

another day

Posted by airmale613 - 28 Oct 2013 15:59

3 days clean. This morning was difficult but I overcame. I thought it would be easier doing this because I am married and at least have an outlet past of the time. Boy was I wrong. Even after being allowed to be with my wife, it doesn't make it any easier. I wish I had done this when I was single. Anyway, ready to conquer another day. Any tips for how to forget all the garbage accumulated in the mind after so many years?

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Re: another day

Posted by gibbor120 - 28 Oct 2013 23:58

Yes, it can definitely be more difficult once married. I think that was counter-intuitive to most (maybe all) of us married folks.

As far as forgetting garbage. The only way to do that is to fill your head with good stuff. The more you focus on the good stuff, the less you will remember the garbage.

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Re: another day

Posted by tryintoshteig - 29 Oct 2013 00:29

[gibbor120 wrote:](#)

As far as forgetting garbage. The only way to do that is to fill your head with good stuff. The more you focus on the good stuff, the less you will remember the garbage.

Ditto that. Just to add, don't count on the garbage ever leaving your brain permanently and being "healed." In most cases, that won't happen. But like Gibbor said, if you fill your head with good stuff (or even neutral stuff, as long as it is not triggering at all) the garbage will slowly fall back, deeper and deeper into the "old filed away stuff that's collecting dust because I don't have access to a shredder" section of the brain. Which is fine.

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