

My Journey - With the help of the GYE community!

Posted by newbeginning - 11 Mar 2013 00:58

I am about to complete my second day of being clean... the amount of times I have said that in

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Re: My Journey - With the help of the GYE community!

Posted by skeptical - 11 Mar 2013 02:30

the past! But hopefully this will be the last time I will say that! Let my true life begin!

newbeginning

Let my true life begin!

Remember this happiness that you're feeling now at the conclusion of being able to stay clean for 2 days. It's a good feeling isn't it, to finally be able to live without being chained to the

shmutz?

Now, whenever you have the slightest temptation to go back to that stuff, remember how you feel *after* the act, the feeling of worthlessness, the guilt. Say, "No thank you, I'm happier without the shtus," and move onto better thoughts.

Hatzlacha!

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Re: My Journey - With the help of the GYE community!
Posted by newbeginning - 11 Mar 2013 23:55

Actually when I had the urge to fall today, I thought back to what you said and it saved me! I shut the thoughts out my head and thought to my self that I am happy how I am and these are not true pleasures!

Although it was hard in class today because people were talking about inappropriate and explicit things and I couldn't get the words out of my head! It certainly sparked my imagination! - and this is what nearly caused me to fall today.

3 days clean so far!

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Re: My Journey - With the help of the GYE community!
Posted by mr. emunah - 12 Mar 2013 00:34

thats a chazaka!

chut hameshulash, bimhera lo yinatek!

(a three ply thread will not soon be broken)

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Re: My Journey - With the help of the GYE community!

Posted by skeptical - 12 Mar 2013 03:52

Keep it up!

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Re: My Journey - With the help of the GYE community!

Posted by newbeginning - 12 Mar 2013 21:48

4 days clean so far! Had a nice day, but trying to control my thoughts and imagination is hard!

Volunteered at a care home for about 2 hours after school, so that kept me busy... Hopefully I will have a good evening.

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Re: My Journey - With the help of the GYE community!

Posted by mr. emunah - 13 Mar 2013 00:31

with the help of our Lord.

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Re: My Journey - With the help of the GYE community!

Posted by reallygettingthere - 13 Mar 2013 00:44

Your on a roll!!

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Re: My Journey - With the help of the GYE community!
Posted by kadoshtahor - 13 Mar 2013 00:54

Hashem should help you to succeed!

the main thing I can suggest you is, to take one day at a time, and not to think about the long term,

this is what I learned from the GYE Chizuk emails!

Chazak Ve'emuts

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Re: My Journey - With the help of the GYE community!
Posted by mr. emunah - 13 Mar 2013 00:55

welcome Kadoshvitahor!

join us in our march towards moshiach!

all for one and one for all!

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Re: My Journey - With the help of the GYE community!
Posted by newbeginning - 15 Mar 2013 00:07

Just to let everyone know that tonight will be my 6th night clean!

However I had keri last night, but as it was outta my control and I wasn't awake, I am not going to let it affect me!

Hope everyone else is doing well! :-)

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Re: My Journey - With the help of the GYE community!

Posted by Gevura Shebyesod - 15 Mar 2013 01:24

Dont worry about the keri. Like you said its not under your control.

KUTGW & KOMT!!!

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Re: My Journey - With the help of the GYE community!

Posted by newbeginning - 15 Mar 2013 19:28

I'm strongly feeling the urge at the moment! The last time I felt this kind of urge to act out was the same time last friday (when I fell)

Just hope it will go away!

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Re: My Journey - With the help of the GYE community!

Posted by gibbor120 - 15 Mar 2013 21:04

Get busy with something else that will focus your mind and energy elsewhere. Call a friend. Do something. Don't "Just hope it will go away".

Have a good shabbos!

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Re: My Journey - With the help of the GYE community!

Posted by newbeginning - 20 Mar 2013 22:14

Just to let everyone know that I had a fall today after 11 days clean and it just feels like the

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same routine over and over again! I don't feel like im growing at all spiritually