 Sep 2023 00:43

67 days!!

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Re: Consistency is key
Posted by bright - 27 Sep 2023 02:48

Amazing! thats the spirit!

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Re: Consistency is key

Posted by themakabi5783 - 27 Sep 2023 19:10

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