

Success StoryPosted by ysftw - 13 Nov 2015 12:39

Hi hi everyone at GYE!

I've been on this website now since early April of this year. 7 months of trying, and B'H in that time I've managed to cut down my falls from a near daily occurrence, to every once in a while. On the one hand this symbolises growth, on the other, I feel to an extent I have thus far failed. Whilst I have gone long periods without falling (although never yet reaching that "90" stage), I still have not yet managed to stop. And, had you asked me 7 months ago what I would have considered this, I would probably have said failure.

Indeed there are moments where I really wonder if it's impossible for me to break the habit completely. Sometimes it is so strong it overrides everything else, and I feel like something other than who I am takes control of my body and does with it what it pleases, and I am a slave to it. Like I said I am close to this narrative. I feel like I am close to hitting rock bottom, without the stupidity to really believe quitting will be a snap of the fingers.

If you want to see my story thus far it is here: guardyoureyes.com/forum/4-On-the-Way-to-90-Days/251963-Giving-it-a-go-one-day-at-a-time

What I will say which has worked so far and B'N will continue to is the use of the Taphsic method. Indeed I only seem to fall when I don't have a shavuah (still have no clue about the halachik legitimacy of making this neder but if it stops me from doing more then, well, I suppose it's a good thing).

Anyway, I'm writing this with the optimism of someone who just fell. Indeed on my 90 day chart I have yet to have one whole day clean. This is a sad state of affairs.

Never the less, sometimes you have to be insanely idealistic and hope that the world conforms to your vision of what it can be, and that you can too.

For me, I no longer have the choice whether to keep going or to stop, I must stop due to many many factors, which at this stage at least will remain anonymous.

In this forum which I've optimistically called "Success Story", I will do my utmost write completely openly and honestly, without trying to write my words for an "audience", I will try to hold nothing of my emotional state back.

The aim here is that, starting with not a single day under my belt, and a track-record of failure I will show that it is possible to turn things around, and there will be no tricks either (yes I will be working on my personal growth separately), but the only two items I will be making use of, are the Taphsic shavuot, and my willpower. Today is November 13th 2015 (1st of Kislev 5776), in 90 days it will be February 11th 2016 (2nd of Adar I, 5776), and from this day until that one this Topic will detail my success story of making it to 90, it is possible, and I will commit to being an example of how.

Every single day of those 90 days I will post something on this topic, I can't guarantee it will be more than "still going...easy day", although I do hope to add insight often etc.

The point, again, is to show that it is possible.

Where this blog will go after those 90 days I am uncertain, we'll have to see, perhaps another 90 day challenge.

The point being...it's possible, and what follows will attest to that...

See you on the other side.

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Re: Success Story

Posted by Bigmoish - 24 Nov 2015 21:06

This is what came to my mind...

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Re: Success Story

Posted by Gevura Shebyesod - 24 Nov 2015 21:14

mine is being chased away by the gyefilterfish

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Re: Success Story

Posted by ysftw - 25 Nov 2015 21:09

Loving the pics. Especially toy story. Really love it. Thanks!

Anyway

Day 12 done. 78 to go.

Sid paints pictures and tells tales. In fact everything that's floating in my brain these days seems to be Sid. I can't explain it but the real useful thinking comes from elsewhere. Weird. So trying to cut out all thought at the moment makes a good plan.

Let's keep at it!!

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Re: Success Story

Posted by ysftw - 26 Nov 2015 17:38

13 done. 77 to go.

13 is huge. 77 is even more huge.

Daunting because as things stand Sid seems to be back to his best...compelling thoughts and images...even voices saying LISTEN/I want that. Of course those are Sids voices not mine. But that's hard to always remember. Even in the heat of the moment. STRUGGLES.

but I committed to showing it can be done. IT CAN.

We move to day 14.

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Re: Success Story

Posted by gyejew - 27 Nov 2015 08:09

test

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Re: Success Story

Posted by the.guard - 27 Nov 2015 08:09

test 2

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Re: Success Story

Posted by cordnoy - 27 Nov 2015 12:08

[ysftw wrote:](#)

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We move to day 14.

To show what can be done?

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Re: Success Story

Posted by markz - 27 Nov 2015 14:59

[9494 wrote:](#)

test3
behave

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Re: Success Story
Posted by Gevura Shebyesod - 27 Nov 2015 15:21

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Re: Success Story
Posted by markz - 27 Nov 2015 15:26

test6

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Re: Success Story
Posted by ysftw - 28 Nov 2015 21:06

15 days done. 75 to go.

To show that sid can be defeated...and that addiction doesn't dictate my life

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Re: Success Story
Posted by Gevura Shebyesod - 29 Nov 2015 14:04

[9494 wrote:](#)

test 16

4-15 failed?

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Re: Success Story

Posted by ysftw - 29 Nov 2015 19:34

I have to say this "test" thing is confusing. The numbers even more so. But ill take it anyway.

16 done Bh. 74 to go.

It's a challenge...The challenge is to doing what's right and not listening to what's wrong. Just sometimes Sid makes what's wrong seem so appealing.

So I'm learning, slowly to shut him put.

But very slowly

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Re: Success Story

Posted by yehoshua - 30 Nov 2015 09:57

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