

I will succeed!

Posted by Aberard - 25 Dec 2018 18:18

---

I have decided after a long time of successive falls that it is time to take this to the next stage, and reach out to the people at GYE to get through recovery and become clean as a result.

After speaking w/ Michael, I believe I have the resources now at this website to be successful, and I will be using this forum post as a blog to track my progress throughout the program. At the end of the day, I need the help and encouragement of the people on this forum to help me through, and will be going through the partner / sponsor program to have someone to turn to ensure that I am successful.

My longest streak over being clean is about 2 weeks, and it has been a tough road for me to overcome, but I know I can do it.

Progress:

Day 1 - Clean, set up forum posts

=====

Re: I will succeed!

Posted by Aberard - 27 Dec 2018 21:09

---

Day 3 - BH, the fences I have put up have worked well so far in terms of setting up a detailed TAPHSIC method, but I realize that the challenging part of abstaining comes up over these next couple days. IYH, I will be successful, and just need to try my best to avoid situations where I know I am susceptible to falling.

=====

Re: I will succeed!

Posted by Calculator - 30 Dec 2018 06:42

---

Welcome, Abe! Keep Posting!

=====

====

Re: I will succeed!

Posted by Aberard - 30 Dec 2018 19:56

---

Day 6

Almost had my first lapse last night, but kept the TAPHSIC method in my head, walked around and said Tehillim for 15 minutes before I went to sleep, kept the goal in the back of my head and thankfully have managed to keep it together.

Grateful to this forum for being able to blog about my progress and support. I recognize that from 6 days -> 2 weeks is probably the most challenging part (As per my prior experience) so I recognize I might be all over the place, but I think I have the most in play now to be successful.

=====

====

Re: I will succeed!

Posted by Aberard - 04 Jan 2019 18:57

---

Day 1

It has been a few days since I posted on my forum (blog). Unfortunately I had a fall yesterday and had a prior fall the prior week on Sunday.

I think that due to the general 'busyness' of life that I wasn't taking the GYE program seriously and wasn't posting or reading articles as much as I should have been.

I think I realize more than ever that I really just need a friend or someone who I can text when I am having those urges to give me the positive motivation to break them and not fall as a result as going at it alone is challenging.

Today I have determined to fix it however, and have made an active effort to try and 'right the ship' and have re-invoked my shevuas, donated \$ in merit of being able to overcome my urges, and will hopefully find an advisor in due time who will help me through the process.

=====

=====

Re: I will succeed!

Posted by Aberard - 11 Jan 2019 00:02

---

Day 4

Finally, I got myself set up with an advisor from GYE, because I realize that I need help in order to overcome my challenges with this yetzer hara.

BH, I'm really trying hard to constantly remind myself of the TAPHSIC method. I think the first time that I had set it up, I set my goal as too difficult and that might have contributed to my fall.

I realize it is still early on in the process, but I really feel positive about this one this time around. I'm going to continue to blog and share my thoughts and hopefully IYH, I'll receive divine help and make it past my yetzer.

=====

=====

Re: I will succeed!

Posted by ColinColin - 11 Jan 2019 02:37

---

I find it best to focus on the reward not the punishment.

Substitute porn for more nourishing activities which put you in a positive mind-state, which will mean you are less likely to fall.

Walking

Reading

Studying

Praying

Meeting friends

Visiting the elderly etc

=====

=====