

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by MayanHamisgaber - 06 Feb 2017 22:14

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Amen and to you and all the gye family  
encouraging and thoughtful that i know i can do this for good !

B'hatzlacha

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Feb 2017 09:09

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Day 50

let's see what happens

B'hatzlacha

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Please pardon the pun

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Re: I will make it b"h

Posted by Singularity - 07 Feb 2017 09:21

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No need to pardon; it was terrific!

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Re: I will make it b"h

Posted by GrowStrong - 07 Feb 2017 11:03

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[MayanHamisgaber wrote on 07 Feb 2017 09:09:](#)

Day 50

let's see what happens

B'hatzlacha

What do you think is going to happen

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Feb 2017 11:50

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notin bec. just have to think now

notin further in time than now!

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Re: I will make it b"h

Posted by Singularity - 07 Feb 2017 12:09

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fireworks!!

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Re: I will make it b"h

Posted by GrowStrong - 07 Feb 2017 12:10

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one now at a time

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Feb 2017 12:17

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[Singularity wrote on 07 Feb 2017 12:09:](#)

fireworks!!

??? wanna explain please

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Re: I will make it b"h

Posted by Hashem Help Me - 07 Feb 2017 12:22

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[MayanHamisgaber wrote on 07 Feb 2017 09:09:](#)

Day 50

let's see what happens

B'hatzlacha

Mazel tov on the "sha'ar hanun d'kedusha"!

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Feb 2017 20:24

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HHM

Thank you, not to sound depressed, like i said at day 30 so what but now I'm saying it not out of stress or frustration rather while it is a nice accomplishment I still have to realize that this in no way means that I am cured and must always be on guard hence just trying to get through now and only now.

B"H nothing to stressing today imagine that....

B'hatzlacha

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Re: I will make it b"h

Posted by MayanHamisgaber - 07 Feb 2017 22:25

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Can someone who is not an addict have withdrawal

I ask this because the past few days I have been having improper thoughts and feeling down and an urge to break the filter (which is crazy as I am no techy) or at least go to one sight I know is not blocked

Please help me understand what is going on with me

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Re: I will make it b"h

Posted by cordnoy - 07 Feb 2017 22:51

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[MayanHamisgaber wrote on 07 Feb 2017 22:25:](#)

Can someone who is not an addict have withdrawal

I ask this because the past few days I have been having improper thoughts and feelling down and an urge to break the filter (which is crazy as I am no techy) or at least go to one sight I know is not blocked

Please help me understand what is going on with me

Who says it's withdrawal?

Maybe it's lust.

Where do you think all your desires wentl?

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Re: I will make it b"h

Posted by bb0212 - 07 Feb 2017 23:31

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[MayanHamisgaber wrote on 07 Feb 2017 22:25:](#)

Can someone who is not an addict have withdrawal

I ask this because the past few days I have been having improper thoughts and feelling down and an urge to break the filter (which is crazy as I am no techy) or at least go to one sight I know is not blocked

Please help me understand what is going on with me

What would you have said if you asked yourself this question 51 days ago?

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Re: I will make it b"h

Posted by Hashem Help Me - 08 Feb 2017 01:55

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[MayanHamisgaber wrote on 07 Feb 2017 22:25:](#)

Can someone who is not an addict have withdrawal

I ask this because the past few days I have been having improper thoughts and feeling down and an urge to break the filter (which is crazy as I am no techy) or at least go to one sight I know is not blocked

Please help me understand what is going on with me

It most definitely can be withdrawal. We were so used to our "drug". I have found exercise to be a big help as a mood booster and a healthy diversion away from the urges. Also actually speaking with people who have "made it" has been very good for me in tough moments. The good news is the severity and frequency of the withdrawal wanes with time. It wasn't so long ago that I actually cried from the torment. Bli ayin hora, although there are tough moments, its child's play compared to what was. Hang in there. We are cheering you on.

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