

Trying to gain consistency

Posted by JF2 - 12 Dec 2017 05:29

So I recently joined gye and I have been trying to work on myself a lot. From what I have been told I don't think I am necessarily addicted I just have a really bad habit. I am not constantly thinking about acting out I just find myself acting out when I get bored and have nothing else to think about. I find that if I really put my mind to it I can stay clean for 7 days consecutively however I find myself regressing back to acting out again a few times a week usually a little bit afterwards and onwards on a consistent basis. If anybody has any advice on how to find consistency in staying clean I would greatly appreciate it. I really want to accomplish the 90 day challenge so badly.

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Re: Trying to gain consistency

Posted by Markz - 12 Dec 2017 13:03

Brother there is lots of light on gye - but first, try keep your posts on 1 thread so we can follow your success and details of your story.

Are you 70 or 20yr old? Do you have a Rebbi, mentor...

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Re: Trying to gain consistency

Posted by serenity - 12 Dec 2017 14:49

Pls let me know what you do differently when you put you really put your mind to it? Sounds like maybe you should keep doing that, no? Of course that depends on what you mean. If really putting your mind to it means really keeping your mind on it they may not help.

Maybe this article will help:

guardyoureyes.com/12-step/item/nuclear-reset-button

maybe it's off topic. I don't know. What do you think about it?

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Re: Trying to gain consistency

Posted by JF2 - 12 Dec 2017 20:26

Today is day 2 of my journey of becoming clean I have goals set up and that is mainly to get to 14 days ie two weeks we will see if that holds true. In the past I have gotten to 12 days and then fallen (stupid tv) but now things are different I have all the wonderful people on gye at my side giving me chizuck all the time whenever I need it therefore I feel very confident.

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Re: Trying to gain consistency

Posted by Markz - 12 Dec 2017 21:09

I don't recall vividly if I did this personally but even if I'd have had a goal and passed 100 days clean before shidduchim, it didn't help me after marriage

If you truly wanna be sober don't drive an uber

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Re: Trying to gain consistency

Posted by JF2 - 13 Dec 2017 22:50

Hey Markz not sure what driving an uber has to do with anything but whatever.

Today is day 3 things are looking up.

I wanted to share with others something that I recently read from R' Noach Weinberg.

He says a good outlook to have for anyone who is battling with the yetzer harah (which is everybody) is that whenever we feel some type of gashmius type of feeling be it even good things we should associate that with our body and we should actually associate spiritual feelings with our selves in this way we relate to our neshama over our guf. For example when one is

tired or hungry he should tell himself my body is tired or my body is hungry in this way he can relate to his neshamah as apposed to his guf which is a much more natural tendency to do since we see our guf but not our neshamah.

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Re: Trying to gain consistency

Posted by JF2 - 13 Dec 2017 22:57

In this vain I would like to say that even when we act out and it feels like we have no control it just happened and I'm not even sure how, it just did we can't look at ourselves and say I am bad or this is who I am rather this is what my body wants to do and unfortunately it got the better of me this time however this is not who I am. I am my neshamah and I am someone who wants to be closer to Hashem and someone who does not want to act out.

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Re: Trying to gain consistency

Posted by tzomah - 14 Dec 2017 09:40

[JF2 wrote on 13 Dec 2017 22:57:](#)

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i don't think a person is his guf or his neshamah

as we say neshoma shenosata ??

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