

another day

Posted by ewards - 25 Jun 2014 20:15

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On they way to 90 days again I told a friend at church this morning about my struggle ( i have a few guys i talk to ) and that was yesterday and that seemed to give me strength for today . This whole journey is very interesting . I am not big about getting down on my self. Just want to do better . LOL have only achieved 15 days clean I keep trying

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Re: another day

Posted by lavi - 29 Jun 2014 23:42

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dear ewards,

i think it is important for us to mention that although all of us are trying

to deal with addictions to lust, there is postive side of this urge, after all that is how g-d made us! therefore we are very pro-marriage. in our religion though extra marital relation, are forbidden, however in your case there would be nothing wrong if you could get a permanent girlfriend, to build a solid relationship. that way you are channeling your urges in the right direction.

your friend lavi.

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Re: another day

Posted by shivisi - 30 Jun 2014 02:41

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[ewards wrote:](#)

UMMM I had a trigger big time last nite 2 guys and 2 women bare clothed and making out .

I keep finding myself **REreading** posts like these, when they show up. It's similar to the "second

I guess even when I'm on GYE I have my challenges to work on.

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Re: another day

Posted by ewards - 30 Jun 2014 05:14

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Lavi

Ummm well I always said i didn't have time for a relationship , I guess that was cause i spent two much time lusting and etc I will have too look at that closer I do have a friend at the school i , I will keep it in mind . I find a lot of things are clearer when i am not acting out ,I see things differently ,Interesting

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Re: another day

Posted by ewards - 30 Jun 2014 05:17

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sorry , sure don't want to tempt you didn't mean to do that . But i dreamed about it last nite and

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Re: another day

Posted by ewards - 30 Jun 2014 05:20

volunteer at . Thats all only a friend . I probably am not ready to go any farther yet on another thought I have to be careful on here also a lot of times the stores and some of the posts tend to trigger me also. Maybe we are all just a mess

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Re: another day

Posted by ewards - 10 Jul 2014 18:39

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so this is like the 15th day and i am struggling some i guess it is withdrawal etc i am having urges but in my mind i know better even typing this is sorta triggering me . I am not giving in just get threw a time here. Had the same thing yesterday and after a chat and some work it went away completely and church last nite and that quenched it i guess

ewards

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Re: another day

Posted by dms1234 - 10 Jul 2014 20:40

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Just concentrate on now. Concentrate, don't worry. No need to worry. Just take a deep breath and get on with your day, with whatever you have to do!

KOL! KEEP ON LIVING!

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Re: another day

Posted by ewards - 16 Jul 2014 15:23

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will so I've been doin well with g-ds help going to big city today .I got to remember no lusting it does not belong to me and i don't need it or want it . Today is now and tomorrow is another day nothing will change and i will be fine (better without it ) to day is NOW tomorrow is another day

I am on my way Have a good day guys will use stuff i have learned on gye

ewards

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Re: another day

Posted by unanumun - 16 Jul 2014 15:49

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Thanks for the update ewards. may you come home as pure as you left. good luck

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Re: another day

Posted by ewards - 17 Jul 2014 01:39

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well back in the country think i did good with g-ds help i don't think i lusted and i definitely guarded my eyes . so this is the now and i feel good about it for now. tomorrow is another day

ewards

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Re: another day

Posted by ewards - 22 Jul 2014 03:53

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well guys i fell yesterday at 24 days . I can't blame any one I just wanted to and of course once was not enough so here comes the journey I get up and try again:ohmy: Hey i did pretty good never been clean that long. I guess its to be expected

ewards

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Re: another day

Posted by Pidaini - 22 Jul 2014 16:41

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That's it....get up and try again!

but what can you learn from the last fall?

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Re: another day

Posted by ewards - 22 Jul 2014 21:34

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[Pidaini wrote:](#)

That's it....get up and try again!

but what can you learn from the last fall?

what can i learn well i still enjoy it , not sure i want to stop completely, would settle for more control over my lust and acting out . Is that a bad way to feel

ewards

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Re: another day

Posted by Pidaini - 22 Jul 2014 22:37

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The truth about feelings is that they aren't bad or good, feelings are...feelings, they are just a fact of life.

Now, how to deal with feelings is a separate question. Of course we all would want to just be able to control our lust, the Big Bool mentions that "The idea that somehow, someday he will control and enjoy his drinking [lusting] is the great obsession of every abnormal drinker [luster]" (Beginning of Chapter 3)

That is why step one is so important, it is for us to knock into us that history has proven that that is probably not going to happen!!

So now we have the next decision to make, is it going to be all or nothing? It's up to you!

KOT!!

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