

BEWARE! ADD writer, and sometimes very passive

Posted by ayidingalus - 01 Jan 2018 20:54

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Hi everyone, when I started my 90 days 36 days ago, I wrote I will try to share my story.. if my ADHD will not interfer..Now 36 Days later there are 2 stories to be shared one before finding GYE and one after.. the reason what made me come back now and start sharing my story is actually my wife's credit.. she has been telling me the last week, if your not struggling or its not a fight something is off and oh it was [NO I DID NOT FALL BUT WAS NOT ON THE WAY TO RECOVERY FULLY, WILL ELABORATE LATER,]For me to heal I feel that keeping me active with a live forum and posting here daily, for now, would be a great deal of prevention and recovery WITH HOPE TO BRING MY POSTS TOGETHER IN ADD CONTROLLED FASHION..

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Re: BEWARE! ADD writer, and sometimes very passive

Posted by tzomah - 04 Jan 2018 11:39

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i'd prefer a coffee shop

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Re: BEWARE! ADD writer, and sometimes very passive

Posted by ayidingalus - 04 Jan 2018 14:46

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Thanks to all!

Part of my psyche is that I don't feel a struggle. For example with female Profile browsing, Very rare I have a temptation and I fight it. I go into the mood I'm not going there and that's it.

Maybe I do struggle and Fight I am just not intuned. In my days before GYE, I was up to doing the worst cyber and chatting stuff, And I never saw myself as A Real lustaholic. It's was like browsing the web at night with no intention to anything. I felt the waste of time. but did not identify a struggle or A addiction/habit, it's just like you Shmooz to much... Hope I am clear enough

Now I will be working On taking responsibility for my actions. I'm sayin' to myself, Yesterday I have not Fallen because I did not want to and Gye where the right Shluchim,

Today I will be alert to my actions and keep strong And I am responsible for my actions and I KNOW WHAT IM DOING, I am a lust addict or I have a huge desire for it. and I will not fall out of choice and the right prevention... Guys have a GR8 Day...

Everyplace the sun rose today people are struggling with lust and I am part of that world (don't know why I made this point, but anyhow have a good one)

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Re: BEWARE! ADD writer, and sometimes very passive  
Posted by ayidingalus - 08 Jan 2018 17:39

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today in starting the handbook.. will keep you posted... any ideas on how to read it?

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Re: BEWARE! ADD writer, and sometimes very passive  
Posted by Hakolhevel - 09 Jan 2018 03:38

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Right side up.

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Re: BEWARE! ADD writer, and sometimes very passive  
Posted by ayidingalus - 05 Nov 2018 20:39

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Hi everyone I haven't been here in a long while, I did have a fall, it hurts

Keeping strong,

so this is the plan for next time,

I should reach out to a friend on GYE before a Nisyon

and let him know in the next hour of a Nisyon or fall

I guess my ADD was IN now... so please take it with a grain of add

TIA

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