

hopefully my best streak yet

Posted by gye1962 - 02 May 2016 03:46

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hi

its been a long while since i posted on GYE. i really dont kbpw what to say, only that i somehow felt i really need to podt again

about 20 days ago i relapsed after a 34 day streak(i thought it was imposible to do that). and i felt really down. ever since then. i relapse about every 7 days eith P--n. some times i fet really frustrated beacuse i am stuck and font see progress but. somehow(Hs help i am sure) i dont throw the towel.

truth is there is progress ( i use to not ba able to go 3 days without PMO) but its no as fast as i would hope.

the reason that i was able to go on a 34 day streak was beacuse i made a writren plan of what i was going to do ecery hour of ecery day do there is no time unaccounted for, but somehow sunday got me.

tomarrow will be day 5. beezrat H. i really hope to go far this time. imirtze H

so i eill try to post atleaat every 2 days

hope you have suggestions

all the best

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Re: hopefully my best streak yet

Posted by gye1962 - 04 May 2016 14:46

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Thank you for y our answer MeyerLemon

Today is day one.

I am convinced that if i learn how to deal with the pain and craving, i can 100% be clean.

Whenever i get the tightening in my chest from craving, i give in to avoid it. In some rare instances that i dont give in and hang-on, i feel exhausted afterwards and on the next day if an urge hits, i am defenseless.

Especially when i get stressed at work, thats when the really strong urges come in and dont leave me alone unless i give in to them.

Does anyone know how to just take the pain and keep moving?

Please help

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Re: hopefully my best streak yet  
Posted by gye1962 - 08 May 2016 03:28

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hi everybody shavua tov

finishing up day 4 beezrat H

i recently learned about a technique called "urge surfing" which already helped me alot. and i am looking forward to see what i can do with it

i suggest anybody reading this post to google it. its very helpful

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Re: hopefully my best streak yet

Posted by MeyerLemon - 09 May 2016 18:01

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gye1962: I had not heard of that technique before, so I did use google to search for "urge surfing", and it looks very interesting. I think I will try it.

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Re: hopefully my best streak yet

Posted by gye1962 - 09 May 2016 19:03

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Great

hope it helps you in the same way its helping me.

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Re: hopefully my best streak yet

Posted by gye1962 - 09 May 2016 19:12

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Day 6 now.

I really dont think i had such urge -packed 6 days in my life.

Where it not for "urge surfing" i wouldn't have survived all those urges.

I finally got the courage to filter both Belkin routers in my house (they have a decent parental control feature). i hope im irtze H that this will be a step towards freedom and sobriety.

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Re: hopefully my best streak yet  
Posted by gye1962 - 10 May 2016 15:28

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Had a relapse Yesterday.

After the self pity hour, i started analyzing why did i fall? and i realized that i was wasting time.

Up until now,when i was listening to one of the gye mp3s i would tell to myself that i need to do something while i a m listening, i cant just Sit and listen, my hands have to do something. (so i started palying video games while i was listening, and this led me to relapse.

I am not sure why playing video games gives me urges, maybe it is beacuse it makes you not present and it numbs your brain, so there is no defense against the yetzer.

I am still proud of myself ebacuse i fought like hell for those 6 days(even if its a short streak).

I am confident that H will help me get back up and on the right track.

if anyone ahs an idea about the video games, let me know.

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Re: hopefully my best streak yet  
Posted by markz - 10 May 2016 15:59

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We don't like to talk about hell on gye

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Re: hopefully my best streak yet  
Posted by gye1962 - 10 May 2016 16:22

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We don't like to talk about hell on gye

I meant it as an expression of fighting hard. i was not talking about the place itself.

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Re: hopefully my best streak yet  
Posted by markz - 10 May 2016 16:30

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Brother,

Fighting can land many of us in Hell (where's that), Gd protect us

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Re: hopefully my best streak yet  
Posted by gye1962 - 10 May 2016 16:32

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What do you suggest i do with the urges if not fight them? i pray to H whenever i get an urge to help me overcome it, but this has not been working for me.

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Re: hopefully my best streak yet  
Posted by markz - 10 May 2016 16:40

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Just to explain what I said above

I'll say it differently than I wrote elsewhere

If there are solutions provided by GYE to be "Fight Free", and we choose to stay in the fight zone, we can be held accountable for that IMHO, as I wrote [here](#)

I know you are not looking to stay there

Whats the solution?

#1 Fighting is out

#2 Read the GPS below

#3 Read the success stories on the "Free Towing" page, and reach out to the writers - they are alive and kicking and each Hauling in their unique way

#4 Achron Haviv. Join cordnoy / Dov's 1:20 call today and Keep on Trucking

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Re: hopefully my best streak yet  
Posted by gye1962 - 10 May 2016 16:44

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thank you.

i will re-read the GYE program in a nutshell and the handbook, also i will try to get to the call, if not at least hear one of the mp3 from dovi.

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Re: hopefully my best streak yet  
Posted by MeyerLemon - 11 May 2016 18:33

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Thank you gye1962, for posting the downs as well as the ups. I have had the same experience as you that an urge will keep bothering me for days in a row, and then finally would give into it.

I suppose if you already knew that video game playing can to "lust playing", then perhaps you should get rid of the video game consoles in the home. -- Just thinking aloud of a possible help.

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Re: hopefully my best streak yet  
Posted by gye1962 - 11 May 2016 18:37

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Already got rid of it.(for the second time).

thought that i could go back to it and not be bothered by urges, but i see that its not the case.

Thank you for the suggestions. keep it coming.

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