

Some things I found helpful.

Posted by Daniel1960 - 14 Aug 2014 21:44

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Hi. I want to share some things I found helpful in my way back to recovery.

- The first was something someone shared some other place in this forums and it was about "not fighting" agaisnt temptation. I wish I could find the original post!

Fighting gives temptation power but if you just ignore it, it works much better for me.

- I have found myself a new hobbie away from the computer. I am doing papercraft helmet. It is a very regarding and time consuming activity and I have found that my mind now is filled with issues about how to solve or decorate the helmet I am doing.

- When I use the computer I plan beforehand what I am going to do and stick to this plan. For exmple: I am going to check my email, read my facebook messages and play 30 minutes Plants vs Zombies... And then I just shut down the pc. Being on the pc without a plan is when my mind starts to wonder and I feel temptation crawling inside my soul. I had a couple of "refalls" (I speak Spanish and I am not sure if it is the right word) and both times happen when I was just fooling around on the pc).

- Make my will stronger by quitting something or starting a challenging activity. In my case I had to lose a lot of pounds (more than 60) and I started a diet. Despite what I may have thought first hand both things (diet and quitting porn) really helped each other.

- I started therapy to dig deep in my soul to look for the reasons that get myself into all this. It is a very hard and long road but so far it has proved to be very helpful.

Of course, these things works fine for me and they might not be work for everyone, but in any case you might find inspiration by just reading them to find you own ways.

Thanks for reading and any advice, hint , etc. will be appreciated

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Re: Some things I found helpful.  
Posted by shomer bro - 16 Aug 2014 00:34

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So great to hear that you already have a solid plan in place. I too have found that having a hobby is great for having a healthy outlet in life. I personally play basketball and exercise, but having any hobby is awesome!

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