

On the way!

Posted by Edwardpotter - 04 May 2020 01:50

I guess this is going to be a log to keep me honest and such. This is day one. It went ok.

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Re: On the way!

Posted by Edwardpotter - 04 May 2020 02:16

Being home is very challenging to be honest.

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Re: On the way!

Posted by Singularity - 04 May 2020 03:02

Mr Potter

By home do you mean a dingy tower on an island in the middle of the ocean? Perhaps the time is drawing near that your invitation to release will arrive!

Welcome to GYE!

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Re: On the way!

Posted by Edwardpotter - 04 May 2020 19:52

Day 2. So far so good.

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Re: On the way!

Posted by starting - 05 May 2020 12:16

Great going

Keep it up!!

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Re: On the way!

Posted by DavidT - 05 May 2020 15:23

Addiction is more powerful than us, and if we try to fight it **head on** we will almost always lose. Once we are standing at the edge of the cliff, we are very vulnerable to falling off of it. Instead, we must stay as far away from the edge of the cliff as possible. Therefore, one of the most powerful tools in this struggle is making good fences.

One great way to make "a fence" is to create a list of things that we will do before allowing ourselves to fall. The list can be made up of various items, such as "call mother", say a *Kappitel Tehilim*, take a 20 minute walk, etc... Just pulling out the list and looking at it may already be enough to dissuade us from acting out!

Keep up the great work!

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Re: On the way!

Posted by Edwardpotter - 06 May 2020 02:39

Day 3. Still good, getting a bit more difficult. Thanks to everyone for your support.

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Re: On the way!

Posted by starting - 06 May 2020 13:52

Keep it going!!

It helps to work out what causes the hard moments so you are more prepared when they come

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Re: On the way!

Posted by #makelifegreatagain - 06 May 2020 20:14

[Edwardpotter wrote on 06 May 2020 02:39:](#)

Day 3. Still good, getting a bit more difficult. Thanks to everyone for your support.

Its going to get harder as you go along, but don't give up! Just remember, never try to fight the Yetzer Hara. When the urge comes you run as fast as you can to get away from it. It can be literally or not. You can run away by going outside or you can just quickly grab a book or something to distract yourself. As long as you have the mindset of running away you should be ok!

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Re: On the way!

Posted by Edwardpotter - 07 May 2020 02:39

Day 4. Today also went well, BH.

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Re: On the way!

Posted by Singularity - 07 May 2020 03:08

Awesome!

Climb that mountain.

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Re: On the way!

Posted by Edwardpotter - 08 May 2020 20:16

Day 6. Slipped. Recovered, hopefully.

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Re: On the way!

Posted by Edwardpotter - 08 May 2020 21:16

Fell. Time to restart.

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Re: On the way!

Posted by ??? ???? ???? ??? - 10 May 2020 02:09

Welcome to the GYE. I appreciate your honesty. Good luck!

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Re: On the way!

Posted by Singularity - 10 May 2020 04:07

Maybe share a little more about yourself?

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