

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

=====

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

Posted by newbeginning - 23 Oct 2013 23:13

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

I am keeping to a schedule which is keeping me busy e.g. davening in morning, then learn some chumash and then do some work for college etc, I also made vow not to do it otherwise I will do ---- e.g. charity, I also have a 5 step program which is what I should do when I feel the urge.

e.g. 1. ring someone 2. go on Gye for a bit 3. exercise 4. learn 20 mins of torah 5. get out of the house

=====

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

Posted by Pidaini - 24 Oct 2013 02:07

GREAT!!!

KUTGW!!!

Are there days that you might not be able to stick to your schedule?

=====

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

Posted by newbeginning - 28 Oct 2013 21:29

I'm off to Eilat next week for a holiday with family

I hope not haha and 11 days so far

=====

=====

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

Posted by Machshovo Tova - 28 Oct 2013 21:51

Good luck on your trip to Eilat. I've never been there, but I imagine you'll need an extra-strength dose of shmirat einayim out there.

Hatzlacha

MT

=====

=====

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

Posted by newbeginning - 22 Nov 2013 20:15

I was doing so well, however I fell on the holiday. I wish I didn't go on that respect, but I had to as it was with family and I couldn't say why I was against going?

oh well, better carry on!

=====

=====

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

Posted by gibbor120 - 22 Nov 2013 23:40

You know the drill, Truck on...

=====
=====

Re: My Journey - With the help of the GYE community!
Posted by newbeginning - 02 Dec 2013 01:30

I fell just before, however instead of getting depressed about it, I had a beautiful idea.

My spiritual qualities, my physical strengths and weakness (dealing with lust) is contained within my DNA which is carried by my seed. Maybe I was meant to fall at that time, because for the past few weeks I have been rude to people, quick with people and arrogant. I for sure do not want that being passed onto my children. So I now get another chance to perfect my character until my time to have children arises please G-d.

=====
=====

Re: My Journey - With the help of the GYE community!
Posted by Pidaini - 02 Dec 2013 03:15

Sorry to hear about your fall.

What are you doing to prevent falling in the future?

=====
=====

Re: My Journey - With the help of the GYE community!
Posted by newbeginning - 09 Jan 2014 21:25

I'm trying to update this thread regularly now or whenever I have a chance,

I fell today because of a TV program I watched yesterday, it was a tv soap and I didn't expect to

see what I did... so it was in my mind the whole of the next day, no matter how hard I tried to get rid of it. The thing is, I can't stop watching all these programs because then I will have so much spare time in the evening, and I will just fall out of boredom. Any suggestions?

thanks,

Eli

=====

Re: My Journey - With the help of the GYE community!
Posted by gibbor120 - 09 Jan 2014 21:58

read a book, do some exercise, call a friend, study, listen to a shiur, play a game with someone, get involved with a chessed organization, ask your Rav if he knows anyone you can help in your spare time, build a bookcase or a birdhouse, go for a walk or a hike, listen to music.

Do any of these help?

=====

Re: My Journey - With the help of the GYE community!
Posted by yehoshua - 10 Jan 2014 12:40

One day at a time.... But for me right now, 15 minutes at a time. I got to set my phone to 15 minutes and then breathe in, hopefully I can do 15 minutes...

=====

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

Posted by newbeginning - 01 Apr 2014 23:08

I haven't been on in a while, but I am trying to post regularly now.

I have installed accountability software on all the computers in my home, and today I was bored and was clicking around on the internet, but thank G-d the thought of someone seeing what I was doing stopped me!4th day clean so far!

By the way, the software I am using is KBA initiative , part of venishmartem

It's great!

=====
=====

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

Posted by cordnoy - 01 Apr 2014 23:17

Welcome back!

What else are you doin' to help you recover besides the accountability software?

It should be b'hatzlachah

=====
=====

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

Posted by Pidaini - 02 Apr 2014 06:06

Welcome back!!

Just to explain a little of what cordnoy (maybe) meant.

Are you just cutting yourself back from using? or are you finding positive ways to fill that void and thereby diminishing the desire for it?

It's great to see that your back and haven't just given up!!

KOMT!!!

=====

=====