

general question

Posted by Hopingforbetterdays - 02 Apr 2024 02:13

Hi i joined the GYE program Jan. 15, which is 188 days ago, I learned the techniques how to help my addiction and very much devoted to get clean and live freely on the right path staying focused and vigilant to my problems, confident in my goal it would work to bring me to ever lasting freedom

My question though is: ever since i started my journey on GYE i never had an urge or downfall, which means I cant really utilize the tools and guidance I get on the program, which I think would very much help me in real life situations, anyone with any idea for me?

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Re: general question

Posted by i-man - 02 Apr 2024 04:00

[Hopingforbetterdays wrote on 02 Apr 2024 02:13:](#)

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Hi

First ,congrats 188 days is incredible.

I don't think you should be concerned that you don't have strong urges etc. It's a huge brachah that you don't have to deal with the terrible nisyonos some of the guys here deal with. Definitely don't worry about utilizing the program. It's like saying you want car trouble to use your AAA , or get sick G-D forbid to utilize all that the healthcare benefits insurance has. Be

proactive, take steps to be ready to deal with a challenge if it does ever come. But don't look for a fight so to speak.

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Re: general question

Posted by eerie - 02 Apr 2024 18:12

WOW! 188 beautiful days! Keep it up!

Totally agree with I-man. Would add, there are probably parts of the techniques you are using that apply to life's challenges in general, which gives you the room to practice and internalize what you have learned

The only other thing I'd say is, stay vigilant. Don't go nuts, but stay vigilant

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Re: general question

Posted by Vehkam - 02 Apr 2024 22:37

[Hopingforbetterdays wrote on 02 Apr 2024 02:13:](#)

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Keep reviewing the techniques. A little bit every day will ingrain it in you. The best time to strengthen and prepare yourself is when you don't have strong urges. Preparing now can save you a whole lot of grief later....:

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Re: general question

Posted by Hopingforbetterdays - 04 Apr 2024 01:35

I wanna thank you all for all your support, am accepting your advice and chizuk.

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