

2 Weeks Here We Go

Posted by Confucius - 22 Sep 2019 23:50

I will be starting small here.

But, I will be ensuring to check-in at least every other day but at times daily.

I would like to write a longer update and I hopefully will on one of the days during the next two weeks.

In short, single in 20's that watches porn. Want to stop and live a more disciplined and spiritual existence.

Main issue is that I lose track of my goal and the "prize" in times of stress and downturns.

Any advice is appreciated.

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Re: 2 Weeks Here We Go

Posted by lampowerless - 23 Sep 2019 02:18

Nice 1st post. Hatzlacha buddy!

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Re: 2 Weeks Here We Go

Posted by Hashem Help Me - 23 Sep 2019 03:43

Welcome. It should be with hatzlocha. If the issue is stress related, it would be advisable to find kosher stress release to replace what you have been doing until now. My personal experience was that exercise was very helpful.

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Re: 2 Weeks Here We Go

Posted by Confucius - 23 Sep 2019 23:46

Amen!

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Re: 2 Weeks Here We Go

Posted by Confucius - 23 Sep 2019 23:49

Thank you.

Yes. I agree. I find that exercise puts me in a better place but it has not been a foolproof solution.

For now I am putting a lot in the shorter goal and accountability aspect.

Consider check-in for day 1 to have been completed.

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Re: 2 Weeks Here We Go

Posted by David26fr - 24 Sep 2019 07:07

You can try mindfulness to deal with stress.

it helped me a lot

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Re: 2 Weeks Here We Go

Posted by Confucius - 25 Sep 2019 06:14

i have tried to get into mindfulness but there is so much out there, I have yet to find a good approach.

Any resources you can direct me to?

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Re: 2 Weeks Here We Go

Posted by David26fr - 25 Sep 2019 07:35

I know about some resources, but it's in french...

ColinColin posted some resources in this forum, perhaps he could help you.

Also, in another approach, there is Rav Itsak Fanger's method, FHT, which is derived from mindfulness. He written a book about his method, and it is available in hebrew and french, so I think you can find it in english. It helped me a lot.

He made a very clear shiur in France some months ago about this, it's in hebrew with direct translation in french by a translator. I know this is available in YouTube but I downloaded it, so if there is a mean to share it in a more kosher site, please let me know...

Behatslo'ho !

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Re: 2 Weeks Here We Go

Posted by sleepy - 25 Sep 2019 13:11

there is a thread here where everyday a guy would post a new ides in mindfulness , maybe he was quoting from a book , from what i read ,it sounded good , it was a while ago , a year?maybe someone else here remebers,hatzlacha!

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Re: 2 Weeks Here We Go

Posted by sleepy - 25 Sep 2019 13:25

i think this is it, sholoms mindfullness etc

<https://guardyoureyes.com/forum/2-What-Works-for-Me/327296-Sholoms-Mindfulness-Recovery-Path>

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Re: 2 Weeks Here We Go
Posted by Confucius - 27 Sep 2019 03:44

Sounds interesting and I will look into the items you mentioned.

You brought back memories of my recent trip to France.

A great country with some unfortunate and sad problems coming down the pipeline.

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Re: 2 Weeks Here We Go
Posted by Confucius - 27 Sep 2019 03:44

Thank you for this link!

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Re: 2 Weeks Here We Go
Posted by Confucius - 27 Sep 2019 04:37

Coming up on six days here. A couple of close calls but still in this. I do not want to make the mistake that I have made in the past though where I got complacent after a few days of control. I think this weekend will be a challenge but I will take things one day at a time. Still aiming for the two week mark.

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Re: 2 Weeks Here We Go
Posted by Confucius - 29 Sep 2019 20:22

Bad news folks.

Tripped up.

Life got to me. Resetting and hope to come back though not sure what new mode of attack will be...

Time will tell.

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Re: 2 Weeks Here We Go

Posted by Confucius - 02 Oct 2019 21:31

Almost 4 days.

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