

hopefully my best streak yet

Posted by gye1962 - 02 May 2016 03:46

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

=====

Re: hopefully my best streak yet

Posted by gye1962 - 12 May 2016 19:25

I guarantee that wherever you want to go in life, video games wont get you there (unless you want to be programmer or something)

The only way to have a smart kosher phone in my opinion, is to restrict the app store and browser and delete all apps that have internet access, also restrict webpages to the white list mode, where only the ones you allow,are available. i think its called exceptions list or something. also delete any you tube or Facebook apps or similar.

=====

Re: hopefully my best streak yet
Posted by MeyerLemon - 13 May 2016 16:55

Right now, I have Covenant Eyes on my smart phone, but I want to get a "dumb" kosher phone. Just voice and no text, games, internet, etc. I am planning to get one on Wednesday, when I get paid again.

=====