

Delurking

Posted by seekertooth - 02 Feb 2024 18:26

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Hello,

I was encouraged last week by a private message to post on the forum, and I agree that doing so can only be helpful, so here I am.

Married man, young children. Kovei'a itim, growth-oriented - but yet I fall. I'm sometimes triggered, and then I know exactly what to do with it - to my detriment. It's usually a stepwise process, but I've been doing this long enough to know that when I go where there's no guardrail it's not a question of if I'll fall but when. Sometimes I can grab the wheel and save myself at least for the next hour, or day, or week - sometimes not.

I've found a modified YESOD to be very helpful, although it requires commitment to see it through (sometimes feels a bit like a grapefruit diet, but that may well be what I need). Leaving my phone in my car is also a game-changer, although of course it's not a perfect method.

I was lightly triggered late this morning and half-heartedly began to move towards it, but I kept my wits enough to stop myself (even though my immediate plan was not to fall but only to do something that ultimately will lead to a fall).

Apologies if I've rambled a bit or a lot. Thanks for reading this far.

If nothing else, posting this caused me to think to myself that maybe it's not a great idea for me to be so close to my phone now. So in the car it goes.

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