

Trying to keep the momentum

Posted by j1809090 - 13 Oct 2023 02:10

I am a 21 year old Bochur and have been slowly winning the battle against p and m. Over the last couple of years I have made big strides toward freedom but have never been able to fully extinguish the problem. I stumbled upon gye earlier this year and started the 90 day challenge, I am now on day 67 clean from p and m. Although this is my first time posting I have been viewing the forum for a while and gaining a lot of motivation. I wish to finally eliminate the problem and live in complete freedom, however over the last couple days I feel myself getting lax, and am nervous of small setbacks slowly leading to bigger ones, if anyone has any advise would love to hear it. Thank you!

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Re: Trying to keep the momentum

Posted by ainshumyeiush - 13 Oct 2023 03:17

Welcome to the posting group! Now you get the sick hoodie that you cant ever wear... or show off... or leave around...

just joking.

but realizing that the small 'peaks' and small set backs are the beginning of a downward spiral is essential to winning. So treat them with the same seriousness you treat something big can help you stay clean.

also 60+ days is huge!! If you made it this far you can do it!! Keep posting and stay strong! We're rooting for you!

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Re: Trying to keep the momentum

Posted by frank.lee - 13 Oct 2023 04:54

Welcome! Keep posting.

Try to post every day on your thread to keep yourself in check, accountable.

Maybe sit down and think of some appropriate incentive for yourself to motivate yourself.
Example, stay clean for the week and you will buy yourself...

Hatzlacha!

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Re: Trying to keep the momentum
Posted by bright - 13 Oct 2023 05:05

Try reaching out to Hashem Help Me... He helped me when I felt I was losing my edge:)

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Re: Trying to keep the momentum
Posted by HeChochma - 16 Oct 2023 19:09

ASHRECHA!!!

Incredible move to reach out as you are starting to feel the pressure -

I would say that the power of having that awareness - that something is pushing back - is so key that it cannot be overestimated!!!

To paraphrase Eli Nash - reach out and find a way to express that pent-up negative energy that is bouncing around inside you - it could be through writing or through talking to people. I have found the chat feature here to be so helpful. I just pop on and find someone I like to shmooze things out a little - does me wonders - it can help you both in expressing my feelings (pain, loneliness, fear, low self-confidence, stress etc) and in refocusing and really appreciating the incredible, inestimable, earth-shattering, historical, monumental and utterly incredible accomplishments YOU have achieved so far and continue to achieve!!!

Also - taking some time to read from The Battle of The Generation can also refresh the motivation and excitement to win this battle!

Here's a link if you've never seen it before:

guardyoureyes.com/ebooks/item/the-battle-of-the-generation

If you notice me online - please say hi on the chat!

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Re: Trying to keep the momentum

Posted by HeChochma - 16 Oct 2023 19:11

And I carry the motion to reach out to Hashem Help Me

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