

starting to get tough

Posted by moshe25 - 01 Jul 2015 23:59

Dear eye fellows,

I am now over 2 weeks into my 90 days.Its starting to get a little challenging.

(Actually as I'm writing this I'm starting to feel calmer.)

Things are triggering me, whether it's thoughts of inappropriate images of the past and other.

Sometimes I also think if I act out once that will satisfy me and my hormones can calm down.
Which usually it's not true

So it just leads to more.

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Re: starting to get tough

Posted by reallygettingthere - 02 Jul 2015 00:02

Hang in there bro.

I find that when I am stressed the triggers are much more triggering. Kin of like when you are stressed, even small issue can make you mad.

When that happens I try to do some deep breathing to help me calm down

Eli

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Re: starting to get tough

Posted by Gevura Shebyesod - 02 Jul 2015 00:03

[moshe25 wrote:](#)

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Which usually it's not true

So it just leads to more.

Look up Dov's "Nuclear Reset" post. I'm sorry I don't have time to dig up the link right now.

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Re: starting to get tough

Posted by moshe25 - 02 Jul 2015 00:23

Yes thank you!

Being stressed causes more triggers and I just want to turn to this to release or whatever I
guess im just used to doing this.

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