

A Journal/Diary WRITING THINGS DOWN

Posted by shefflover87 - 20 Dec 2013 14:58

Hey, im NEW on this Forum, want to get help and very motivated! Please respond and message me with tips and ideas. My own, recently started this week actually, is I have started writing in a journal/diary of my own whee I track down all my thoughts, areas where I was tempted or wanted to give in/overcame any challenges during the day in areas of Shmiras Eynaim or Bris. It has helped so far, only been 4 days. It helps me see where I tend to usually want to fall, how I am feeling at that moment and why I am in that situation to begin with. I see how I am thinking, what leads me to get into that mood, why and how I can prevent it in the future. What time of the day it was, who was around or where I was specifically, etc.

I think this is the best secret out there for recovery. WRITING YOUR THOUGHTS AND PLANNING AHEAD WITH A GAME PLAN.

Just my idea, what do you guys think?

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Re: A Journal/Diary WRITING THINGS DOWN

Posted by yesodhayesodos - 20 Dec 2013 16:39

Try the GYE handbook (guardyoureyes.com/ebooks/item/gye-handbook), there the steps are explained. Write about your journey, see what worked for others, reach out. Enjoy! You found the right place, we are here for you.

Have a wonderful shabbes!

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Re: A Journal/Diary WRITING THINGS DOWN

Posted by yamsof - 22 Dec 2013 21:43

i always thought about that but was scared a tayva i have today will continue tommorow if i mark it down?

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Re: A Journal/Diary WRITING THINGS DOWN

Posted by yesodhayesodos - 22 Dec 2013 22:17

i always thought about that but was scared a tayva i have today will continue tommorow if i mark it down?

Thank you for sharing. If you mark it down, you admit it. Usually the tayve comes and goes. If you manage to say to the yh, to leave you for five minutes, and then he can come again, you can win. Find some activity that will disturb you, the tayves will not be able to get hold of you. Reach out, maybe you can call someone, write on the forum, read a kapitel tehilim.

I think it will help to write because the tayves do not come in an isolated space, and you can always do something (lechatchila), afterwards, if you had a fall r"l, you have to assume that it came to teach a lesson to get stronger fences. But do not beat yourself up afterwards.

Keep writing!

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Re: A Journal/Diary WRITING THINGS DOWN

Posted by Joenoahi - 24 Mar 2014 07:23

I write down all the ways how mast*** affects me and it helps me to remember that if i do it I will be depressed for like 3 days.. so writing things down helps me

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