

My journey (getting up one last time)
Posted by aaron73 - 02 May 2016 21:52

Shalom Chaverim...

I'm really mad at myself right now. I've been around for a long time (I think is 2 years by now) and my longest streak has been just 70 days a long time ago.. have I improved myself along the way? yes, of course! have I keep on falling over and over? yes, I just failed some minutes ago...

The thing is, I don't wanna blame anyone (including myself) anymore, or look for lame excuses to why I keep on doing this stupid thing that has caused me so much pain. I don't want to be in this state of porn-suspended animation anymore. I want my life back! and I'll work on it even if is the last thing I do.

So, I'm starting all over again, but doing what I never did before, that is, adding discipline and a detailed plan, not just sitting around facebooking and youtubeing the whole day and wait for changes to happen overnight (that's what I've been doing)....

I'm gonna be writing here my progress. I'll try to do it every day so feel free to ask, suggest or write anything you want. I also hope this could help those who are also struggling or starting all over again.

1.- Day 0...I'm going out to do something to release the angry I feel

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Re: My journey (getting up one last time)
Posted by markz - 10 May 2016 20:15

Are you opening with safe people - discussing your lust struggle?

Thats the way to go!!!!

Keep on Trucking

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Re: My journey (getting up one last time)
Posted by gye1962 - 10 May 2016 20:32

If your really struggling with these 2 websites, have you tried puting them on block list(trough a filter) and giving the password to someone else, so that you wont be able to access them?

you could also filter your router, so that no matter with which device you connect, you are protected.

If you have a hard time with this decision, try top look at it this way:

a)you can keep these websites and keep struggling.

b)You can make a little sacrifice and block these websites, but be on your journey to freedom

Which option do you prefer?

Personally i deleted my Facebook account, since i believe that its not constructive at all, and its full of triggering material.

Also YouTube is something very sneaky,where you can look at something, and then out of nowhere comes some triggering material which you did not expect.

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Re: My journey (getting up one last time)
Posted by realsimcha - 11 May 2016 15:04

Wondering about the title of your thread. The "one last time" part. Not sure if thats the attitude. My approach is [while I pray that this "getting up" is the last one] "getting up as many times as it takes for me to stay away from that garbage that keeps trying to kill me." I am afraid of the statement one last time. I don't know if its for us to decide that.

One the other hand I truly appreciate the strength and courage that it takes to make a statement like that. I wish you unending hatzlacha.

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