

Toughing it

Posted by polar bear - 08 May 2015 00:59

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Hi, I'm kind of new...

Today is the 2nd day? (Or will be if I hang in there...)

A storm is warming up on the horizon. I am going to snuggle up stubbornly until it passes.

If it passes...

Everything is going to be okay.

Thanks for listening.

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Re: Toughing it

Posted by fulfillinglife613 - 20 May 2015 12:28

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Glad to see you are still with us.

Keep up the fight and take it one day at a time.

It's not overwhelming if you truly look at it that way.

As strong as the temptation is, you can push it off - just for today.

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Re: Toughing it

Posted by cordnoy - 20 May 2015 12:47

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[fulfillinglife613 wrote:](#)

Glad to see you are still with us.

Keep up the fight and take it one day at a time.

It's not overwhelming if you truly look at it that way.

As strong as the temptation is, you can push it off - just for today.

what happens if you can't push it off - just for the day?

Perhaps that day was yesterday; then what?

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Re: Toughing it

Posted by serenity - 20 May 2015 19:00

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Re: Toughing it

Posted by polar bear - 20 May 2015 19:41

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If the day was yesterday, you start over. Rav Nachman of Breslev says that one of tricks the Yetzer Hara has is that he makes you feel over sad when you regret doing an aveira, which can lead into depression and then repetition of the Aveira. Sadness over doing the wrong thing is ok, but to an extent. Once you fall - you just have to get back up, brush yourself off, and keep going. Look forward, not backwards.

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Re: Toughing it

Posted by polar bear - 21 May 2015 22:34

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I just hit my two week milestone. I could not have done it without you guys.

Yesterday my blood was boiling and my Yetzer Hara was going to get me, but I kept telling myself "*What am I going to tell my friends at GYE? I can't fail like this! How am I going to find out if the 90-Day-Journey works if I don't go through it? And if I fail, I'll have to start all over again, and 90 days is a long time!*" It wasn't at all easy. I was fighting with every ounce of my being, my stomach was hurting and it was hard for me to breath. Even Mrs. Polar Bear was asking me if everything was ok (She doesn't know anything. About this struggle I mean). Baruch HASHEM I woke up this morning realizing that I survived this battle and came out clean on the other side.

Still toughin' it!

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Re: Toughing it

Posted by polar bear - 21 May 2015 22:37

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By the way, the place where you fill in 'longest streak', is that 'longest streak *ever*'? Because I

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Re: Toughing it

Posted by serenity - 22 May 2015 03:36

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I've been there and I totally relate. Thank you for sharing. How do you feel now?

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Re: Toughing it

Posted by polar bear - 22 May 2015 07:50

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I feel fine, thanks. The interesting thing I find about this battle is that one minute it's crazy hard, but once you get past it, it's almost as if it never happened, until the next wave comes along.

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Re: Toughing it

Posted by cordnoy - 22 May 2015 07:59

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and what do you do in between waves?

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Re: Toughing it

Posted by polar bear - 22 May 2015 08:24

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Nothing. in between waves I'm free. No struggle - much less struggle. My addiction pattern usually attempts to bring me down once or twice every 5 to 9 days.

If that time period goes by and I haven't fell, struggles tend to come up more frequently, maybe 2 to 3 days, probably because the addiction hasn't been satisfied yet.

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Re: Toughing it

Posted by cordnoy - 22 May 2015 08:28

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I am askin' regardin' your recovery in between waves.

If we do nothin' in between, how can we expect to ride the next wave?

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Re: Toughing it

Posted by polar bear - 22 May 2015 08:49

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Ok, I'm not a free man between waves. I have to stay away from anything, *anything* that might lead me to something that might lead me to falling. I think that's really the trick.

Suppose a person falls whenever they are exposed to x. In order to stay away from x they need to distance themselves from y. In order to stay away from y they need to distance themselves from z. etc.

Between waves I am staying away from z.

Staying away from falling itself is a big struggle. Staying away from z - not so much. That's why it feels like much less of a struggle unless I have to deal with 'falling' itself.

GYE is REALLY helping me stay away from z. which is why I feel free between waves.

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Re: Toughing it

Posted by cordnoy - 22 May 2015 08:56

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Good stuff!

Keep us posted!

b'hatzlachah

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Re: Toughing it

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Posted by pischoshelmachat - 22 May 2015 17:43

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I need to avoid the entire alphabet. Starting from G and M and P

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