

6 years later... Back on the road to 90 days!

Posted by Fightingaddictionnow - 22 Jan 2020 12:04

Hi everyone!

First joined gye 6 years ago. Had my ups and downs, then broke free and had a really good year+ of staying clean! Been a slippery slope for a while now and got back in a rut.

I've resolved to stop again and I've logged back on here to get some chizuk, read some of my own advice I wrote years ago, and track my journey. It's been about a month but I didn't make an exact note of my first clean day, so I've put the beginning of the calendar year as my start. Almost a third of the way to 90 days!

Starting this thread to keep track, feel free to drop a comment with some chizuk or advice!
Thanks gye for being here - let's do this together!

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Re: 6 years later... Back on the road to 90 days!

Posted by DavidT - 10 Feb 2020 23:59

[Fightingaddictionnow wrote on 10 Feb 2020 23:35:](#)

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So excited! I've reached 40 days clean. Especially since I really wasn't actively trying to stay clean before this attempt, I'm really proud that with Hashems help I've made it almost halfway to 90!

Thank you all of you for being here for me, let's keep on supporting each other and doing our best. That's all Hashem asks of us!

Mazel Tov!

Rabbi Elimelech of Lizensk wrote in ***Tzetyl Kattan***, (or "A Small Note")

"overcome your bad habits by acting in the complete opposite for 40 consecutive days. If you are lazy, then act extremely vigilant, etc. In all of your actions act with diligence rather than laxity. When you wake up, or go to work, or when organizing yourself."

Seems that 40 days is what it takes to implement a new positive habit...

we areally looking forward to you reaching 90 ... and much more with Hashem's help.

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Re: 6 years later... Back on the road to 90 days!
Posted by Fightingaddictionnow - 11 Feb 2020 02:43

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Re: 6 years later... Back on the road to 90 days!
Posted by Snowflake - 17 Feb 2020 15:12

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I totally relate to your story. I started here 7 yrs ago, and was doing okay for quite of a while but until recently dived head in the shmutz.

B"H a week clean now and hope to maintain that.

I like it you said you've been reading your own advice from the past.

I did that too (my advice from 7 years ago) and found it funny as how it perfectly still related to me. I could've written that plan I wrote 7 years ago, today, and it would still be very effective.

Could you share some of your advice?

Thanks for sharing your story!

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Re: 6 years later... Back on the road to 90 days!
Posted by Fightingaddictionnow - 20 Feb 2020 13:20

Hi snowflake! Thanks for the post. Glad to find a friend who relates to my story!

In terms of old advice, some has been helpful and some less so simply because of my current lifestyle compared to back then. But some of the helpful ones include:

- Doing your best never to touch yourself at all - even when relieving yourself etc. It helps.
- Staying busy - I know I find myself straying when I've got nothing else to do, so making sure I'm not in a situation where I'll be free to fall is a really helpful 'fence' for me.
- Talking to Hashem - He knows our struggle better than anyone, and the more you talk to him the easier I find it. This applies to my work, learning, relationships and so on too.

In other news, I've reached 50 days clean! So excited and thankful to Hashem.

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Re: 6 years later... Back on the road to 90 days!
Posted by Fightingaddictionnow - 05 Mar 2020 02:21

Today was almost the day I finally acted out. I had access, was alone and just in a scenario that I used to fall in constantly. I somehow managed to hold myself back and I thank Hashem for helping me! Over 60 days clean now and keeping the fight going.

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Re: 6 years later... Back on the road to 90 days!

Posted by Hashem Help Me - 05 Mar 2020 12:19

[Fightingaddictionnow wrote on 05 Mar 2020 02:21:](#)

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It's great that Boruch Hashem you pulled through. What's your plan for next time you are very triggered? Also is there a geder you can make that at least for the meantime you won't be alone with an unsafe device?

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Re: 6 years later... Back on the road to 90 days!
Posted by Fightingaddictionnow - 13 Mar 2020 09:12

Still struggling. I've had a really difficult week in terms of temptation. Started watching / slipping several times. I held back from acting out and in that way convinced my Yetzer Hora that watching was pointless and was able to stop. But the habits are hard to kick and it's not been an easy couple days.

In response to your question @HashemHelpMe, I do know what triggers me and recently have been in unavoidable territory a lot. You did make me think about what my 'plan' should be when triggered, and I'm still working on that.

BH what I can say for the moment is I've stayed clean from acting out and thank Hashem for all His Nisyonos and all His help. Onwards and upwards.

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Re: 6 years later... Back on the road to 90 days!
Posted by Hashem Help Me - 13 Mar 2020 11:24

A suggestion - A good chaver from here can be very helpful. The accountability aspect is

powerful, plus you will hear the words of chizuk and encouragement that can pull you through a tough matzav. Continued hatzlocha.

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Re: 6 years later... Back on the road to 90 days!
Posted by DavidT - 13 Mar 2020 14:35

[Fightingaddictionnow wrote on 13 Mar 2020 09:12:](#)

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Hi

If I may suggest, the SMART recovery program has a good tool for dealing with temptations.

It is called "**HALT the BADS**"

HALT: Hunger, Anger, Loneliness, Tiredness

BADS: Boredom, Anxiety, Depression, Stress

Ask yourself: "Have I noticed the feelings of HALT or BADS result in an urge? Do I have an example to share and how it affected me? What were my thoughts? What did it make me want to do? How did I deal with it?"

Recognizing and dealing with hunger, anger, loneliness and tiredness can help you identify and change some less obvious conditions that can cause urges. Other conditions or emotions like boredom, anxiety, depression and stress can also be a source of cravings and urges. If you learn to recognize these states when they're happening, it can give you the power to address them before they lead to urges.

Then Ask yourself: *"How have I successfully dealt with these?"*

Suggestions:

Eating, calming down, calling a friend and getting rest can help with HALT.

Doing something fun, something that occupies your mind, doing something simple for others and doing something relaxing can help with BADS.

When an urge surfaces and you're not sure why, try to figure out if you're feeling HALT OR BADS. If you are, you might go for a walk, drink a cup of tea, read a book, eat a healthy snack, take a nap, call a friend, paint the kitchen, etc. If you experience any of these, do what you can to deal with them.

If you have trouble identifying your triggers, keeping an urge log can help a lot. An urge log is a table with the following columns:

- Date / time
- Strength of urge (1-10)
- Length of urge
- What triggered my urge
- Where/who was I with
- How I coped and my feelings about coping
- Alternative activities/substitute behaviors.

By keeping such a log for a few days, you can start identifying your triggers, and update your plan as needed.

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Re: 6 years later... Back on the road to 90 days!

Posted by Realestatemogul - 15 Mar 2020 04:53

Hey fightngaddictionnow,

This thread gives me so much chizzuk! It seems like you have hit a tough patch, but that just means Hashem is giving you an opportunity to really strengthen yourself and commit to getting clean again!

Please keep posting often and also try to come up with a good geder to prevent being in situations with too much access.

Hashem loves you!

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