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Not any other time. Posted by today - 18 Dec 2017 14:14

I have been clean for 5 days. My record is around 15 days and I hope that with help from GYE I can at least break that record. In the past I was not determined to break my habit and was comfortable with just a few consecutive clean days. I am going to break free this time once and for all. I'm aiming for 90 days (hopefully clean for the rest of my life). I have filter on my computer and am reading chizuk mails.

Just now, I was almost taken over by yetzer hara. Luckily I was able to enter the gye in the address bar before I fall. This should remind me that I should be never complacent. I was when I just started the journey and made it though 2-3 days.

I am going to try my best to update every 5 days and whenever I feel weak.

PS: I think that GYE should duplicate the instant help section from personal profile page to the home page...

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Re: Not any other time.

Posted by youcan - 18 Dec 2017 15:35

Hi, I'm in the exact same situation, also 5 days clean today. my longest break was 11 days. I aim to be clean for life & get rid of this yetzer hara, but since I know that I can't achieve it now I focus on being clean today.

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Re: Not any other time.

Posted by Markz - 18 Dec 2017 17:54

Brother you really should try keep posting your personal story on 1 thread so you see your progress and also - what did your trucking associates suggest as assistance?

GYE - Guard Your Eyes Generated: 23 July, 2025, 11:08 Re: Not any other time. Posted by today - 19 Dec 2017 04:38 After I posted my introduction I thought there was no need for other posts but when I nearly fell yesterday I realised that a log of my struggle may be a good idea... I will only post my personal story on this thread from on now. My trucking associates suggested that I use fortify which is not free(pardon my use of slangs of GYE I'm new...). I'm currently applying for permanent free usage (fortify scholarship). I find the resources on GYE to be quite adequate and the community is very helpful and supportive. The real challenge lies ahead in my 90 days journey. I will get more help when necessary. PS: Thank you Markz for keeping track of my progress in the forums Re: Not any other time. Posted by youcan - 19 Dec 2017 05:13 I'm also considering to start a new thread because I don't want that my past should be part of my story of recovery. I want to start a new journey of being a normal sober & calm person, but I wanna wait till I'm deeper in the therapy process (starting this week iyh) so it should be more meaningful.

I think what you are doing is good. We shouldn't let our feet be tangled in our past. Let us

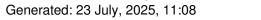
motivate each other on our way to 90 days. I wish you chizuk and hatzlacha!

Re: Not any other time.

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Posted by today - 19 Dec 2017 05:17

2/4



Re: Not any other time.

Posted by today - 27 Dec 2017 12:57

I think I shouldn't delay an update any longer. So far I've learnt two things:

- 1,Drinking water may help to abate yetzer hara (maybe its the process of going out of the room to take the water...)
- 2, Having an plan of not only what to do on the internet but also what to do after completing the planned online task helps.

I also think it helped that when I was taking an uber I requested the driver to turn off the radio (It's pop 99% of the time. I used to feel sorry when I asked the driver to turn the radio off.).

This video is pretty accurate

gye.vids.io/videos/4c9adbb11d15e3c8c4/03-urge-surfing

I'm committed to the 90 days journey. I hope Hashem can help me make it to 90 days and beyond.

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Re: Not any other time.

Posted by ayidingalus - 01 Jan 2018 20:47

I also think it helped that when I was taking an uber I requested the driver to turn off the radio (It's pop 99% of the time. I used to feel sorry when I asked the driver to turn the radio off.).

Wow!

its a strong step!

In my world.. me a chasdic jew with the long payos would have a hard time..

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