

90 days and GYE issue

Posted by YummyYid - 19 Apr 2018 03:04

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So I'm trying very hard to make the 90 days and BH so far so good! I changed my sleeping habits and when I wake up so I have less Nisyones, but I also need to chizuk of counting Berabim my 90 day (who doesn't need chizuk?..)

Anyways the issue is that when signing in to gye I also browse the forums and this wakes up my dirty mind that I'm trying to clear out.

Is there any other suggestion I can try?

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Re: 90 days and GYE issue

Posted by Hashem Help Me - 19 Apr 2018 04:06

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Welcome. There are a lot of great shiurim on the site which are much less triggering than the forums. Keep posting on your own thread and share more details about your challenges. Ask questions ; the chevra will respond.

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Re: 90 days and GYE issue

Posted by YummyYid - 19 Apr 2018 11:38

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I wish it was that easy to just not look anywhere else... Shiurim is very hard for me to read or to listen too. And on the other hand chatting and reading fourms is 'Geshmamk' as I'm a social person and that's one of my main weakness why I always fall through (not because gye... I'm only here 6 days).

I will try to stick to my thread and not wander around. Thanks for the Chizuk!!

I will make it iy'h to 90 days and to 365 days! And more!!!

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Re: 90 days and GYE issue

Posted by Trouble - 19 Apr 2018 12:06

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There is what to gain from most threads.....serious recovery. Life can be triggering as well.

I find that when I am in recovery mode, acting out details don't have an affect upon me; when, however, I am stumbling along, doorknobs, cantaloupe and the blank page at the end of the siddur drive me absolutely insane.

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Re: 90 days and GYE issue

Posted by YummyYid - 23 Apr 2018 03:02

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It's so hard!!!! I just wanna give a peak on some stuff!! Just for a few minutes!!! But I came here instead!! No I won't do it.

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