

Here I go.....

Posted by bestrong - 21 Jul 2015 04:55

Im currently 20 years old and the most ive gone without mstrbting in 8 yrs was 2 months which was a miracle. I just started the 90 days, and I need tips cause sometimes i feel like im gonna snap or wont fall asleep if I dnt do it!!! How can I hold myself back???

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Re: Here I go.....

Posted by serenity - 21 Jul 2015 05:21

Welcome to GYE! The Powers that be suggest you start here:

guardyoureyes.com/breakingfree/first-time-here#suggestions

and here

guardyoureyes.com/homepage

Your homepage "will guide you through each tool/task that we suggest, one by one, and help you track your progress in recovery." The Guard

Hatzlacha!

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Re: Here I go.....

Posted by lamplighter - 21 Jul 2015 13:45

welcome!

in addition to what serenity said i would suggest you to keep the interest in taking care of it:posting reading etc

you will shortly realize how similar we are on this website and that there are tons of tools here to help you dealing with the addiction.

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Re: Here I go.....

Posted by bestrong - 21 Jul 2015 17:28

I saw all that but maybe someone has there own personal tips to share..

thanks

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Re: Here I go.....

Posted by gibbor120 - 21 Jul 2015 18:08

It is hard at first. Commit to recovery even if it's hard. As time goes on, it will get easier. Work on using recovery tools in your life. Have you reached out to anyone in person or on the phone?

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Re: Here I go.....

Posted by serenity - 21 Jul 2015 22:17

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Re: Here I go.....

Posted by eny - 21 Jul 2015 23:05

Ask G-d for help and do all you can - in a wise way (this site if full of great advice).

I'm rooting for you and I think every single person in this program is too.

You're 20, I'm 52 - I wish I had joined such a program when I was your age but I feel this is a new beginning of life.

Go for it!

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Re: Here I go.....

Posted by bestrong - 22 Jul 2015 04:45

thanks, but sometimes i feel like its totslly not possible to control myself that its not even me

I can only hope and pray.....

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Re: Here I go.....

Posted by serenity - 22 Jul 2015 04:59

Powerlessness. First half of step one. Keep climbing!

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Re: Here I go.....

Posted by dd - 22 Jul 2015 06:53

Welcome Beststrong!!!

The first step was taken by joining here the second one too by sharing and being honest. So make yourself comfortable here read look around and i'm sure your going to pick up many tips. There is no overnight pill here that you can take to stay clean (i wish there was). It takes time to learn yourself and your actions get to know what tools can work for you etc.

So Keep On Posting (KOP) and Keep us posted!!!

Much Hatzlacha and remember to BESTSTRONG!!!

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Re: Here I go.....

Posted by gibbor120 - 24 Jul 2015 19:05

[beststrong wrote:](#)

thanks, but sometimes i feel like its totslly not possible to control myself that its not even me

I can only hope and pray.....

Why do you say that? Have you read the handbook? Have you found anything there that you can **do** other than "hope and pray".

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Re: Here I go.....

Posted by beststrong - 27 Jul 2015 07:58

Well I can't download onto my computer without other ppl seing it....;(

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Re: Here I go.....

Posted by berelfiner - 27 Jul 2015 12:06

You can download it, print it off, than press shift delete to permanently delete it.

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Re: Here I go.....

Posted by TalmidChaim - 27 Jul 2015 15:58

My tip (and the thinking of most guys here): narrow your focus to one day at a time!! Read the stories of the vets here, they'll always talk about taking baby steps, or worrying about just today. That's not empty sentiment (as I once thought); that's solid advice. Now implementing that advice requires a more abstract shift in perspective, since we addicts are, unfortunately, very black and white sometimes in how we view the world. We are not comfortable with nonlinear processes and things that we can't completely control. But once you start down the path of recovery, victories will necessarily come in the form of clean days (sometimes clean hours), which, before you know it, amount to clean months, and eventually, clean years. But the rungs of that year-long ladder, again, are days, sometimes hours.

So relax, mellow out, and worry about getting through today. Don't worry about how you're going to stay sober forever. That's not your department, that's HaShem's.

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