

Do you agree?

Posted by tryingmybest2022 - 16 Aug 2023 13:52

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The daily check in when it asks about how your day was has a happy face for I had no Urges today and it has a sad face for I Had urges today. There should not be a sad face for having urges. Urges are normal and we will always have urges. I don't think the goal should be to get rid of the urges the goal is to change how we react to our urges. Having urges is not a sad or depressing thing. What do you guys think.

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Re: Do you agree?

Posted by redfaced - 16 Aug 2023 15:58

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I'm on the website- I only see a question that refers to having a fall , nothing about having an urge.

But yes, you're correct that having urges is a normal part of life

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Re: Do you agree?

Posted by DavidT - 16 Aug 2023 16:05

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[tryingmybest2022 wrote on 16 Aug 2023 13:52:](#)

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It is reflecting how we FEEL when we have an urge. Even though it's normal, we're usually not too happy about it (at least from my point of view and feelings).

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Re: Do you agree?

Posted by true\_self - 16 Aug 2023 17:16

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DavidT is right, we are (in our original state) sad and frustrated when we have urges, but I don't think that we need to take that as a given, If we can open our eyes and see how the urge is actually a tremendous opportunity for greatness we than we can feel happy about making the choice of looking away and not giving in to our urges.

Wishing everyone and myself all the best.

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Perhaps GYE should personalize it