

Not any other time.

Posted by today - 18 Dec 2017 14:14

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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

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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

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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?

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Re: Not any other time.

Posted by today - 19 Dec 2017 04:38

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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 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

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Re: Not any other time.

Posted by youcan - 19 Dec 2017 05:13

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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.

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Re: Not any other time.

Posted by today - 19 Dec 2017 05:17

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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!

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Re: Not any other time.

Posted by today - 27 Dec 2017 12:57

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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](https://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

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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..

?my lack of condfidance and temptation would hold me back..

U gave me something to think about..

lets here updates where your jourany is upto

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Re: Not any other time.

Posted by Hashem Help Me - 02 Jan 2018 12:28

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today, great to see you are bh proceeding well. Keep on posting and sharing. Be proud of your yiddishkeit. There is nothing wrong with asking the driver to turn off things our ears should not hear. Most decentpeople would be impressed that one has a standard and is not ashamed of it. And if they are unhappy with your request, too bad. Our neshamos' kedusha deserves some inconvenience or awkwardness on our part from time to time. Continued hatzlocha!

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